

COVID Coached Track Sessions V2

Following guidance, we will be limiting Coached Track Sessions to 12 participants.

You will also not be able to just turn up on the night, and you will be required to book onto a session each week. This is to avoid any awkward situations and to ensure that we are always following guidance issued by the Government and our governing body England Athletics. We are also required to risk assess our club night in accordance with England Athletics guidance.

If we do not follow this guidance, we risk our affiliation with England Athletics, and invalidate our club insurance.

**DO NOT BOOK SESSIONS OR ATTEND IF - You have any Covid19 symptoms
or if any of your household or support bubble are shielding, self-isolating or displaying symptoms**

**If you develop symptoms and have attended a track night within the previous 2 weeks, please
inform the club asap at maidstoneharriers@hotmail.co.uk**

**In accordance with government guidance we will be required to inform anyone else that attended
the same evening that they may have come into contact with someone with Covid19 symptoms.
Your details will be kept confidential.**

When you arrive at track, the rules are:

- **You will have booked your slot in advance.**
- **Please be prompt.**
- **Sign in with the coach**
- **Follow your coach's instructions.**
- **Do not loiter!**

Other important details to note:

- **You will not be able to gather inside the hut**, you can leave bags inside. One person inside at any time.
- **You will be able to use the toilet.** One person at a time to use the disabled toilet only
 - We are required to clean the facilities afterwards; it is less for us to do if we limit to only one toilet!
- **You are able to cancel up to 3 hours before the session via the website itself.** After this time please email maidstoneharriers@gmail.com