

# **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, Ian Cutler, 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 remain 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 planning a phased return. Chris Browns Group will be returning to training at the end of March 2021, whilst the other Junior groups will return at a later date.

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) From 29 March, we will be allowing a leader and up to 12 adult athletes or runners to train outdoors. Leaders can decide on the exact number that they would like to lead themselves.
- 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) Following a successful trial in August 2020 using group leaders with selected runners, we have a successful blueprint to operate "COVID-secure" groups.
- 4) The club will be using the Run Together App / Website primarily to organise club sessions.
  - a. Each group leader will be invited to set up their "profile" and Sessions on the Run together platform. Session details will be published on the website.
  - b. Members may then book to attend their chosen sessions
  - c. Leaders not using Run Together must have a process in place for capturing details of all members who take part in every session to facilitate possible track and trace requests.
  - d. Any member or participant who has attended a session and subsequently tested positive for COVID-19 must complete a UKA COVID-19 tracking form.
  - e. Adult groups will be strictly limited to a max ratio of 12 runners per leader
  - f. Young athletes (U18) will be led in groups of max 15. For more than 12 young people, 2 leaders will be needed to meet the 1:12 ratio.

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- 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 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.
- 9) Coaches and athletes who are isolating should not take part in group sessions.
- 10) Runners returning to activity from a COVID-19 infection should let the Club and leader know. Leaders should check in with runners on their physical and mental health to support them to return to activity safely.
- 11) Coaches with young people (U18) or vulnerable adults in their group should ensure that sessions are meticulously planned to meet their needs and adhere to the normal EA guidance e.g. avoiding being alone with a single under 18 etc. Parents should consent for their children to recommence training, and it is good practice for relevant coaches to share the risk assessments with parents.
- 12) Coaches and leaders must have an up-to-date, valid UKA coaching licence and deliver activity permitted within the licence T&C, to ensure that all coached sessions are covered by insurance.

#### **Track and Archway Field usage**

The Club is currently liaising with Archway school and we have permission to use the field on Tuesday and Thursday evenings. Archway Field sessions must be booked through the club Covid Co-ordinator prior to attending.

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.

#### **Risk Assessment**

The club has updated its Risk Assessment to cover current COVID-19 risks for both road / trail running and track/field use. 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 either through Run Together or via the google form that has been made available. 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: 13/03/2021

Plan distributed to coaches and posted on club website: 20/03/2021

Email from Chairman to all club: 20/03/2021

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Run Together club setup to be completed by: 22/03/2021

Open club sessions to all members:22/03/2021

Adult group sessions to start:29/03/2021