



**Return to use of the NSC 26/05/2020
Agreed Terms of Use**

IOM Athletics have been working alongside the NSC and IOM Sport to reintroduce access to the NSC track facilities for athletes using a phased approach as detailed below. Please take time to read through the accompanying risk assessment and familiarise yourself with both the Government advice and the terms of use below.

The phased approach has been developed to start with **prioritised and low-risk phases**. Certain club members are being prioritised over others - this is in the interest of a careful and sensible phased return to the facility. Throughout the phases, an NSC member of staff will be on site to oversee the proper usage of the facility and to control the flow of users in and out.

When using the NSC track you must:

- Have permission from IOMA
- Have booked your slot with NSC on the Monday of the new week
- Agree to the below terms of use before arriving at the track
- Be a paid member of an affiliated club*

DO NOT:

- ✘ Use club/stadium equipment unless relevant phase is in place and NSC staff have agreed to handle
- ✘ Turn up at the Track without prior agreement from IOMA

You may drive to undertake this activity adhering strictly to the 40mph speed limit. This remains in place to protect the Hospital and Emergency Services. Each journey should still be considered as to its value and risk. You may be prosecuted if you break the speed limit.

**If for any reason financial pressures mean that this will be a limiting factor please contact athleticsdevelopmentiom@gmail.com*



Rules on the Track

- Upon entry, you are confirming that you or any member of your direct family have or are showing signs of having COVID-19. If this is the case, please stay at home and return once you are fully recovered.
- Social Distancing as per Govt guidelines must be adhered to at all times
- Each slot inside the track is 55 minutes, with a 5-minute buffer/cross over time.
- Please leave the track as soon as your session is complete to allow the next slot to begin on time.
- A 1-way system is in place for entry and exit:
Entrance is by the main gate.
Exit is through the gate between the Institute gym and the grandstand.
- **Car Park 1** (by the track entrance) will be designated as a warmup area for you to use prior to your slot on the track, please adhere to all Govt distancing advice.
- The number of Athletes/Coaches on the track at any one time to be aligned with Govt advice and dependent on current phase in operation.
- It is advised that all users of the track provide their own hand sanitizer and sanitize/wash their hands before and after each session
- Users of the Throwing Cage must sanitize any part of the cage they touch immediately after use
- As per UKA guidelines, throwers must sound a horn prior to every throw. The NSC will make a horn available and disinfect following use. The horn is not to be shared.
- The wheelchair accessible toilets will be open, please sanitise after use
- Anyone found to be breaking the terms of use will lose the privilege of using the track throughout the proceeding phases.