Dear triathletes,

As restriction are being lifted and we are returning to some normality after a challenging year, the club will expand it training sessions to you all. Please be aware that although restrictions are lifted Covid-19 has not left us completely and therefore we are asking the members to be careful and adhere to the basic social distancing guidance as described below.

Before you come to a session, please make sure

* You don’t have a temperature above 37.8 C
* You don’t have a new persistent cough
* You haven’t lost your smell and or taste

If you have any of the above symptoms, **PLEASE STAY HOME AND GET A PCR TEST**

Please see below the club’s guidance for each training element.

Running

* Social distancing: a minimal of 1 metre social
* Avoid face to face contact
* Don’t use each other’s water bottle, clothing, etc
* Use regular hand sanitiser

Cycling

* Social distancing: a minimal of 1 metre social
* Avoid face to face contact
* Don’t use each other’s water bottle, clothing, etc
* Use regular hand sanitiser

Swimming

* Whilst changing maintain 1metres social distancing
* Maintain social distance whilst entering the water and whilst coming out of the water
* Try to avoid using each other’s equipment