



Phase 3 – 11 years and younger athletes

Coming to club sessions

- 1) They will be some form of pre booking of sessions (do not come to sessions unless the coach has confirmed your attendance)
- 2) If for some reason you are unable to attend please let the coach know.
- 3) **IF YOU ARE UNWELL DO NOT COME TO THE SESSION**
- 4) When you come to the sessions the following procedures will be in place :
 - Children aged 11 or younger do not need to social distance BUT ALL ADULTS MUST FOLLOW THE 2M RULE AT ALL TIMES
 - If more than one group is training at a venue the children should not be mixing with any other group before, during or after the sessions
 - Children MUST not share or touch any item **not** belonging to them
 - You will be asked certain health questions when you arrive at the venue, if YES to any of the question you will be asked to return home.
 - If any equipment is used it must be cleaned before and after use unless it is the child's own equipment
 - All attendees such use hand gel and/or wipes regularly throughout the session (the club has supplied each coach with this)
- 5) We expect all children and adults attending these sessions to FOLLOW THESE REGULATIONS AT ALL TIMES – **NO EXCEPTIONS**

Please note – all club coaches have been issued with PPE for use for any major first aid emergency.