

Kellands Park Land Training: Briefing Pack

Introduction

We are delighted to be able to get our Athletes back together again! At the moment, we have some of our older Athletes about to start training at Ellon Pool, with the new Inverurie Pool not opening until 30th September. Until then, we are planning on running land training at Kellands Park in Inverurie for Sessions 1 and 2.

This pack outlines the key information for you and your swimmer.

COVID – Please ensure completion prior to attending, participation won't be possible without them

- Self-declaration (once)
- Health Screen Survey for returning to training (once – to be updated if circumstances change)
- Covid-19 Privacy Policy v2 (once)

We will also require you to read and agree to the [COVID-19 Return to Training Briefing Document](#).

Location

Kellands Park, Inverurie, AB51 5JN.

We are planning to meet outside Garioch Rugby clubhouse initially, before going onto the activity area.



Date and Time

The events will be run on Saturday 12th, 19th, and 26th September.

Session 1: 3.30pm – 4.15pm

Session 2: 4.30pm – 5.15pm



Please arrive a maximum of 10 minutes before your starting time. As well as a session briefing there will be a COVID briefing. We will start the training prompt, so please be ready to train from your allocated time. Please arrive in clothes appropriate for running in.

Parents please ensure that **you** maintain appropriate COVID physical distancing from the coaches, athletes, and spectators at all times.

Coaching

Steve Hazelrigg and Mike Whitcombe will be coaches for the sessions, assisted when appropriate by other members of the coaching team from Garioch.

A trained and PVG registered COVID Liaison Officer will also be in attendance, as well as First Aid cover.

Weather

We have our fingers crossed for good weather, but realistically, it might be not be.... Please make sure that you have an appropriate change of warm clothes and waterproofs to enjoy the session. You will be happier and enjoy the training better if you have the right clothing for the weather and something warm to travel home in!

What to bring

Required:

- Shoes to run in
- Appropriate clothes for running
- Water bottles should be full of fresh water, and clearly marked with the swimmer's name.

Recommended:

- Warm clothing for post event
- Waterproofs – it is Scotland after all!!
- Insect repellent
- Sun cream
- Suggested that you bring a **flask of something warm to drink** in case you need to warm up post-session

Any of these additional recommended items should be contained within a bag.

If appropriate, Medication handed to First Aider with clear instructions on use.

Changing and Toilets

There are no changing or toilet facilities available to the athletes during these sessions.

Procedure

The following Procedure will be used. We recognise that this is a lengthy procedure, but please read and ensure that you are able to fulfil the requirements.

Arrival

- Athletes should arrive at park no more than 10 minutes prior to the scheduled start of the session.
- The parents / guardians will drop off their Athletes.



- A Trained & PVG registered Covid-19 officer will be present and will direct the Athletes to a coned off zone (“waiting area”). Parents will stay out of / behind this area at all times, and the Athletes will move through this to the activity zone.
- At all times the parents need to socially distance from the coaches and other volunteers, as well as other parents.
- The athletes will take any additional clothing etc. (such as waterproofs etc) with them in a bag.

During

- Children aged 11 years and younger are not required to physically distance, as set out in Scottish Government guidance. This extends to organised sports activity and the field of play. However, it remains the case that coaches, and COVID Officers will socially distance from the Athletes, and parents.
- Parents are reminded not to gather in large groups and to follow current Scottish Government guidelines.
- Coaches are not required to wear masks, but can should they wish.

Exit

- When instructed, Athletes will walk towards the “waiting area” and exit back to their parents / guardians. Athletes should not gather in groups to chat.
- Parents / guardians must ensure they are waiting at the end of each session for their swimmer/s to exit.
- Parents will not be allowed to enter the field of play and are reminded to socially distance.
- Swimmers / Coaches / Volunteers are strongly reminded if they have Covid symptoms or have been in close contact with a confirmed Covid case they not attend, and follow current NHS & Government procedures.
- Athletes should be reminded not to pet dogs as they may not be friendly. The park is a public space and we should respect the area and other users.
- Wilful disregard of these instructions may result in disciplinary procedures being triggered.

Contact Numbers

If you have any queries, please do not hesitate to contact the following individuals:

Matt Cowan	officials@gasc.co.uk	COVID Officer
Iain Chirnside	president@gasc.co.uk	President
Sonia Boyd	gascsec@gmail.com	Secretary
Richard McLaughlin	headcoach@gasc.co.uk	Head Coach