**Haywards Heath Harriers**

**Frequently Asked Questions – Winter training for endurance groups (seniors and U18), juniors and sprint groups.**

With the easing of lockdown restrictions, the club has developed procedures to support the safe return to training while adhering to the government guidelines on social distancing and England Athletics best practice.

The following frequently asked questions (FAQ) document sets out what you need to know about our winter training plans. These measures will be reviewed as the situation evolves and are therefore subject to ongoing revision.

This FAQ document should be considered in conjunction with our club Covid 19 Risk Assessments and Method Statement which can be viewed on the [club website](https://www.haywardsheathharriers.co.uk/training-support-during-covid-19-outbreak.html).

*Where and when are the training sessions going to be run?*

* For our **Under 18** and **senior endurance groups**, winter training will commence **15 September** and will be weekly on Tuesday night. Sessions will be held in various locations around Haywards Heath, Cuckfield and Lindfield. The location will depend on your allocated group.

*Do these arrangements cover all club athletes?*

* These arrangements **only apply to our under 18 and senior endurance athletes**.

*What is the situation for our junior and sprint training groups?*

* At present, we are **unable to offer dedicated winter training for juniors and sprint groups**. This is hugely frustrating for all of us, but the ongoing guidance presents problems for indoor training as we cannot guarantee a Covid secure environment. We are actively exploring other options, including the hire use of a suitable outdoor venue so please bear with us while we work through the necessary logistics.

*How will a typical session be run?*

* We will continue training in small ‘groups’ of no more than **five plus a designated coach or Run Leader**.

*How do I secure a place on a training session?*

* To ensure we don’t have more athletes at a session than can be safely catered for, **training is by invitation only**. Athletes will be contacted directly via their group leader and arrangements made to allocate you a place on a training session. This will be done on a rota basis and we will do our very best to ensure everyone is offered a chance to train.

*How long is each training session?*

* Each training session will be for around an hour.

*How many training ‘groups’ will be catered for at each training session?*

* The number of groups will be dictated by the availability of run leaders. Groups will run in different locations so we can maintain the ‘five plus a run leader’ maximum number and adhere to social distancing requirements.

*Are there enough run leaders available for everyone to train who wants to?*

* Currently, the number of run leaders is insufficient for everyone to train so we are operating a rota. The good news is we have another eight run leaders being trained so we expect to significantly increase our training capacity by mid-November 2020.

*Am I guaranteed a place on a training session?*

* With the number of athletes at the club, we are unable to guarantee a place on a training session but will be doing our very best to get you on a session you can make.

*How will I know which training session I am on?*

* You will be contacted directly by your group leader with confirmation of the training session you are booked into.

*What should I do if I can no longer make the session that I am booked on?*

* Please get in touch with your group leader as soon as you can so we can allocate the spot to another athlete.

*Can I come up to training on the off-chance that there is a place available at a session?*

* Please don’t attend a session unless you have been told you have secured a place. As a club we are responsible for the safety of our members and will be rigorously maintaining numbers.

*What additional safeguards have Haywards Heath Harriers introduced in light of the Covid 19 pandemic situation?*

* In addition to the existing club safety rules and measures, we have prepared a [Method Statement and Risk Assessment](https://www.haywardsheathharriers.co.uk/training-support-during-covid-19-outbreak.html) that sets out the additional requirements needed while training due to the Covid-19 pandemic. This covers such matters as social distancing while training, cleaning and movement of equipment and the use of personal protective equipment where appropriate.