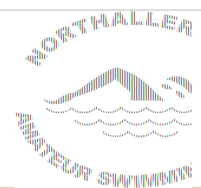


# NORTHALLERTON AMATEUR SWIMMING CLUB

## COVID-19 TRAINING PLAN

### PHASE 4



FROM 12th OCTOBER until 31st DECEMBER 2020

Where training appears in **RED** this requires booking using the membership software <https://membership.nasc.co.uk>

**DRYSIDE** training will be completed online during this period. A mixture of Zoom and Youtube Channel recordings will be implemented

To ensure effective track and tracing, all **Saturday Skills workshops** will now be booked using the membership software <https://membership.nasc.co.uk>

Monday Training						
Finish	Lane 1	Lane 2	Lane 3	Lane 4	Dryside	
18:15	Wednesday Junior Otters	Junior Squad (1)		Junior Squad (2)	DRYSIDE SESSIONS TO BE SENT OUT TO MEMBERS ON YOUTUBE CHANNEL OR ZOOM	
18:30						
18:45						
19:00						
19:15	Junior Squad (2)	Junior Development Squad		Senior Development Squad 1.1		
19:30						
19:45						
20:00						
20:15	Senior Development Squad 1.2	Senior Squad (Group 1)		Senior Squad 2	Senior Squad 3	
20:30						
20:45						
21:00						

SENIOR SQUAD 2/3 TO BE BOOKED ONLINE TO PREVENT OVER SUBSCRIPTION. NO COST. FIRST COME FIRST SERVED

Wednesday Training						
Start	Finish	Lane 1	Lane 2	Lane 3	Lane 4	Dryside
18:00	18:15	Junior Squad (1)		Junior Squad (2)		
18:15	18:30					
18:30	18:45					
18:45	19:00					
19:00	19:15	Junior Development Squad		Senior Development Squad 1.1 and 1.2		DRYSIDE SESSIONS TO BE SENT OUT TO MEMBERS ON YOUTUBE CHANNEL OR ZOOM
19:15	19:30					
19:30	19:45					
19:45	20:00					
20:00	20:15	Senior Squad (Group 1.1 & Group 1.2)	Senior Squad (Group 2)	Senior Squad (Group 3)		
20:15	20:30					
20:30	20:45					
20:45	21:00					
21:00	21:15					

SENIOR SQUAD 1 TO BE BOOKED ONLINE TO PREVENT OVER SUBSCRIPTION. NO COST. FIRST COME FIRST SERVED

Thursday Training @ Bedale Leisure Centre						
Start	Finish	Lane 1	Lane 2	Lane 3	Lane 4	Dryside
19:00	19:15	Senior Squad (Group 1.1)	Senior Squad (Group 1.2)	Senior Squad (Group 2)	Senior Squad (Group 3)	DRYSIDE SESSIONS TO BE SENT OUT TO MEMBERS ON YOUTUBE CHANNEL OR ZOOM
19:15	19:30					
19:30	19:45					
19:45	20:00					

SESSIONS TO BE BOOKED ONLINE. SUBSIDISED DUE TO NO DRYSIDE TRAINING. £1 PER SWIMMER. MUST OPERATE BETWEEN 12 AND 24 ATTENDEES

Friday Training						
Start	Finish	Lane 1	Lane 2	Lane 3	Lane 4	Dryside
20:00	20:15	Senior Squad (Group 1.1 & Group 1.2)	Senior Squad (Group 2)	Senior Squad (Group 3)		DRYSIDE SESSIONS TO BE SENT OUT TO MEMBERS ON YOUTUBE CHANNEL OR ZOOM
20:15	20:30					
20:30	20:45					
20:45	21:00					
21:00	21:15					

