

Return to Training at the Track April 2021

Hello everyone,

We're delighted to announce that RAC will return to training at the track behind Toot Hill School from Tuesday the 13th of April. Training will take place on Tuesday, Wednesday and Thursday evenings between 19.00 and 20.00, Saturday mornings between 10.15 and 11.45 and Sundays 10.30-13.00. 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)
- Working closely with partners (Lex Leisure, Toot Hill School and Rushcliffe Borough Council)

So, how will this work?

Members are sent a link every week with training sessions for the following week. 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. 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. Athlete EA numbers are required for booking sessions.

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, RAC will confirm via email which athletes have sessions for the week coming and highlight through email and Facebook if any spaces remain for a given session. 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 rushcliffeac@gmail.com so that the place can be reallocated.

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 at the entrance to the track.
- Week day sessions:
 - Athletes and their parents arrive 18.45-18.55 for registration
 - Sessions run 19.00-20.00, with the coach leading their group separately onto their area of 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 track at 20.00 and return through the school gate.
- Saturday sessions:
 - Athletes and their parents arrive 10.00-10.10
 - Sessions runs 10.15-11.45
 - Athletes are collected by parents from the track at 11.45 and return through the school gate.
- Sunday sessions:
 - Athletes and their parents arrive for session 1 10.15-10.25
 - Session 1 runs 10.30-11.30
 - Athletes from session 1 are collected by parents from the track at 11.30 and return through the school gate.
 - Athletes and their parents arrive for session 2 11.45-11.55
 - Session 2 runs 12.00-13.00
 - Athletes from session 2 are collected by parents from the track at 13.00 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 short windows around training sessions (week day 18.45-19.00 and 19.55-20.10, Saturday 10.00-10.15 and 11.40-12.00, Sunday 10.15-10.30, 11.30-12.00 and 12.55-13.10) 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 – set of silver doors at the rear of the Leisure Centre – are only open for 20 mins before sessions start. 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