



Hello Everyone,

Good News we hope!

We are looking to restart training now that the new social distance measures have been relaxed a little by the government. The new advice is that small groups of five players and one coach are now permitted to come together in an outside space. We totally understand that not every will be comfortable with this and we respect your decision but, we equally know that a lot of you are really eager to get back to some form of training. As we adapt to the guidelines, we have been busy working behind the scenes to work out if we can get our players back to some activity whilst we work under these guidelines. We have put some strict rules in place that must be adhered to which are outlined in this document.

We are going to start the sessions on Tuesday 23rd June for high school children and on Wednesday 24th June for primary school children. There will be different time slots allocated with up to four separate coaches having their own area to train the small group of players. The training will take place in Astley Park on the field adjoining the changing rooms/Pet's Corner.

Time slots will be as follows:-

High School 17:00,18:00 and 19:00
Primary School 17:00 17:45 and 18:30

The coaches will send out a Heja invite to all our members with a time frame of 17:00-19:00 start. Once we know how many people are available from across the groups, we will put players into a group of five with a coach. Please confirm by 18th June if you intend on taking part. The times and the coach your child will be assigned to will be put on the communicating page of all Heja groups prior to the training night. You must only turn up at that specific time. High school age (Y7 and above) will be a 60 min session, the primary school children sessions will be 45 minutes.

If this goes well and we continue to have the support of the coaches, we will run it for four weeks which take us up to the summer holidays. Note - training will be weather permitting and if we need to cancel the training for this reason or any other then we will notify Heja accounts before 15:00 on the day of training.

Here are the guidelines and rules we will have in place in order to move forward with this activity.

Prior to Training

- Wash yours and your children's hands
- A child can not train if:-
- Any person, or anyone in the house, has had a confirmed case of Covid-19 in the last 14 days

- If anyone in your house, has had any Covid-19 symptoms in the last 14 days (a dry persistent cough; raised temperature; sore throat; loss of smell and taste or other symptoms)
- If the person, or anyone in the house, is in a higher risk group/shielding (e.g. have cancer or an immune-suppressing condition)
- If anyone in the house, is in self-isolation due to exposure to Covid-19.

During Training Sessions

- Parents must escort their child to the group they have been assigned in the park
- Players must go straight to the group they have been allocated in the park
- **We will have hand sanitizer available and we will give the girls before the training starts.**
- No equipment will be used
- Players will be kept 2m apart from other children
- We have allowed a cross over so that we can keep groups separate

After Training

- Wash hands after the training
- Maintain social distancing to anyone you might see in the park
- Shower on returning home
- If you show any signs of the Covid-19 symptoms after training then please notify your coach immediately

Parking

Hallgate at Astley Village is free and a nice 5 min stroll to the field

We hope to see you very soon!

Your Inferno Team