



Athlete Declaration for training

Starting 3rd August until Covid-19 restrictions are relaxed

In order to train with UKA insurance cover, all athletes must agree to abide by the rules laid down by the government, England Athletics and Cambridge and Coleridge Athletic Club – These rules will vary from time to time.

The latest rules can be found on the England Athletics website:

<https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/>

The latest C&C rules for this period can be found on the website: www.cambridgeandcoleridge.org.uk

Before training:

- I have current athlete membership of Cambridge and Coleridge Athletic Club, or Cambridge University AC or Cambridge University Hare & Hounds
- I have read and will follow the current England Athletics' and C&C's rules and guidelines
- I will only attend a training session when I have received explicit confirmation of acceptance.
- I will not attend a session if I have any reason to suspect I may be infected with COVID-19
- If I can no longer attend a training session, I will inform the appropriate coordinator in advance
- I will not turn up earlier than 10 minutes before my session starts

At a training session:

- I will follow the rules provided by the University of Cambridge when using their facilities
- I will maintain at least the government recommended social distancing of 2m at all times
- I will follow the instructions of the coach or other club representatives
- I will follow hygiene rules regarding hand washing and cleaning equipment

At the end of training session:

- I will ensure all equipment used is cleaned and returned where designated.
- I will remove all my personal belongings and leave the site within 10 minutes if there is a follow-on session
- I will advise my coach if I come down with COVID-19 symptoms within 2 weeks of the session

Name: _____ Signed: _____ (by parent/guardian for Under 18s)

Dated: _____

Send a scanned copy of the signed form to: coviddeclaration@cambridgeandcoleridge.org.uk

This declaration form is intended to be used during the COVID 19 epidemic and whilst England Athletics require restrictions to training; and will be destroyed once required restrictions are lifted and normal training is able to resume.