



## Training Guide:

Location	Session
Coach	Day / Time

**Who:** This for member athlete, parent, guardian, or another responsible person.

**Background:** Thankfully we are in the position to train and race again in a COVID secure way, we fully understand that due to personal health and wellbeing some of our members will be shielding or supporting family members over the coming months and will not be able to join as yet.

Session Details	
Risk Assessment	All the relevant assessments for COVID, location and activities are on the <a href="#">CAAT website</a> . If you are unsure on health, safety or wellbeing measures in place, please take time to read them
What You Will Need	<ul style="list-style-type: none"> <li>• Athletes to bring own refreshments, water bottle to avoiding sharing</li> </ul>
Location Specifics	
Drop off	As per location risk assessment and ....
Participation Specifics	<ul style="list-style-type: none"> <li>• Athletes to ensure <a href="#">social distancing measures</a> are followed with other athletes and members of the public,</li> <li>• Effective and good hygiene practices are applied before, during and after the session. Personal hand sanitiser gel is required where no washing facilities are available</li> <li>• Sharing of equipment shall be avoided unless within same household and appropriate cleaning measures are in place</li> </ul>
Parents /Guardian, Spectators	
Pick up	As per location risk assessment and ....
Safety, Health and Wellbeing	<ul style="list-style-type: none"> <li>• Club member MOJO to be use for athlete's safety at every session and to comply with track and trace requirements.</li> <li>• Before session - If you feel unwell seek advice from <a href="#">NHS</a>, call 111, or acutely unwell call 999 and stay away from others / do not attend.</li> <li>• After session – if you feel unwell as above plus let your coach know.</li> <li>• The <a href="#">NHS</a> has many link to great mental health support or we have a club <a href="#">mental health ambassador</a> should you wish to speak to someone</li> </ul>

## Acknowledgement & Emergency Arrangements:

By taking part in training or an event you are confirming you understand the measures the club and coaches have in place to facilitate safe sporting activities and participation.

Please understand the instructions and actions provided by the coach/s are subject to change at short notice. The coach may need to suspend a session, or athlete/s may need to leave a session early due to their safety or the safety of others.

Please be familiarise yourself with the [local emergency arrangements](#) if a session has to end early or there is an incident

Thanks....