

HARROGATE HARRIERS JUNIORS - Updated Covid Rules (Sept 2021):

Guidance from England Athletics has given clearance for all athletes to train under normal conditions. However Covid safety is still an issue, we therefore encourage all athletes to consider getting vaccinated if they are eligible and to take sensible precautions to prevent transmission. Please read the following rules and share them with your athlete.

ATTENDANCE AT TRAINING SESSIONS IS BY INVITATION ONLY

Invitations to training sessions will be sent out by coaches via email/sportlyzer. Parents should continue to confirm or decline attendance on a weekly basis.

Athletes should not attend if:

- they have Covid symptoms
- they have tested positive for Covid
- they are awaiting PCR test results

If a member of their household has tested positive, the athlete may attend training only if they have no Covid symptoms. Government guidelines recommend that family members get a PCR test in this situation. It would also be sensible to carry out a Lateral Flow Test and attend only if they are negative.

COVID SYMPTOMS

Schools are finding that young people can present with a wide range of Covid symptoms. Please do not send your child to a training session if they have any of the following symptoms:

- Temperature
- Loss of taste or smell
- New persistent cough
- Headache
- Nausea
- Fatigue

RULES WHEN ATTENDING A TRAINING SESSION:

HANDS – all athletes should wash hands on a regular basis and use hand sanitiser on a regular basis when out of the home.

FACE – Face coverings are no longer mandatory but the government expects and recommends that they are worn in enclosed and crowded spaces where you may come into contact with people you don't normally meet. We would ask that you consider this and also that you are respectful of people who are choosing to continue to wear them.

SPACE - Athletes should continue to wait outdoors on arrival, however there is no need to maintain social distancing.

Parents – please arrive promptly to collect primary school aged children and parents are encouraged to wait outside the venue to ensure safe handover of children. If medical information or emergency contacts need updating, please do this on the sportlyzer app or email:
harrogateharriersjnr@gmail.com

Toilets – are available, but training is more effective if athletes use the toilet at home.

Vending Machines – healthy snacks and drinks from home are preferable