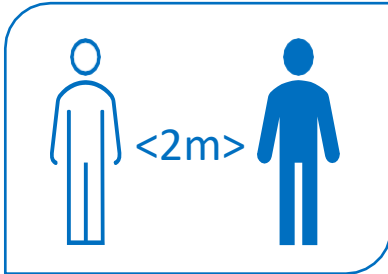


# Welcome back to Troon Tortoises



Follow physical distancing at all times



Follow venue rules at all times



Wash your hands before and after and sanitise during the sessions

Dear Member

## Introduction

The club will return to training following Tier 4 guidance on Thursday 18<sup>th</sup> March, we will continue to meet OUTSIDE Marr College on Tuesday & Thursday evenings 7pm. Currently we must restrict our training to the numbers laid down by the Scottish Government and our governing body Scottish Athletics.

New registered members may now attend club nights but must be registered with our online membership partner Love Admin, runners may attend club nights prior to joining to try out the club, your details will be captured for track & trace purposes

- New members can register here [New Members Registration – Troon Tortoises](#)
- These guidelines should be read in conjunction with any updated Scottish Government guidance. Information on the Scottish Government's approach to managing COVID-19 is available at [Coronavirus \(COVID-19\): stay at home guidance - gov.scot \(www.gov.scot\)](#) and the full Scottish Athletics guidelines at [scottishathletics-and-jogscotland-Covid-Guidance-v5-110321.pdf](#)
- Travel guidance as outlined by the Scottish Government should always be adhered to.
- We ask club members to not car share to any club training nights

## Before you train

In this phase you must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas or exposed to someone with COVID-19 in the last 14 days.
- Have COVID-19 symptoms (self-isolate for 10 days) or are feeling unwell.
- Have been told to self-isolate as part of the contact tracing measures in place.

- You may be subject to a symptom check by your facility provider or club prior to training.
- Follow physical distancing as appropriate
- Follow venue rules at all times
- Sanitise your hands before and after sessions
- Please also read Scottish Government guidance at <https://www.gov.scot/coronavirus-covid-19/> and Scottish Athletics guidance - <https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>

## Physical distancing & good hygiene

- Refrain from handshakes and high fives.
- Keep 2 metres away from other people at all times prior to and post training.
- Do not share food, towels, and drinks.
- Clean your hands and any equipment frequently.
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and take it home with you. Wash your hands for 20 seconds or sanitise after training
- Avoid spitting unless into a tissue which you should take home and dispose of.
- Avoid touching your face.

## Booking process & Track & Trace

- All athletes will require to confirm updated contact details prior to first commencement of training via the Love Admin on line membership system.
- Any change to contact details is the responsibility of the athlete to update their details.
- Each athlete will require to register on the night with the group they will be running with, each group will have a leader who will capture who is running with that particular group that evening, this attendance register will form part of the Track & Trace requirements for us to start training again.
- Groups must not exceed current Government Guidelines and groups must not mix when away from the meeting point

## Meeting on Training nights

- Tier 4 guidelines mean that 2M Physical distancing to be maintained before during and after the session
- Training nights will be Tuesday & Thursday at Marr College 7pm – please arrive promptly to register
- There will be no inside facilities
- There will be no access to toilet facilities
- There will be a maximum of six groups with a minimum of two runners and a maximum of 6 runners per group
- Groups will be colour coded and will meet under the below sails outside the school
- As a guide to help with pacing the colour coded groups will be as below, every runner will have the option to run in any group provided all spaces have not been filled
- Red & Blue Groups to meet at the first sail closest to the car park – keep 2M apart
- Yellow & Green groups to meet at the second sail – keep 2M apart
- Orange group to meet at the third sail closest to the school entrance – Keep 2M apart
- Each group must register all runners on the Love Admin attendance register before training commences

- Once a group is complete with six runner's no one else will be able to run with this group on the night
- There will be coloured cones to help identify the groups
- Runners should be aware of other pedestrians and ensure 2m space is given when passing other road/pavement users – be considerate to other members of the public
- Additional weekend runs will take place on Saturday & Sunday these are slightly longer distance runs, details of these on request at club nights, track & trace attendance will also be captured at these sessions with a maximum of six runners only whilst we are in Tier 4.
- Members are reminded outside official registered Troon Tortoise training runs members should follow the Government Household guidelines



Red Group = Sub 50 minute 10k runners  
 Blue Group = Sub 50 minute 10k runners  
 Yellow Group = 50 minute to 1hr 10min 10k runners  
 Green Group = 50 minute to 1hr 10min 10k runners  
 Orange Group = Plus 1hr 10min 10k runners

### **After training advice**

- Once training has finished leave promptly and maintain physical distancing.
- Hands should be washed and/or sanitized at the end of session.
- Ensure personal kit and equipment is cleaned thoroughly after use.
- If you become unwell after training, you should first contact your GP/NHS 24 and then inform your club.

**Troon Tortoises Athletics Club is looking forward to a return to training and we request that the above guidance is followed at all times, any club member not following the Covid Guidelines for the return to training make be asked to leave the session. Should anyone have any concerns relating to the above procedures please feel free to contact any club committee member in the first instance.**

# **Thanks for your patience**

# **WELCOME BACK**