

Return to Training at the Track

We're delighted to announce that RAC will return to training at the track behind Toot Hill School from Tuesday the 1st of September. Training will take place on Tuesday, Wednesday and Thursday evenings between 18.30 and 19.15 and Saturday mornings between 10.15 and 11.45. The hours for opening are revised short term, in line with the opening hours of the Leisure Centre who are responsible for management of the track, but we hope to return to previous time slots shortly. What follows is a lengthy message but we thank you for your time in reading this as it is important.

As a responsible athletics club, we take England Athletics (EA) and Government Guidelines seriously and have put in place measures to keep our Athletes, Coaches and Volunteers safe. Some of these measures include:

- Appointing a COVID Officer and having a small, core team focus on returning to track safely
- Completing a Risk Assessment and detailed plans for how we will operate
- Putting in place measures to ensure Social Distancing is maintained e.g., limiting group sizes in line with EA guidance, limiting overall number of groups and not permitting spectators
- Attendance at sessions will require confirmation that athletes have a place and only attend if healthy
- Contact details for athletes will be recorded at all sessions for Track & Trace purposes and all athletes/parents for younger athletes will confirm they have read and signed up to procedures
- Ensuring good hygiene is maintained (hand sanitiser will be provided and kit cleaned before/during/after each session as appropriate)
- Utilising additional facilities (Rushcliffe Country Park and Holme Pierrepont), whilst light permitting
- Working closely with partners (Lex Leisure, Toot Hill School and Rushcliffe Borough Council)

So, how will this work?

Attached below is a link highlighting what training sessions run on each day. We have made every effort to accommodate different age groups and track and field activities, where light and facilities permit. This link is used to sign up for a session. Please note, our priority is getting as many athletes as possible into 1 session rather than a smaller number of athletes into multiple sessions, so please don't sign up for more than 2 sessions. If an athlete misses a place this week, we will make every effort to prioritise that athlete the following week if signed up again. We will, of course, allow athletes to do multiple sessions in a week if space permits.

Requests for a place in a session for the following week requires the athlete to have paid for membership and the request to be completed between Thursday and Saturday of the week before, alongside reading the guidelines for use of the track and confirming that athletes will abide by these. On the Sunday, the RAC will confirm via email which athletes have sessions for the week coming. Athletes with confirmed places only may attend the training session (if anyone turns up without a confirmed place, they will be turned away) and it is important that if an athlete can't make a session that RAC are notified ASAP at **using the form on the website.**

Key Timings and Locations

- Athletes and their parents need to walk through the school gate at the top carpark on the right as you approach the Leisure Centre (and not through the Leisure Centre), and walk up the hill to the track. Athletes are registered on the field next to the big gates which are open for events like Mini League. We are not opening the normal gate as managing social distancing at that location is difficult.
- Week day sessions:
 - Athletes and their parents arrive 18.15-18.25 for registration
 - Sessions run 18.30-19.15, with the coach leading their group separately onto the track - if all athletes in a group arrive on time, that group may start 5 mins early
 - Athletes are collected by parents from the field 19.15-19.25 and return through the school gate.
- Saturday sessions:
 - Athletes and their parents arrive 10.05-10.15
 - Sessions runs 10.15-11.45
 - Athletes are collected by parents from the field at 11.45 and return through the school gate.
- Parents are not permitted to stay and watch the session (apart from exceptional circumstances when pre-arranged with RAC).

The timings captured above are key as the school gate is opened for two 15 minute windows (week day 18.15-18.30 and 19.15-19.30, weekend 10.00-10.15 and 11.45-12.00) only and outside of these times, athletes and parents need to walk the long way round to their cars!

Toilets

It is imperative that all athletes go to the toilet before leaving home as the Leisure Centre toilets will not be open to users of the track. In the event that an athlete desperately needs the toilet a Coach can call the Leisure Centre team who will open up changing rooms so that a toilet can be accessed. This is by exception only.

Water Bottles

Athletes need to bring their own labelled water bottles.

We thank you for your support with the safe return to training at the track and look forward to seeing you soon.

Kind regards,
The RAC Committee