

Tri East Covid Procedures at Training

By consenting you are agreeing to follow the procedures we will be taking at each and every training session

- 1) Parents/Guardians are to drop children off and are not permitted to stay and watch. No spectators will be allowed in or around the training areas. We would ask that you remain in cars/ car park or off site at all times. At IHS there is to be no wandering around the school grounds at any time.
- 2) Before each session you will be asked to fill out a covid participant health and ability to exercise to check for symptoms – these will be sent via google forms and will need to be filled in before the sessions starts. If you show any symptoms you are not allowed to train and must follow government guidance.

Before session:

- 1) Every athlete will arrive with their own kit, hand sanitiser and enough drinks and snacks for the session. There will be no sharing of individuals equipment at any time during the session. We will be asking for the athletes to sanitise their hands at various periods during training.
- 2) Before the session you must follow the 1 way systems set up by venues and go straight to your designated bubble area.
- 3) You must arrive ready to train as there will be no changing facilities available.
- 4) Bags must be put on coloured markers

During the session:

- 1) the athlete must stay within the bubble system (1 L2 coach with 15 athletes split into bubbles of 5) and be socially distanced at all times.
- 2) *Use own equipment/if sharing essential then sanitise before moving on*
- 3) Work in controlled bubble in session- no swapping
- 4) Social distancing needed at all times (if not adhered to- 1 warning will be given and then will be asked to leave if occurs again)

After the session:

- 1) Hands must be sanitised before leaving the area
- 2) Follow on way system put in place by venue
- 3) Parents/guardians to wait by cars and athletes will be escorted by coach to car park for pick up.

Dated 11/9/2020