

## TRAINING TIME STATEMENT

18<sup>th</sup> September 2020

### TAKE RESPONSIBILITY, HELP REDUCE THE RISK OF COVID-19, RESPECT OUR COMMUNITY

Thank you for your patience, this has been a much larger piece of work than expected. Unfortunately, we have had to make more changes than I had initially hoped.

I have attached the first version of the timetable. We have to be extremely flexible this semester and the timetable will be in constant review and changes will need to be made frequently.

It is important to highlight, I am still waiting for confirmation of the academic timetable so if there are lessons booked in after 6pm, the timetable will need to be changed.

I am also waiting for confirmation of the room size restrictions from the University as this will limit the capacity the sessions. If the space capacity is lower than the NGB guidance, we have to follow the University guidance.

These are some of the challenges we face:

**Room capacities (as stated above).** This means we may have to further split sessions into two to allow for 2 separate groups of the same sport. This will save time on some cleaning and setting up the area for the specific sport.

This is why some clubs have a larger training block rather than two smaller time slots. We expect clubs to manage to time as they see fit. For example, Volleyball have 2:15 hours, you may wish to allocate 15 minutes for set up, and then split into 2 x hour session (1 hour for ladies, 1 hour for men's).

**Restrictions on indoor sports** some sports who normally use indoor spaces for training are currently not allowed to and therefore when guidance allows, we will need to move sessions around to allow them to move indoors

**Limiting to two sports a night** to limit cross contamination, we have tried (where possible) to limit to 2 sports in indoor spaces on any given night. This reduces foot fall, and in turn reducing the risk of spreading COVID-19

**Cleaning time and crossovers** – all training times MUST be stuck to. Please do not arrive early or leave late. We have built in 15 minutes between each session (illustrated in red) to allow for additional cleaning. More importantly, 2 groups should not meet / be in the facility at the same time. This again limits contact between groups.

**Socialising** as you will be aware when reading the guidance, groups are not allowed to congregate before and after sessions. You need to arrive on time, start the session straight away, and immediately leave after your session

**Morning training** I have requested for the sports centre to open early at least 2/3 mornings a week to allow for additional training times, I am still waiting to hear back when these will be. The astro usage is proving to be a challenge, so I hoping to solve this asap

**Wednesdays.** As we currently do not have fixtures, I think is common sense that we use the sports facilities for additional training. Please let me know if you want an extra session on a Wednesday for the next couple of weeks.

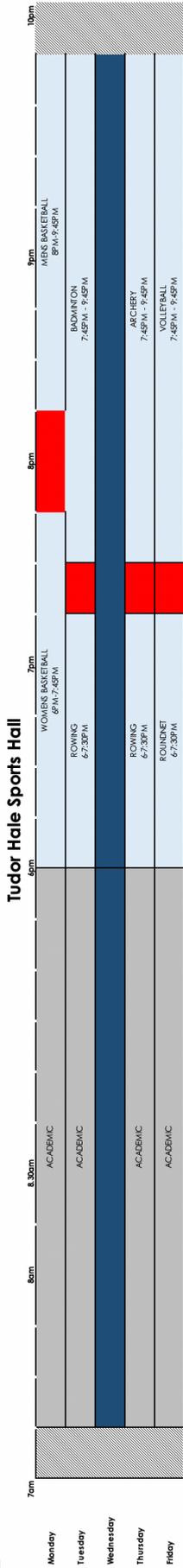
I will have to check in regards to the usage on the grass pitches as we still need to be aware of wear and tear. If we overuse the pitches they may not be in a playable state when fixtures return!

As I have mentioned, the training times are going to be changing on a regular basis for a number of reasons listed above, we have no choice but to be flexible and considerate of others in our community.

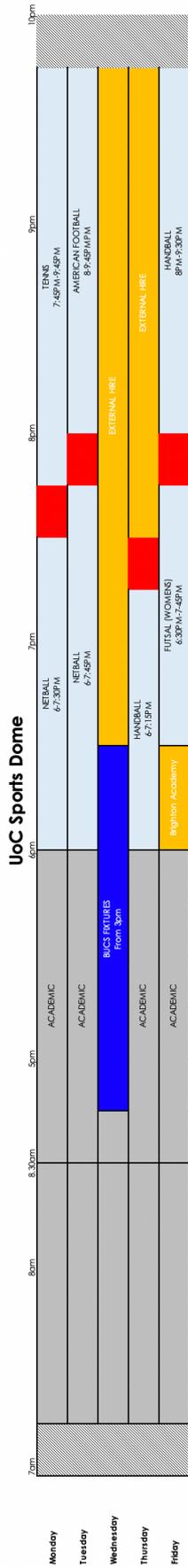
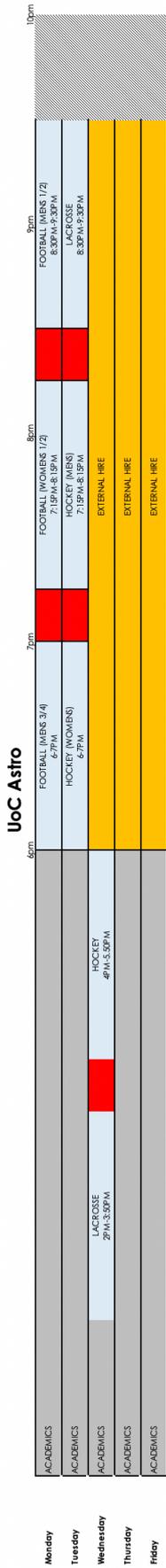
Finally, clubs will not be able to use their slots until they have informed us of their COVID-19 Officer and you have signed the Declaration.