SENIOR SQUAD 1 TO BE BOOKED ONLINE TO PREVENT OVER SUBSCRIPTION. NO COST. FIRST COME FIRST SERVED

Saturday Evening Training						
Start	Finish	Lane 1	Lane 2	Lane 3	Lane 4	Dryside
13:00	13:15	1pm to 2.30pm PAYGO Sessions Available				DRYSIDE SESSIONS TO BE SENT OUT TO MEMBERS ON YOUTUBE CHANNEL OR ZOOM
13:15	13:30	Sessions have been secured at Bedale Leisure Centre at an additional cost to the club.				
13:30	13:45	These sessions will operate as a mixture of skills workshops for Junior Squad, Junior Development and others if available for training.				
13:45	14:00	Some sessions will be utilised by the Hambleton League for 'Hub' sessions for swimmers who meet the specified criteria.				
14:00	14:15	These will start as soon as possible and run from 1pm to 3pm. Session costs are £10				
14:15	14:30	Junior Development Squad	Senior Development Squad 1.1 and 1.2	Senior Squad (Group 1.1)		
14:30	14:45					
14:45	15:00					
15:00	15:15					
15:15	15:30	Senior Squad (Group 1.2)	Senior Squad (Group 2)	Senior Squad (Group 3)		
15:30	15:45					
15:45	16:00					
16:00	16:15					
16:15	16:30					
16:30	16:45					
16:45	17:00					
17:00	17:15					
17:15	17:30					
17:30	17:45					
17:45	18:00					

Sunday Training						
Start	Finish	Lane 1	Lane 2	Lane 3	Lane 4	Dryside
15:00	15:15	Sunday Junior Otters		Sunday Junior Otters		
15:15	15:30					
15:30	15:45					
15:45	16:00					
16:00	16:15	Junior Squad (1)		Junior Squad (2)		DRYSIDE SESSIONS TO BE SENT OUT TO MEMBERS ON YOUTUBE CHANNEL OR ZOOM
16:15	16:30					
16:30	16:45					
16:45	17:00					
17:00	17:15	Junior Development Squad	Senior Development Squad 1.1 and 1.2	Senior Squad (Group 1.1)		
17:15	17:30					
17:30	17:45					
17:45	18:00					
18:00	18:15	Senior Squad (Group 1.2)	Senior Squad (Group 2)	Senior Squad (Group 3)		
18:15	18:30					
18:30	18:45					
18:45	19:00					
19:00	19:15					
19:15	19:30					
19:30	19:45					
19:45	20:00					

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SQUAD NAME	Pre-COVID		Phase 3		Proposed		SQUAD NAME	WEEKLY POOL TRAINING HOURS							DRYSIDE HOURS			
	POOL	DRY	POOL	DRY	POOL	DRY		MON	TUE	WED	THU	FRI	SAT	SUN	WED	FRI	SUN	DIGITAL
Otters (1)	1	0	1	0	1		Otters (1)						1					
Otters (2)	1	0	1	0	2		Otters (2)			1			1					
Junior (1)	3	0	3	0	3		Junior (1)	1		1		*	1					
Junior (2)	3	0	3	0	3	0.5	Junior (2)	1		1		*	1				0.5	
Junior Dev	3.5	1	4	1	5	0.5	Junior Dev	1		1		1.5	1.5	0	0	0	0.5	
Senior Dev	3.5	1	4	1	5	0.5	Senior Dev	1		1		1.5	1.5	0	0	0	0.5	
Senior (1)	7	2	5.25	1	7.5	1	Senior (1)	1		1.25	1	1.25	1.5	1.5	0	0	0	1
Senior (2)	7	2	5.75	3	7.5	1	Senior (2)	1		1.25	1	1.25	1.5	1.5	0	0	0	1
Senior (3)	7	2	5.75	3	7.5	1	Senior (3)	1		1.25	1	1.25	1.5	1.5	0	0	0	1
PAYGO	consultation with the Head Coach						PAYGO	consultation with the Head Coach										

\* using booking system to utilise free space. Works on the assumption of squad hours. Members who do not pay squad fees may wish to change to squad fee to access additional sessions.