

## Guidance on Attending XC Sessions at Balgownie

### Details

Meeting time: 10:30am

Meeting point: Balgownie Pavilion car park

See map



Each session will be led by a qualified coach who will advise each individual athlete on the exact session they will complete. There will be a variety of participants, so this advice will be specific to each individual. See the session plan on the club Winter season [webpage](#) for lead coaches and session dates.

For athletes under the age of 16, a parent is to be present at the sessions. The presence of a qualified first aider cannot always be guaranteed, so it would not be appropriate for parents to simply drop athletes off.

Note that there is a pavilion on site, but it is not always open, so toilet access is very restricted. There are some nearby places where toilets are usually available.

Note parking is often restricted. There are sometimes football matches, so parking can be crowded, otherwise, the car park is often not open. Parking at the business and technology park nextdoor is advised as depicted on the map above.

Balgownie gets muddy, so trail shoes or spikes are advised. Appropriate warm clothing for training during Autumn/Winter in an exposed outdoor area is also advised.