

Communication – All club's Athlete Members except for those in the Sport-Study Program/Sport Concentration

Dear MA and parents,

Following the Club Communication on 11th October, please be informed that the club will be reorganizing its current training service offering to comply with additional restrictions related to our territory having become a red zone. So, for your information:

Relève Program (7-11 years) and Transition Program (12-13 years):

- Training services supervised by a Coaching Member (ME) remain temporarily unavailable from 19th October from 9 a.m. until 1st November included. Be informed that the club will credit you for the supervised session (s) that could not be completed in order to take this temporary stoppage into account. Considering that individual training remains permitted, please take note that you can have access to your weekly training plan through the club's website in the area dedicated to Athlete Members (AM): <http://athletismecirrus-gatineau.ca/member-athlete/>

AND

- If Gatineau remains a red zone: from 2nd November at 9 a.m., if the territory remains a red zone, the AM being duly registered in a time slot will have access to the Development Center, in order to carry out his training in the form of free practice in accordance with the training plan provided online by the club. Indeed, each AM may be accompanied by a parent so that they can carry out individual training according to the plan provided by the club. A club manager will remain available in order to 1) manage the entry and exit of AMs and 2) ensure that Public Health instructions are observed. Please note that access to the washrooms will not be permitted. Please note that this directive may be subject to change in the event of any change in directives from the Quebec Ministry of Health.

OR

- If Gatineau becomes an orange zone again: from 2nd November at 9 a.m., if the territory becomes an orange zone again, the AM being duly registered in a time slot will have access to the Development Center, in order to benefit from a training service supervised by a club's Coaching Member (CM). Please note that this directive may be subject to change in the event of any change in directives from the Quebec Ministry of Health.

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Athletics (14 years old and over) and Long-distance running (25 years old and over) program:

- Training services supervised by a Coaching Member (CM) remain temporarily unavailable from 19th October from 9 a.m. until 1st November 1. Be informed that the club will credit you for the supervised session (s) that could not be completed in order to take this temporary stoppage into account. Considering that individual training remains permitted, please take note that you can have access to your weekly training plan through the club's website in the area dedicated to MA: <http://athletismecirrus-gatineau.ca/member-athlete/>

AND

- If Gatineau remains a red zone: from 2nd November at 9 a.m., if the territory remains a red zone, the Athlete Member (AM) being duly registered in a time slot will have access to the Development Center, in order to carry out his training in the form of free practice in accordance with the training plan provided online by the club. Indeed, each AM will be able to perform individual training in accordance with the plan provided by the club. A club manager will remain available in order to 1) manage the entry and exit of AMs and 2) ensure that Public Health instructions are observed. Please note that access to the washrooms will not be permitted. Please note that this directive may be subject to change in the event of any change in directives from the Quebec Ministry of Health.

OR

- If Gatineau becomes an orange zone again: from 2nd November at 9 a.m., if the territory becomes an orange zone again, the MA being duly registered in a time slot will have access to the Development Center, in order to benefit from a supervised training service by a club's Coaching Member (CM). Please note that this directive may be subject to change in the event of any change in directives from the Quebec Ministry of Health.

For AMs and parents who are in the Sport-Study / Sport Concentration Program, please note that a separate Communiqué will be sent to you shortly.

If you have any questions do not hesitate. Thank you for your usual cooperation.

Stay active!

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