St. Coca's Athletic Club

Kilcock, Co. Kildare

Wednesday Adult & Fit4Life Training Group

Due to the large number of members attending training on Wednesday evenings. The following new procedures will be implemented to allow training to commence from Wednesday the 17th of June.

Rules & Procedures for resumption of training

1) For insurance reasons, training is only available for paid members of the club. Unfortunately, the policy of recruiting / bringing a friend along to see if they like the training is suspended until further notice.

2) All training will require pre-booking using our online training request form. https://www.stcocasac.com/wed-adult-training-request

   This will allow the club to establish the following:
   - number of members interested in training
   - the current fitness of the member for group allocation

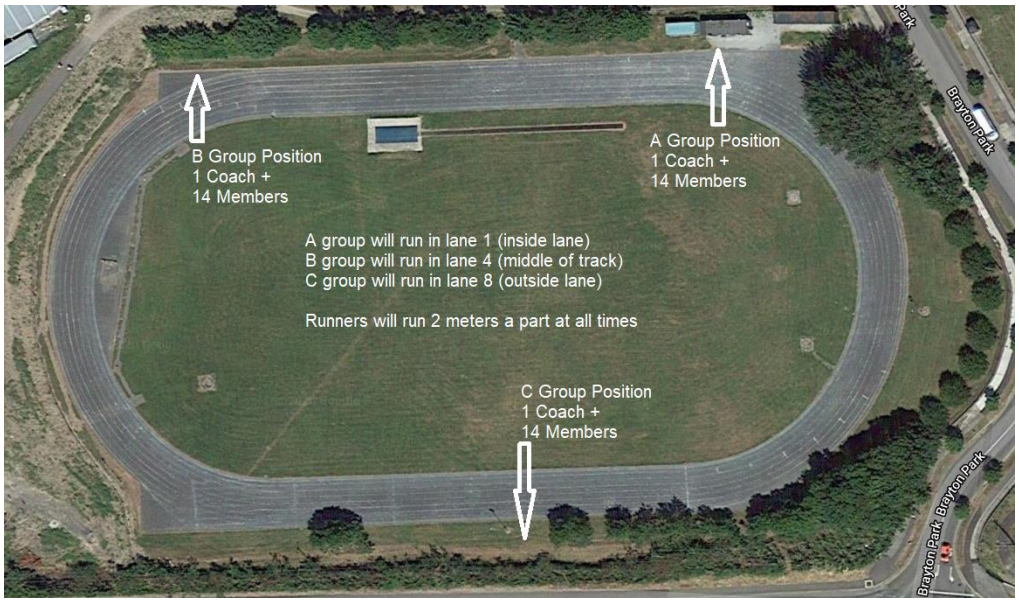
   *If the current training numbers (42) are oversubscribed the only fair way to make sure every member receives training is to draw up a training roster. This way will ensure that everyone receives a minimum of 2 to 3 track sessions a month.

3) Members will be divided into 3 groups based on current running ability.

4) The club cabin & **toilets** will be closed. On arrival, members MUST NOT congregate at the cabin and will instead move promptly to their group positions on the map below. *Cabin access will only be available for First Aid & Defibrillator usage.*

5) There will be no large group warm up, stretches or cool down. Each small group will do their own.

6) All members that attend training MUST fill out our **Online Contact Tracing** form https://www.stcocasac.com/tracking Failure to fill this out, will mean that future training may no longer be provided for that member.



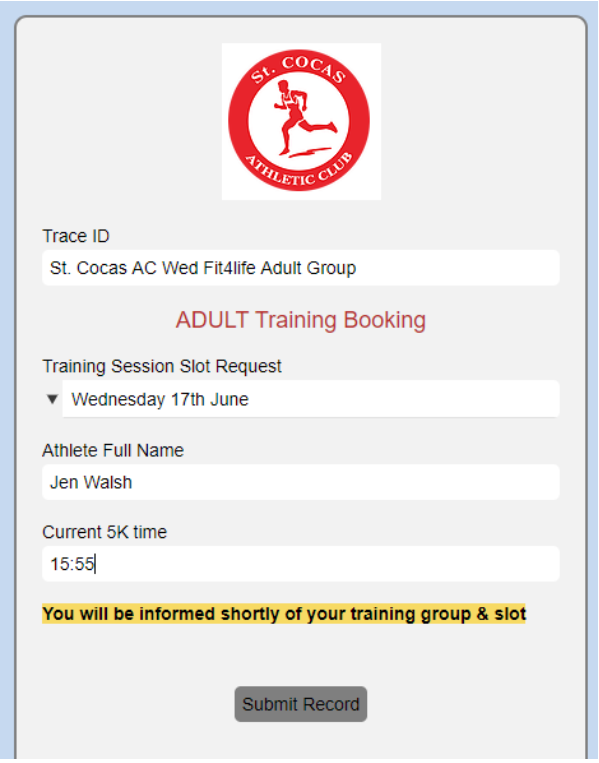
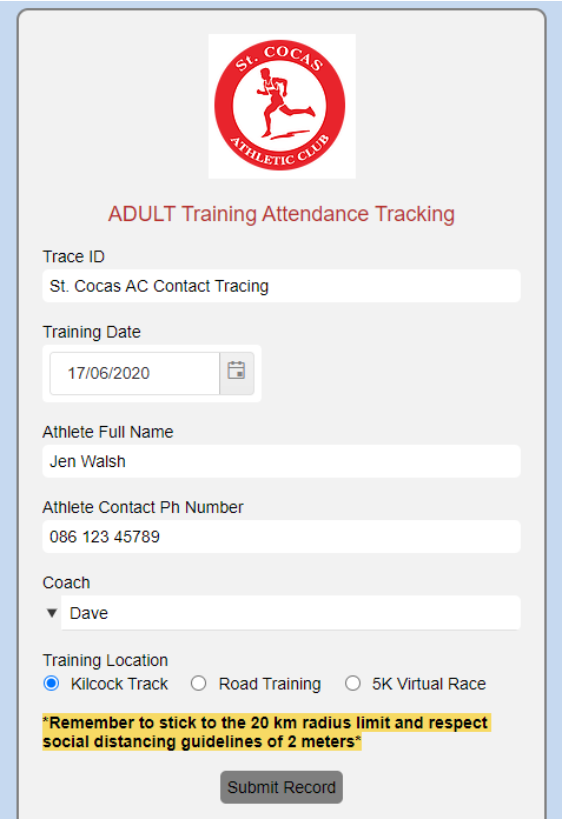
7) You must stay at home if you:

- 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 flu-like symptoms or are feeling unwell

You must also:

- Check with your GP prior to training if you are in a high-risk health category
- Ensure your club has up-to-date contact details for you

Please don't contact any of the coaches looking for a training slot. After submitting a training request, you will be informed via the WhatsApp group and internal club Facebook page of your participation in advance.

Any additional questions or concerns can be discussed directly with David Walsh on 086-6740696.

Booking Request & Contact Tracing Form Samples