

TONBRIDGE SCHOOL

TAC Notice

FACILITIES

- Bring your own equipment where possible. If you do have to share equipment ensure it is wiped down in between each use.
- All coaches and athletes should ensure they have followed government hygiene rules including washing hands and cleaning any equipment prior to use.
- TAC will provide hand sanitiser and wipes.
- All indoor facilities remain closed including Changing and Toilet facilities.
- Ensure you take all your belongings with you at the end of the session and do not leave anything on site.

TRAINING

- Only Athletes and Coaches that have a session booked are allowed to train.
- All training must be on a coached 1:1 basis or 1:5 basis.
- No more than **24 people** can be on the track at any one time. Please use lanes 2 and 5 only. There needs to be defined areas around the track, of 1:5 for coaching. No gathering of more than 6 people in one place.
- The lower fields are **out of action**.
- High jump coached sessions up to 5 Athletes. Each Athlete will take 6 jumps then ensure the mat/bars are thoroughly cleaned.
- Long jump coached sessions up to 5 Athletes. Each Athlete will take 6 jumps then ensure the landing pit is raked before the next user. Equipment such as rakes and measuring tapes will be dedicated to individuals for each session.
- Throws Coaches and athletes can participate in throwing activities. Coaches and athletes should ensure all equipment is used by one athlete and then thoroughly cleaned. Coaches should ensure they always maintain social distancing.
- If coaches designate areas of the track for training more athletes may be accommodated as long as social distancing guidelines are followed.
- All Athletes under the age of 18 must be accompanied and the session take place in sight of a parent/or Guardian.
- Spectating is actively discouraged. Only one parent/guardian or carer is allowed where required but spectating is not allowed

MAINTAIN SOCIAL DISTANCING

- Stay at least two metres away from other Athletes at all times.
- Do not make physical contact with other Athletes (such as shaking hands or high five).
- Track Use: One lane gap is **not** socially distanced.
- The grass areas are not in use
- Do not congregate after training. No extra-curricular or social activity should take place. Please leave the site as soon as your session is over.