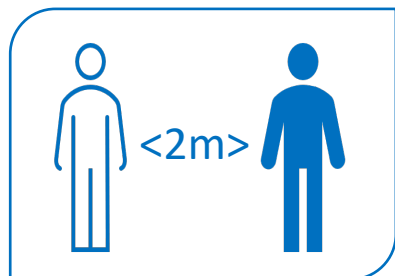


# Welcome back!

## Nairn AAAC

### Athlete Information



Follow physical distancing  
at all times



Follow venue rules  
at all times



Wash your hands before and after  
and sanitise during the sessions

#### Introduction

The club is preparing to return to training hopefully, in the near future, on a full time basis. Currently we must restrict our training to the numbers laid down by the Scottish Government and our governing body Scottish Athletics.

The guidelines in this document relate to phase 3 of the Scottish Government's COVID-19 route map through and out of the crisis.

- These guidelines should be read in conjunction with any updated Scottish Government guidance. Information on the Scottish Government's approach to managing COVID-19 is available at [www.gov.scot/coronavirus-covid-19/](http://www.gov.scot/coronavirus-covid-19/) and the full Scottish Athletics guidelines at [www.scottishathletics.org.uk/wp-content/uploads/2020/07/Phase-3-Athletes-1.pdf](http://www.scottishathletics.org.uk/wp-content/uploads/2020/07/Phase-3-Athletes-1.pdf)
- Travel guidance outlined by the Scottish Government should always be adhered to. This is available at **Staying Safe and Protecting Others: Travel**

#### Before you train

As we enter Phase 3 of the exit route map you must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas or exposed to someone with COVID-19 in the last 14 days.
- Have COVID-19 symptoms (self-isolate for 7 days) or are feeling unwell.
- Have been told to self-isolate as part of the contact tracing measures in place.

Also:

- You may be subject to a symptom check by the club prior to training.
- Coaches will undertake a brief risk assessment prior to each training session.
- Please also read Scottish Government guidance at <https://www.gov.scot/coronavirus-covid-19/> and scottishathletics guidance - <https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>

## Training groups and physical distancing

- For children aged 12-17 a 'field of play bubble' can be created during organised sports activity that allows contact whilst the activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity.
- For children Scottish Athletics recommends maximum training groups of 10 athletes.
- For adults (18+) fifteen people from up to five household can meet. This could mean a physical squad size of 4 plus a coach
- Everyone, with the exception of children under 18 during organised sport activity, must continue to physically distance as per Scottish Government guidance, 2m for time being, at all times.
- Outwith normal club sessions, coaches must have the express permission of the parent/carer of an athlete who is under the age of 18 to coach that athlete. If the session is 1:1 the parent must be in attendance. Where a group of children are being coached outwith club sessions then at least one of the parents must be present.

## Good Hygiene

- Refrain from handshakes and high fives.
- Do not share food, towels, and drinks.
- Clean your hands and equipment frequently.
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and take it home with you. Wash your hands for 20 seconds or sanitise afterwards.
- Avoid spitting unless into a tissue which you should take home and dispose of.
- Avoid touching your face.

## Welfare

- Welfare Officers are Kirsteen Forbes. Contact at [nairnathleticclub@gmail.com](mailto:nairnathleticclub@gmail.com)
- In line with our child wellbeing & protection policy, for 1:1 coaching, athletes under 18 years of age should always be accompanied by a parent/carer throughout the training session where it takes place in an outdoor and public space. For group coaching there should be 2 adults e.g. coach and 1 parent.

## Training Sessions

- You will be invited to a training session by your club coach.
- The invite will include a link to a short Google Form. You will confirm your attendance with this **1 hour** prior to training.
- In the first phase of the return the numbers per session is restricted by Government, SAL guidelines and the clubs own assessments.
- If the training session is full you will be placed on a waiting list.

## Track Access

- Access to the track will be as normal, however 2m physical distancing must be adhered.

## Procedures at training (include arriving, departing and any relevant event specific information)

- Athletes should come ready to train.
- There will be **no** toilet facilities.
- If multiple squads are using the track coaches must work together to ensure that their athletes train safely.

## **Track and Trace**

- In the event of a Covid infection the club will provide email addresses and mobile numbers to NHS Test and Protect to allow athletes/parents/guardians to be contacted.

## **After training advice**

- Once training has finished leave promptly and maintain physical distancing.
- Hands should be washed and/or sanitised as soon as possible.
- Ensure personal kit and equipment is cleaned thoroughly after use.
- If you become unwell after training, you should first contact your GP/NHS 24 and then inform your club/**scottishathletics** welfare team.