



Phase 3 – adults

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 :
 - **ALL ADULTS MUST FOLLOW THE 2M RULE BEFORE AND AFTER SESSION, WHEN ON THE “FIELD OF PLAY “ NO NEED TO SOCIAL DISTANCE** scottishathletics recommend a maximum group size (bubble) of 15 athletes following the UKA recommended coaching ratio of 1 coach to 12 athletes (1:12)
 - **If more than one group is training at a venue you should not be mixing with any other group before, during or after the sessions**
 - **MUST not share or touch any item not belonging to you**
 - **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 your 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 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.