

Stroud & District AC

Plan for athletics restart during Covid pandemic

Context

In the context of the current pandemic, this plan sets out the Club's approach to recommencing the coaching of small groups, prior to all restrictions being removed. England Athletics (EA) is providing guidance and liaising with the Department for Media, Culture and Sport. This is available via EA's website. We have appointed a COVID-19 Club co-ordinator, Joanne Stevenson, to facilitate any activity or questions that occur during this period.

Alongside this plan, the club has updated its Risk Assessment to include COVID-19 related risks and this is available via our website or from your coach / group leader. Each coach is still required to undertake a risk assessment for the session they intend to run and submit a post run summary, including contact details to the Clubs COVID-19 co-ordinator.

These are extremely challenging times, so it is important that we support each other as a Club. Everyone's mental and physical health is of our concern. Keep in touch and follow the government guidelines about safe distancing and safe exercise environments.

Our Junior Section is currently not active, except for some of Chris Browns Middle distance group. A separate plan is being prepared to support their return to activities in September 2020.

Further updates will be provided as EA guidance changes.

Current parameters for adult athletes

As a Club, our guidelines for adult athletes and coaches' return to activity comply fully with EA guidance that is published via the EA website.

Below, are the critical measures. It is important that we adhere to these to ensure we provide a safe environment for our athletes and coaches. Please also see more detail in our Risk Assessment.

- 1) At this time, we will be allowing a coach and up to 5 adult athletes or runners to train outdoors.
- 2) Groups will be starting from different locations around Stroud to ease the number of athletes meeting / setting off from any one place. Athletes should be encouraged to "Arrive, Run, Leave".
- 3) We will trial our group setup in August 2020 using group leaders with selected runners. With the intention of opening up the sessions in September 2020 to all club members.
- 4) The club will be using the Run Together App / Website to organise club sessions.
 - a. Each group leader will be invited to set up their "profile" and Sessions on the Run together platform
 - b. A trial period will commence as soon as is practical.
- 5) All group exercise must be done in adherence with the government's and EA's guidelines - maintaining 2 metre social distancing.
- 6) Group exercise must take place in outdoor spaces.
- 7) All Athletes should review the Club health questionnaire before attending any session. If they answer **YES** to any of the questions, they should not attend a session. The coach / Group leader will ask for confirmation that this has been done this at the start of each session.
- 8) Social distancing should always be maintained along with good hand hygiene. All athletes should have hand sanitizer with them.

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- 9) Coaches and athletes who are self-isolating should not take part in group sessions, whilst those shielding should adhere to PHE guidance.
- 10) Coaches with minors in their group (under 18) or vulnerable adults should ensure they adhere to the normal EA guidance e.g. avoiding being alone with a single under 18 etc. Parents should give their consent that they are happy for their children to recommence training, and it is good practice for relevant coaches to share the risk assessments with parents.
- 11) Additionally, coaches must all have up to date valid coaching licences and should coach within the specific qualification boundaries, to ensure that all coached sessions are covered by insurance.

Track usage

The Club is currently liaising with Archway school but at present this is out of bounds and so we do not have access to our local track. Gloucester track is open and coaches / group leaders can contact them to arrange sessions but they must follow any guidelines / rules put down by the track. es.

Risk Assessment

The club has updated its Risk Assessment to cover current COVID-19 risks. This is available through our website and from your group leader / coach. Each coach / group leader is expected to follow this risk assessment and to carry out a normal training / route risk assessment.

Each coach / group leader is expected to submit a post session online report to cover attendees, activities and feedback on the session within 24 hours of the session completing. Apart from an Athletes name, no personal details will be held in this report. This information will be held by the club for no more than 3 months for the sole purpose of compliance with EA / PHE guidelines.

Timelines

Plan Approved by Club Committee: 11/08/2020

Email from Chairman to all coaches returning to running: 13/08/2020

Plan distributed to coaches and posted on club website: 14/08/2020

2 week trial of group sessions to start: 17/08/2020

Run Together club setup to be completed by: 31/08/2020

Open club sessions to all members: 01/09/2020