



10th June 2020

Following on from the email you all received on the 14th of May we are now in a position to get back to some training within the club. With the new government guidelines announced on Friday, and the new return to training protocol released by Triathlon Ireland we are delighted to announce that limited club training can resume.

In phase 2 we can proceed with open water swimming, running, bike time trial but currently no club cycles (members are still ok to arrange their own group cycles with a max of 15 if social distancing is adhered too)

For the foreseeable future club training sessions will have to be pre-booked as we are limited to 15 members per session. All training needs to be pre-booked via www.picktime.com/lk247. Sessions will appear for booking at approximately 12 midday the day before each session. (i.e. Monday swim will be available to book from midday Sunday) If you missed out on a spot **PLEASE DO NOT** just land to the session as you will be asked to leave. If you make a booking but are unable to attend please let us know so that we can free up the space for another club member.

Training will only be available to current paid up club members for 2020. We currently cannot let anyone guest at any sessions.

Before each session you are asked to complete the attached questionnaire. If you answer YES to any of these questions you should stay at home and not attend any club activities and inform your GP. If you are in a vulnerable group you are also advised not to attend club training at present.

When attending sessions please arrive changed and ready for training. Please do not congregate before or after the session. Once the session is complete please return to your car immediately.

Swimming Although we normally love to see your families coming to watch you all swim at Gartan, this for the time being is not permitted. Gartan estate is currently closed but we have permission to be there for our club swims at the designated times only. There will be no changing facilities provided at any club training at present.

Run Session Please arrive at the session warmed up and ready to start at the relevant time. No sharing of drinks etc and ensure to keep 2 meters between you and others. If you meet members of the public during the session, please ensure to give adequate space when passing.

Long Run We will post routes for the long run as before. We are not going to operate pre-booking for this at present. It will leave the Aura at 6.30pm on Thursday evenings. Like all sessions come prepared and ready to go for 6.30pm and keep 2 meters from others. Get into your normal running group and ensure to leave plenty of space when passing members of the public. If you are doing your run at an alternative time feel free to post it on the viber group as others may join you.

Bike TT The first bike will be off at 7.00pm sharp. Each member will be given a start time on the viber group before the event. If you are not on the club viber group, please ensure you get signed up. Arrive at the start line warmed up no more than 5 minutes before your allocated time. If you miss your slot, you will be held to the end of the TT. Once you have completed your TT please do not congregate. Times will not be given out until later that night on viber. There will be no bike holders for the start to keep within social distancing guidelines. Don't forget you must have a front and rear working light fitted to your bike.

The following is the planned sessions for phase 2 (max 15 members per session)

Session	Venue	Day / Time
Gartan Open Water Swim 1	Gartan Boat House	Monday 6.00pm to 6.45pm
Gartan Open Water Swim 2	Gartan Boat House	Monday 7.00pm to 7.45pm
Run Speed Session 1	Announced Weekly	Tuesday 5.30pm
Run Speed Session 2	Announced Weekly	Tuesday 7.00pm
Bike Time Trial 10mile	Foxhall	Wednesday 7.00pm
Long Run	Aura Carpark	Thursday 6.30pm

We have appointed a new role of "Covid compliance officer" within the club, which will be shared between Paul Doherty & myself. If you have any queries or issues in relation to Covid-19 within the club contact Liam Tinney on 087 2902515, Paul Doherty 086 3266557

Please read the attached return to training protocol. It contains important information to keep you and others safe. This is new to us all, and we really need all club members to work with us on this new way of training to ensure we operate within the guidelines and continue to add more training.

If you have any queries in relation to anything within this letter or issues with pre booking feel free to get in touch with Paul or myself.

Regards

Liam Tinney

Chairman Letterkenny 247