



## Guidelines for Winter Endurance Training

When training moves indoor over the winter months RCAC Endurance training will either take place within the grounds of Dingwall Academy or on roads and pavements around the town.

To ensure the health, safety and welfare of all those taking part we as a club will take the steps in Part A.

**We ask all parents of junior athletes (U18s) and all those taking part to read, understand and comply with the guidelines in Part B.**

### **PART A**

1. The club will ensure that an appropriate Risk Assessment of the routes used is completed.
2. As a minimum we will ensure there is one adult with PVG check to every 10 children. Where conditions are deemed necessary this ratio will be increased.
3. The Lead Coach will give a safety briefing at the start of each session outlining where the group will be going, the training that will take place and note any significant risk factors. If any athlete is not happy with any aspect of the plan they will be given the opportunity to stay indoors.
4. A head count will be done before any session.
5. An adult with PVG will always act as a Tail Runner.
6. If a child becomes unwell, injured or needs to stop for another reason an adult with PVG will escort them back to Dingwall Academy, or wait with them for assistance, if it is necessary to separate them from the main group.
7. Where possible adults helping will be encouraged to carry a mobile phone.

### **PART B**

1. Athletes of all ages should come suitably dressed for the weather conditions. If the Lead Coaches or adult helpers feel an athlete is not suitably dressed they will ask them to stay inside on that occasion.
2. All athletes are strongly encouraged to have a High Viz accessory or vest for sessions outwith the school grounds. Junior athletes will be provided with a vest unless they come with one. If they do not agree to wearing one they will be asked to stay inside.
3. If an athlete is unwell or injured they are asked not to participate in the session that day and not until they are fully recovered.
4. Athletes must remain part of the group. If they have a need to stop they should notify the Lead Coach or other suitable adult.
5. Athletes must be aware of road and traffic conditions. No junior athlete should cross a road or leave the pavement without an adult present.
6. If an athlete requires any medication such as an inhaler during sessions they must ensure they carry this.



7. All athletes are asked to refrain from using any technology that may cause a distraction during training unless required for safety purposes. This includes the use of mobile phones, headphones, Airpods etc.
8. If an athlete needs to be spoken to about their behaviour during or after the session this may result in them being prevented from joining the outdoor sessions on subsequent occasions.