



Athlete and Coach Training Agreement July 2020

This Agreement has been produced to ensure compliance with the current guidance issued by the UK Government and England Athletics. Athletes will be sent this document in advance of starting training at the Outdoor Sports Centre, Southampton.

This document will outline the rules and what is expected of athletes. Updates will be advised as and when UK Government and England Athletics guidance changes. This form must be agreed by the athlete / parent (if under 18) and the response stored by the coach (This can be hard copy or electronic acknowledgement).

Athletes will be invited to attend training sessions at the discretion of the coach. They must arrive promptly at their booking time. Coaches will meet their athletes outside the North gate (Main entrance) of the athletics track, where they will be asked to confirm that:

- They do not have (or have not had within the last 14 days) any of the symptoms of COVID-19.
- No one in their household has (or has had within the last 14 days) any of the symptoms of COVID-19.
- They are both physically and mentally ready to return to club training sessions.
- They will immediately inform their coach should they (or anyone with whom they have been in contact) develop any COVID-19 symptoms or be required to “self-isolate”.

Athletes must recognise their responsibilities to Southampton Athletics Club and to the training environment including maintaining social distancing at **all times** and complying with all UK Government and England Athletics advice.

- Athletes **must** follow the instructions of their coach.
- They will enter and leave through the North gate when instructed by the coach
- Social distancing must be observed at all times.
- Warm up and cool down will be done outside of the track area.
- Each group will be limited to a maximum of five athletes and one coach for each session.
- There may be other groups using the facility at the same time:
 - Athletes will remain in their designated zone throughout the session
 - They must not move into other training zones.
 - Athletes must observe social distancing from other groups in the arena.

Failure to comply with any of the above requirements will mean the athlete is excluded from the session

The buildings onsite, including toilets and hand washing facilities will remain closed for the time being, so each athlete must bring their own sanitiser gel/hand wipes.

We hereby agree to the above conditions.

ATHLETE'S NAME:.....

SIGNATURE:.....
(Parent if under 18)

DATE:.....