



Date: 14/04/2021

To St Joseph's Athletic Club members, coaches, parents,

On 6th April, An Taoiseach, Micheal Martin announced that underage non-contact training in pods of 15 can restart from Monday 26th April.

In order to ensure the safety of our members, please take the time to familiarize yourself with the following, prior to resuming training on Tuesday 27th April.

- DO NOT ATTEND TRAINING if:
 - ✓ You, or a member of your household are displaying symptoms of Covid-19
 - ✓ you have been in contact with a confirmed Covid-19 case in the past 14 days
 - ✓ you, or any of your household have tested positive for Covid-19 in the past 14 days
 - ✓ you, or a member of your household has had, or is awaiting a Covid-19 test
 - ✓ you, or a member of your household are currently isolating due to Covid-19 symptoms
 - ✓ you have returned from travelling within the last 14 days
- A maximum of 15 members, including the coach, per pod is permitted.
- Pre-booking of training sessions is mandatory. You can book your session at this link <https://stjosephsac.ie/members/>. This is necessary to assist with contact tracing in the event that one of members becomes ill and to ensure that we comply with limits on training pod sizes.
- You **MUST** read and agree to the health questionnaire, contained on the booking form, when booking your training session.
- Please ensure that you are booked into the correct group.
- Arrival at the training grounds: Please ensure that you allow adequate space between cars in the car park and follow the one-way traffic flow that was introduced last year.

- Ensure you have sanitised your hands before entering the training grounds.
- Bring your own water bottle and do **NOT** share with other members.
- The gate will be open on your arrival at the club grounds. Please refrain from touching the gate on entry and exit.
- Upon arrival at club grounds, please proceed immediately to your warm up area. Do not gather in groups and respect a 2 metre distance between you and other members.
- Warmup areas:
 - ✓ Group 1, Group 3 and Group 4 - use the middle field (gravel track) and the bottom field for warm up.
 - ✓ Group 2 both X & Y – use the soccer field to warm up. Note, this will be your base, so leave your water bottles by the side of the container in the soccer field in order to avoid mixing with the other training pods. (Group age ranges will be provided at a later date)
- In order to ensure the safety of our members, we insist that those present on the training grounds are members who have prebooked the session and their coaches only. Therefore spectators are not permitted inside the training grounds during the training sessions.
- Toilet facilities: Please use the hand sanitizer provided in the toilet facilities and sanitize the door handles, taps and toilet flush handle with the sanitizers provided.
- You are requested to follow the instructions of your coach at all times.
- **If you experience any COVID-19 symptoms, please contact the safety officer, Susan Lanigan at susanlawlorlanigan@gmail.com without delay.**

The guidance issued by Athletics Ireland and St Josephs AC is designed to ensure the safety of our members, coaches and parents. It is imperative that you adhere to these guidelines at all times while on club grounds.

Kindest regards,

Susan Lanigan

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St Joseph's A.C. Chairperson