



## Continued training in Tier 3

Subject: Continued training in Tier 3

Message from Billy Green December 15, 2020 17:55

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Dear club members,

As Ilford AC and Vision have taken the best precautions we possibly can Cricklefields is considered to be a "COVID secure area". As such I am pleased to say that the track is currently remaining open whilst Redbridge is in tier 3. This does not of course mean we can ever guarantee total virus safety.

In view of the very high rates of infection in Redbridge, Havering, Barking & Dagenham & Essex and also the new strain of virus that has apparently emerged the club strongly recommends that anyone over 60 or in any high risk category does not attend the track. We recommend the increased use of face masks when not actually running and better social distancing than has been evident in recent weeks.

For training sessions elsewhere then government and EA rules of no more than 6 training together (including any coach) should once again be adhered to.

Pre Christmas the track will be open on Tuesday 22nd then re-opening post new year on Tuesday 5th Jan.

Stay safe.

Have a very happy Christmas - and a healthy new year !!

Andy Catton  
General Secretary

If you need to respond to this email please do not reply but contact Billy Green separately