If any clubs does not follow the covid-19 guidance or details above, their sessions will be removed with immediate effect. The session will also not be reinstated until the club can demonstrate they run their sessions in safe manner.

We are in a very fortunate position to be able to re-introduce training, so please respect each other and our community as a whole

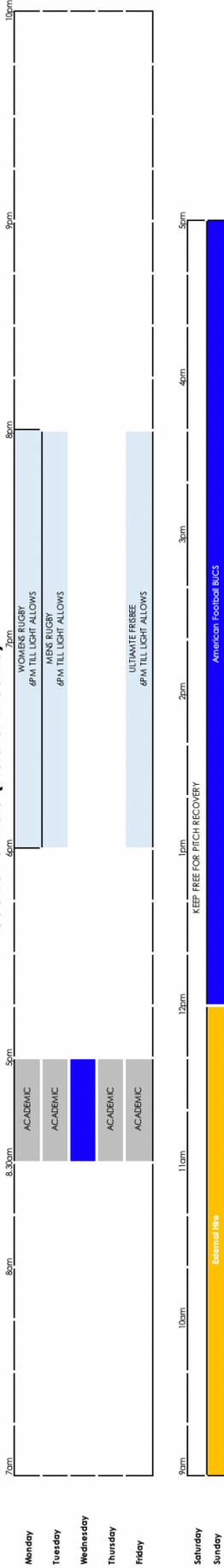


\*Please note in semester 2 the 8.15 on Friday evening may change

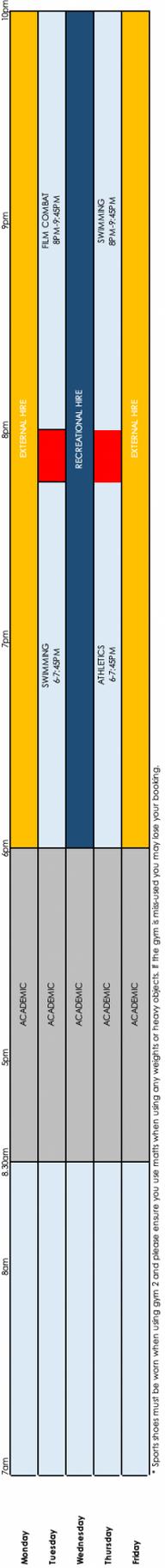


Tuesday Slots 6.7.15pm: 7.15 to 8.30pm; 8.30 - 9.45pm

### Uoc Lower Field (Field of Dreams)

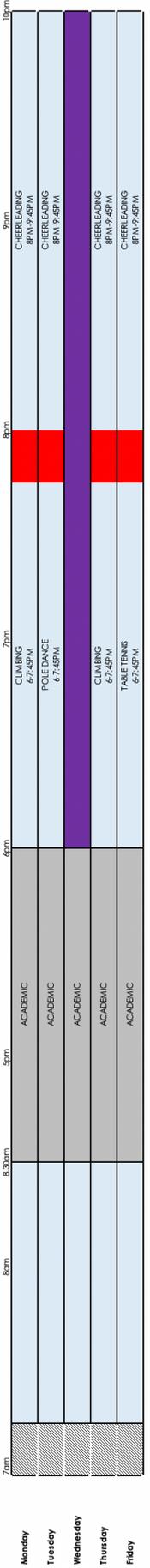


### Gym 1

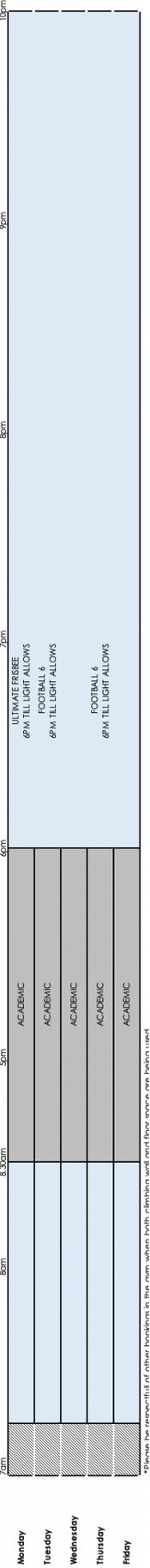


\* Sports shoes must be worn when using gym 2 and please ensure you use mats when using any weights or heavy objects. If the gym is misused you may lose your booking.

### Gym 2



### GRASS PACTICE AREA (TOP FIELD)



\* Please be respectful of other bookings in this room when both climbing wall and floor exercise room is used