

# British Judo Association, England Judo Programme



## Regional England Development Squad (REDS) Training Calling Notice

### Minors and Pre-Cadets – Outdoor Conditioning #1

**Sunday 27<sup>th</sup> September 2020**

Please find below full details for the next REDS (South) training day to be held on Sunday 27<sup>th</sup> September at;

**The Herts & Essex Sports Centre, Beldams Lane, Bishops Stortford, Hertfordshire, CM23 5LH**

#### Session 1

- Registration 09:00 – 09:15
- Training 09:15 – 12:00

#### Session 2

- Registration 13:00 – 13:15
- Training 13:15 – 16:00

You **MUST** register your attendance via following the link below by **13<sup>th</sup> September**. If you do not, you will not be allowed to train.

[REGISTER HERE](#)

#### IMPORTANT NOTES:

- There is a limit of 30 participants at each session (first come first served)
- Where more than 30 people register for a session, the first 30 will be given a place and the rest will be allocated another session around remaining availability
- Participants must read the procedures document carefully and comply with all the requirements or you will be sent away
- Participants must complete the athlete indemnity form upon receiving it and again 24 hours before the session is due to take place – [CLICK HERE TO COMPLETE](#)
- Parents/guardians must be prepared for sessions to be cancelled at very short notice should regulations change or if we encounter any problems
- Accompanying adults must wear a face mask while at the training venue and maintain social distancing

#### KIT LIST:

- Outdoor training clothes (weather appropriate)
- Suitable running shoes
- Spare dry clothes
- Hand gel
- Personal first aid kit
- Enough water/fluids for the whole session (no onsite refills)
- Face mask