

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

Dear Athlete Members (AM) and parents,

Following the Club's Communication of October 18 and due to recent developments during discussions between Public Health and the Fédération Québécoise d'athlétisme (FQA), in connection with private lessons, please note that the club must reorganize its current training service offer in order to comply with the restrictions related to our territory being a red zone. So, be informed that:

Time slots offered:

Only the following time slots will remain available during the indoor season (November to April):

- Monday to Friday: from 4 pm;
- Saturday and Sunday: all the time slots usually offered.

Please note that this directive is subject to change.

Initiation (4-6 years), Relève (7-11 years) and Transition (12-13 years) program:

- Training services supervised by a coach member (CM) are permitted as a format "private 1 for 1 lesson (including the participation of several people living under the same roof)" where an athlete member (AM) and all people living under the same roof can be supervised by a CM. Therefore, since "group lessons" under the supervision of a CM is not permitted, the club will terminate current memberships and refund the membership fee to you. Please be informed that the club will credit you for the supervised session (s) that could not be completed in order to take into account the period of temporary shutdown preceding the end of your membership. 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 AM: <http://athletismecirrus-gatineau.ca/member-athlete/>

AND

- As long as Gatineau remains a red zone: from November 2 at 9 a.m., if the territory remains a red zone, the AM can request a reservation from the club in order to benefit from a training service as a format "private lessons in 1 for 1 (including the participation of several people living under the same roof)" at the Development Center. For your information, the price per session for a "private 1 for 1 lesson (including the participation of several people living under the same roof)" is \$ 65.22, before applicable taxes. The reservation request can be made by email only to athletisme.cirrus@hotmail.com. 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 November 2 at 9 a.m., if the territory becomes an orange zone again, the AM being duly registered in a time slot in order to

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benefit from a training service as a format "private lesson in 1 for 1 (including the participation of several people living under the same roof)" will have access to the Development Center, in order to benefit from a training service supervised by a CM of the club. In the event that a former AM has not registered for a time slot in order to benefit from a training service as a format "private 1 for 1 lesson" formula, the latter may come to the Training Center (without prior reservation) and perform a training session supervised by a Coaching Member of the club, if a place becomes available during said time slot. For your information, the usual rate per session will apply and the AM will be billed at the end of the month for sessions performed at the Development Center. In addition, please note that this directive may be subject to change in the event of any change in directives from the Quebec Ministry of Health.

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

- Training services supervised by a coach member (CM) are permitted as a format "private 1 for 1 lesson (including the participation of several people living under the same roof)" where an athlete member (AM) and all people living under the same roof can be supervised by a CM. Therefore, since "group lessons" under the supervision of a CM is not permitted, the club will terminate current memberships and refund the membership fee to you. Please be informed that the club will credit you for the supervised session (s) that could not be completed in order to take into account the period of temporary shutdown preceding the end of your membership. 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 AM: <http://athletismecirrus-gatineau.ca/member-athlete/>

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- As long as Gatineau remains a red zone: from November 2 at 9 a.m., if the territory remains a red zone, the AM can request a reservation from the club in order to benefit from a training service as a format "private lessons in 1 for 1 (including the participation of several people living under the same roof)" at the Development Center. For your information, the price per session for a "private 1 for 1 lesson (including the participation of several people living under the same roof)" is \$ 65.22, before applicable taxes. The reservation request can be made by email only to athletisme.cirrus@hotmail.com. 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 November 2 at 9 a.m., if the territory becomes an orange zone again, the AM being duly registered in a time slot in order to benefit from a training service as a format "private lesson in 1 for 1 (including the participation of several people living under the same roof)" will have access to the Development Center, in order to benefit from a training service supervised by a CM of

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

Stay active!

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