



Phase 3 – 12 to 17 years old 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 :
 - Young people aged 12 to 17 years old **MUST FOLLOW THE 2M RULE BEFORE AND AFTER THE SESSION but DO NOT NEED TO social distance during the sessions** BUT ALL ADULTS MUST FOLLOW THE 2M RULE AT ALL TIMES
 - If more than one group is training at a venue the young people should not be mixing with any other group before, during or after the sessions
 - Young person 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 young person'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 young people 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.