Stockport Harriers & AC



Limited Return to training - Information for Athletes

Welcome back!

Before you travel to your session please read and review all the following information:

<https://d192th1lqal2xm.cloudfront.net/2020/06/EA-return-to-activity-guidance-athletes-and-runners-Step-2-v2.pdf>

If you or any members of your household are experiencing any of the symptoms of Covid 19 as stated by the WHO please do not attend, please let your coach know asap.

<https://www.who.int/health-topics/coronavirus#tab=tab_3>

It is important that you follow the guidance set out below:

* Observe social distancing at all times
* Your group is 5 athletes and your coach, you must not interchange between groups at any time
* Please bring your own hand sanitiser
* Please hand sanitise before entering the facility and frequently during your session especially if you accidentally touch and surfaces
* You must provide your own refreshments and snacks
* Toilets will not be available; however, the disabled toilet is available for emergency use only and must be disinfected before and after use
* Please follow the one-way system at all times.
* If you are accompanied to your session please limit this to one person, the waiting area is in the facility car park and no seating is available, own chairs are welcome!
* Please do not bring vehicles into the facility.

Your coach will tell you which session to attend, please warm up in Woodbank/Vernon Park prior to your meeting time which will be 5- 10 mins before the start of your session. At the allocated time please arrive at the gates to the track. Queue utilising the social distancing markers outside the gate on the left-hand side. The lead coach for the session will admit the athletes and will then close the gate.

Enter the track using the normal entry but stay to the left, you must then go direct to your base point as specified by your coach where you can deposit your belongings for the session. Please take your rubbish home with you. If anyone is accompanying you, they will wait in the specified area before the narrow entry to the main area, this is between the entry and exit. No track fees are due for this first few weeks.

When you leave after your session follow the exit signs at the other end of the fencing and stay to the left to exit the gate.