

## Helm Hill Return to training!

As many of you will be aware, we can resume training from Wednesday 31<sup>st</sup> March.

Following the committee meeting it has been agreed that training should initially follow the same format as previously operated with a few changes, that is;

### Club Night 31<sup>st</sup> March 2021

#### **GROUP TRAINING AREAS TO FOLLOW. Keep an eye on Facebook and web page**

All club members can meet for training, Adults and Juniors, in a COVID-19 secure environment. This means the previous training model can resume from this date. This will be in the same format as last time we came out of lockdown. Again, register, Face covering, hand sanitiser and social distance. Coaches will keep a register of those who attend their sessions.

**If anyone contracts Covid within 72 hours of participating in a training session must contact your coach and EA (England Athletics) via this link [Health & Safety - Covid Reporting Form \(mysporthost.com\)](#) and follow the instructions.**

We have COVID-19 secure risk assessments in place for training.

- The training will only be open to all current members.
- You must sign up to a group (if you haven't already) Black, Red, Blue, Green, details are on Face Book/web page
- This will be your training group for the duration of the pandemic.
- Details of training and meeting area's will be published on HH Face Book page and coaches will inform members via WhatsApp groups. Not on it? Either sign up or buddy up with a friend who is.
- Groups will train and meet at different venues, these will change on a weekly basis
- **Do not** turn up if you; have any covid symptoms, are 'feeling under the weather,' self-isolating, have any respiratory problems. The coaches will send home or cancel training at their discretion for any infringements.
- You must sign into each training session, name and contact number.
- You must wash your hands before setting off and carry hand sanitiser, a face covering and be prepared to use them
- At the end of training, disperse promptly

It is important to be aware of what is happening within the community, so, the good name of Helm Hill Runners mustn't be compromised!