



Handforth Wilmslow Alderley Athletics Club

affiliated to England Athletics

September 2020 training

Format: Outdoor, fitness-based training – roughly 35-minute session

Who is eligible for training?

Our oldest group of athletes – **only those who attend winter session 3.**

Regrettably, we cannot allow younger siblings to join in.

For each athlete we will need a parent/carer to complete a short health questionnaire and a declaration that they read and understand our COVID-19 attendance policy – please see separate document. We will need parents to send us this **in advance**.

What do parents and athletes need to do?

In order that we maintain a 'COVID-secure' environment we need parents and athletes to:

- Send us a completed health questionnaire and declaration before the athlete attends the first session.
- Not attend training if there is a requirement for them to self-isolate (please see our COVID-19 attendance policy).
- Come equipped for an outdoor session.
- Bring a water bottle and their own sanitiser.
- Athletes must maintain a 2m distance from others at all times (this includes any members of the public who may be using the area).
- Athletes must also adhere to other COVID-safety guidance explained to them by the coaches at the session. (These depend on the training programme.)
- Parents should also maintain social distancing when dropping off and collecting athletes.

When and where are the sessions?

Sessions will be on **Thursday 10th, 17th and 24th September**. Start time will be **6.30pm** to ensure we have adequate daylight. We are aiming to finish by 7.10pm.

Training will be at **The Carrs in Wilmslow**. Please meet at the car park off Styal Road – locally known as the Twinnies Bridge Car Park.

There are no toilets here, so please 'go' beforehand!

If you have any questions, please email us on hwaac@hotmail.co.uk.

Thank you – we look forward to seeing you!