

ALL TERRAIN TRAINING OVERVIEW (January 2021)

If you are not adhering to the rules, the board or the trainer will ask you to leave the training.

Follow the RIVM guidelines.

Keep 1.5m distance, also in obstacles.

Disinfect your hands.

Do not come to training if you experience any symptoms of COVID-19.

Do not come to training if any of your housemates are experiencing any symptoms of COVID-19.

One person in the shed at a time.

We are now only allowed to train with eight members at once. We expect you to turn up to training if you have signed up. If for some reason you can no longer attend the training, you need to let the board know the day before (or as fast as possible) so we can organise someone else to fill your slot.

As we can have only sixteen athletes per day, it could be that there is no space left for you if you sign up later than others. If you miss out (but still subscribed before the deadline) we will make sure you can join the training the following week.

Wednesday training:

This is now only for those athletes who do not have permission to train on Monday and Fridays.

Warming up will be included at the beginning of the training, and given by the trainer. This prevents the people, who are arriving to drop their bags off, from interacting with the previous group. Therefore, it is **very important you arrive at the training not too early (maximum of 5 min), and leave as promptly as possible.**

We are allowed to have 8 members training at one time. This means we will train in two time slots with maximum 8 members each:

Group 1: 18:30-20:00

Group 2: 20:15-21:45

You will need to subscribe for each Wednesday training via a Google Form. The board will send this out each Thursday. **The deadline for filling in the form is midnight every Sunday.** By Monday evening, the board will send a schedule for the training on Wednesday, so that you know which time slot you will be training in. If you miss this deadline then you can still subscribe, but if the groups are already full you will not be able to train.

When you arrive at the construction, you will find the pylons set out for you to stand by. The pylons will be split into groups of two or four. We aim to split everyone arriving immediately into smaller training pairs, hence the pairs of pylons (still spread 1.5m apart within the group of course).

You will be directed to your group of pylons by the trainer as soon as you arrive at the training (so then please pick your individual pylon from this pair). This will become your 'training pair' for that training. You must **stay in this pair** the entire training, and **do not interact or come close to any other pairs** (there is enough space for all groups to be well apart while training in the construction, please do so). These groups will be with two people for the experienced members (as usual). For the newer members, if a buddy is required, the pair will consist of one new member and one buddy.

Only once you know your pylon, then the trainer or board will direct you to drop your bag in the shed, and disinfect your hands, before returning to your pylon. When everyone is ready, the trainer will then give the overview of the training, and which obstacles they have planned for you. The trainer will also give you a warm up circuit to do before you begin the training.

While training, keep well away from the other groups. One group in an obstacle at a time. If you are not actively training, stand at your pylon. If you are drinking water during training, do so at your pylon.

At 20:00/21:45, the training is finished, and you need to return to your pylon promptly for quick announcements from the (white)board, before retrieving your bags from the shed one by one and disinfecting your hands. You need to leave as soon as possible so that the next members can arrive without interacting at all with the leaving members.

Monday and Friday training:

You can only join these trainings if you have permission from the trainers and SBN membership.

We are allowed to have 8 members training at one time. This means we will train in two time slots with maximum 8 members each:

Group 1: 18:30-20:00

Group 2: 20:15-21:45

A board member or trainer must be present. The same rules as for the Wednesday training applies, except that registration is done by a separate excel sheet and there is a soft deadline the day before at 21:00 (though if the maximum is reached before this, those earlier in subscribing get priority).

As we expect there will be more demand to join these trainings, we ask you to subscribe for only one training per week (either Monday or Friday). You can place your name in a reservation column for a second training, and if there is space left after the deadline, you will be able to train twice.

We still expect you to stand by your pylon, form training pairs, and stay in your pair without interacting with any others. Please note that this is training and not an opportunity to stand and chat. If we can't adhere to the rules, we will no longer be allowed to train.

Note:

The showers and changing rooms in the Student Sports Centre are closed, as are the bar and terrace.