

## ALL TERRAIN TRAINING OVERVIEW (June 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.

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We are now allowed to train with thirty 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 or change your answer in the subscription form.

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### Wednesday training:

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 30 members training at one time. This means we will train in two time slots with maximum 30 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.

When you arrive at the construction, you will find the pylons set out for you to stand by. We aim to split everyone arriving immediately into smaller training pairs.

You will be directed to your group of pylons by the trainer as soon as you arrive at the training. Then you will pick another member as your training pair. You must **stay in this pair** the entire training, and **do respect the 1,5m distance 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, they will be paired with a buddy. So their groups can be as large as a maximum of 4 (1 buddy and 3 beginners), but we try to keep them as small as possible.

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 and 21:45 respectively, 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 mingling with the first group.

### **Monday and Friday training:**

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

On Mondays, Fridays and Sundays, we have 2 time slots per day.

Monday	Friday	Sunday
16:30 - 18:00	16:30 - 18:00	9:30 - 11:00
19:00 - 20:30	19:00 - 20:30	11:15 - 12:45

These time slots are for experienced members that do not require supervision from a trainer. This training will also be performed in groups of 2 to 4 members, with a maximum of 30 members, and with marked places with pylons (so the same system as during the wednesday training). This group will always be supervised by someone designated as the Corona Manager.

While members are free to pick which obstacles they want to do, the one group/pair per obstacle rule still applies and means there is a clear demarcation between groups/pairs.

On Fridays from 19:00 - 20:30, we will restart the beginners training, which is conducted in groups of 2, 3 or 4 people, 1, 2 or 3 beginners and one experienced member. The assistant trainer will be present to supervise. The pylons system will be used at the beginners training as well. This training will take precedence over the individual training on Friday, but they can still train individually at the same time as long as the limit of 30 members isn't exceeded.