

ATHLETE GUIDANCE: RETURN TO TRAINING

NEW PROTOCOLS

Make yourself aware of the new protocols at your club in advance by checking your clubs website and social media platforms.

PRE BOOKING

Pre booking will be essential to reserve time slots in advance and for the club to manage the number of members at the club at one time.

GET IN, TRAIN, GET OUT

Have a plan. You should be prepared for training prior to arrival at venue. You should have the attitude, 'Get in, train and get out'

AVOID THE GYM IF YOU HAVE ANY SYMPTOMS

You should not go to the gym if you are experiencing any symptoms as per the Welsh government guidelines.

WASH YOUR HANDS

Wash your hands before and after arriving at the facility to minimise the risk of transition through touching surfaces. Sanitiser stations should be available at the facility however it would be good practice to bring your own.

HEALTH SCREENING

A pre-screening questionnaire should be completed and individuals should sign a self-declaration form, stating they are fit and healthy with no symptoms of the virus. Some facilities may require temperature checks prior to entry.

CLEAN YOUR EQUIPMENT

Equipment should not be shared and all equipment should be cleaned before and after use.

3X3METRES TRAINING AREA

Your club will have marked out 3x3metre areas for you to train in. There should be no sharing training areas or equipment.

SOCIAL DISTANCE

You must follow the 2m social distancing perimeter at all times.

PERSONAL EQUIPMENT

You should only use your own personal equipment for example, shoes, belt, and lifting straps etc.

CHALK

Bring your own chalk to the gym in a clear plastic bag with their name on it and this must not be shared with anyone else.

NO SPOTTING

Spotting is to not permitted, due to its violation of the 2m social distancing rules.

GRADUAL RETURN

You should follow a gradual progressive approach back to training to allow you to return to previous training loads and minimise the risk of injury.