JSAC Control Measures for Covid-19

These control measures are to help mitigate the risks of Covid-19 and are subject to change in accordance with Government and England Athletics guidance.

* Athletes only return to training when invited to do so by their coach.
* Athletes only train if they are fit and healthy-no bugs/injuries acceptable for those attending.
* Parents to sign a parental consent form for athletes under eighteen years of age.
* Athletes to meet at the prescribed location at a set time (each group has a separate location).
* Athletes maintain physical distance of a minimum of two metres from their coach and others in their own group.
* Athletes to use hand sanitiser prior to and after their session. Athletes to bring their own hand sanitiser.
* Athletes to bring their own drink. The clubhouse kitchen is closed.
* Athletes should not expect the clubhouse, and therefore the toilet facilities to be open.
* Athletes to practice good respiratory hygiene- covering your mouth and nose with a tissue when you cough and sneeze ( kill it and bin it). Avoid touching face, eyes, nose or mouth with unclean hands. Absolutely no spitting allowed.
* Athletes do not mix at all with people in the other groups on site.
* Where possible athletes to use their own equipment. Any use of club equipment is restricted to one athlete while being used and thorough cleaning is carried out prior to and after training.
* England Athletics guidance is that high jump and pole vault landing beds and sand pits, cannot be used at this first step due to implementation of cleaning guidelines. High, Long, Triple Jump and Pole Vault activity onto a bed and into a sand pit should not be undertaken at this stage.
* Parents / responsible adults are to remain on site for the duration of the session to assist in the event of any injury to their child. The coach will be unable to attend to them due to social distancing rules. Parents need to maintain a physical distance to other parents and visitors at the venue.
* Athletes to train and go. Athletes to arrive and leave promptly. If you arrive early please keep your child in your car until their session begins.
* Athletes to follow coach’s instructions at all times.