**Provisional Plan for Juvenile Training – Trial Month July**

**Child to attend on designated day ONLY for month of July**

* Tuesdays 7-8.30pm – children born 2010

**First day back training: Tuesday July 7th**

* Thursday 7-8.30pm – children born 2008/2009**-**

**First day back training: Thursday July 2nd**

* Sunday 9.30 -11 - children born 2012/2011

**First day back training: Sunday 5th July**

Drop off Indoor Side ONLY

Pick up Indoor Side ONLY

Coaches to do roll call of athletes between 7-7.15(please arrive promptly at 7pm

Training to take place in Santry Demense Park

**Before training remember to:**

* There are limited toilet facilities available at the indoor/under old Clonliffe stand – Parents ensure child has used toilet before training
* Please ensure to thoroughly wash and sanitise your hands after use
* Before leaving your house to come to Clonliffe Harriers wash your hands thoroughly.
* Child to bring hand gel
* Child to bring own bottle ( no sharing and please mark bottles)

**During training remember to:**

* Upon arrival at the stadium sanitize your hands. (bring hand sanitizer)
* Keep all personal equipment completely to yourself particularly water bottles.
* Store water bottles when you are doing your session in a bag.
* Avoid touching any hard surfaces.
* No physical contact whatsoever with any other individuals.
* Please, please, please no spitting.
* Cough or sneeze into your elbow.
* If you use tissues do not dispose of them in stadium bins but put them in your bag and bring them home and dispose of at home.
* Observe social distancing at all times – 2 meters.

**After Training:**

* When you get home immediately wash and sanitise your hands.
* When you have finished training ensure that all your gear, towels etc. are washed.

**Additional things to remember**

* Child **not** to attend training if sick or displaying flue like symptoms
* If you have been in contact with anyone within the past 14 days who has Covid-19 **do not attend.**
* If you have been overseas in the past 14 days **do not** attend.
* Only registered athletes can attend training
* Please ensure coach has an update to date phone number
* Parent needs to be contactable during training and in close proximity should early pick up of an athlete be required
* Please discuss all of the points with your child as required each week

**This is a provisional plan for month of July - coaches to revisit this plan at end of month**

**Please check website regularly for any updates**