

TONBRIDGE ATHLETIC CLUB



Return to Training Summer 2021 - Athletes and supporters

These are the steps to help Tonbridge AC members return to training from 29th March 2021. Details will be subject to change, as guidelines from both England Athletics and Tonbridge School change. The good news is that we can manage larger numbers than since March 2020, but of course still have to adhere to quite strict guidelines. Please ensure that you have read and understand the following points clearly.

1. Every athlete attending a TAC training session must be booked in advance with a 'Lead Coach'. These are the lead coaches nominated for this purpose.

| | | | |
|---------------|----------------|-----------------------|--------------------|
| Alan Newman | Andy Poppleton | Anthony Stevens | Charlotte Nicholls |
| Chris Hogwood | Dawn Hookway | Diane Bradley | Iain Presnell |
| Julie Goodge | Lewis Church | Louise Mason | Mark Hookway |
| Mark Ormerod | Pete Mason | Mark Pitcairn-Knowles | Nigel Brooks |
| Richard Owen | | | |

2. Each of the above Lead Coaches has booked day and time slots for their groups, using a shared Google Drive control sheet.
3. There are limits on group sizes and overall numbers allowed in the arena. Group sizes are 12, but to be split into 2 sub-groups, should more than 6 athletes be present. Overall numbers are 60 on the track area (12 at each start area ie 400m,300m,200m,100m, plus 6 at High Jump and 6 on Long Throws (Discus/Hammer or Javelin). Coaches and assistants are additional to this, but coaches who are training are included in the athlete numbers.
4. Each Lead Coach will register athletes for each session and ensure that athletes have read and signed an appropriate health declaration form. This form need only be signed once, but thereafter the athlete must notify their coach immediately should any circumstances have changed.
5. Lead coaches will provide sanitising gels and sprays and use as explained in the Risk Assessment document. It would also help if athletes brought their own to training where appropriate.
6. All athletes must go directly to the area of the track and field facility that they have booked and not mix with other groups.
7. If more than 6 athletes are present in a group it will be split into 2 or more groups and separation created during the training session. Please support your coach with this arrangement.
8. We are required to provide volunteers to act as 'covid monitors' before and during each training session. These will be located at the bottom of the track steps entrance and the gate to the fields. The aim is to direct athletes to their designated areas for meeting. If you can help please contact the appropriate Lead Coach.
9. Please note that the track side pavilion is not in use and only the trackside toilets are available in terms of the leisure centre area.
10. All athletes operating on the fields must meet their group at the designated areas and not congregate in the car park or near the gate.
11. Athletes using the track and field event areas must be parked or dropped off in the top car park and those using the fields in the lower car park.
12. No spectators must enter the training areas, although a few can observe from the top bank of the track or from a distance on the fields. (no walking, jogging or dog walking is permitted on the fields currently).
13. Please ensure that everyone observes 2 metres social distancing when not running together and of course operates responsibly.
14. Bank holidays - please check separately with your coach of changes in arrangements on Bank Holidays eg 2nd and 5th April 2021.
15. With the new arrangements and lack of shelter please come to training prepared for adverse weather conditions.

Warning - the guidelines must be adhered to, otherwise there is a risk that use of the facilities will be withdrawn or severely restricted. Please support all coaches and club members with this.

Please let Mark Hookway (Covid Officer) have any feedback or update suggestions at markhookway@icloud.com