

Return to Training

Weekly Schedule

1 Every Thursday the weekly schedule for the following week will be put up on the Merrion Website. You can access it on the Home Page. This will give you an idea of the time slots that are available. To book a session you must go to <https://merrion-cricket-club.reservio.com/>

2 Every member who wants to come down to training needs to be familiar with the conditions and safeguards that are in place. These are set out on the Home Page of the website – by clicking the main picture to slide to the next item.

3 The first time you come to the club for training, you [or a parent / guardian on behalf of a youth member] will be asked to complete a Self-Assessment Health Check questionnaire. This will only need to be done once and the form will be retained by the club. Copies of the form will be available at the club but you should familiarise yourself with their requirements before you come down.

4 There are three types of sessions that can be booked at the moment:

- one-to-one coaching [with a designated coach]
- practice sessions [for certain teams / age groups]
- personal training [where an individual or family book time in the club to exercise or practice on their own.

Some of the practice sessions are by invitation [so the bookings will be carried out centrally by the person responsible].

5 The total number of people on the ground, including coaches, must not exceed 15. The number of people in an individual net [except for a single family] should not exceed 3.

6 During practice times, other members should not come down to the ground to exercise or for any other reason. Separate periods have been set aside on Friday, Saturday and Sunday [late afternoon] for members to come down to the ground. There will also be an interval between the morning and afternoon training sessions where a member can visit the ground for a short period.

At all times government guidelines on hand hygiene, respiratory etiquette and social distancing must be respected