

Introduction

The purpose of this document is to ensure that we can return to training in a 'covid secure environment'. In line with guidance from England Athletics we have conducted a risk assessment and devised a plan so that we can resume training in larger groups of up to 12 runners for each coach or run leader. The plan aims to reduce the risk of the transmission of Covid 19.

All runners who intend to take part in organised club training sessions **MUST** read this document and will be asked to confirm they have read it as part of the process.

Extra measures will be in place in order that we reduce the risk whilst training especially in larger groups. We have devised the following process and guidance which will now be in place until further notice.

Step 1 - Read this document

Read this document carefully to ensure that you understand the measures that will be in place. They are there to make sure that we can conduct training as safely as possible. It also includes a reminder to all members of the general club rules in relation to taking part in training runs/ sessions.

Step 2 - Complete an Online form

You will need to complete a short form prior to attending a session but will only need to complete this form once. (Unless the guidance changes)

The form will ask you to confirm/agree the following:

- That you have read this document and agree to any rules within it.
- That you have read the list of symptoms and that you understand that if you have displayed any of these symptoms in the last 14 days you will not attend any training sessions. The symptoms being:
 - High Temperature (above 37.8oC)
 - Fever or tiredness
 - Persistent cough
 - Runny nose
 - Sneezing
 - Shortness of breath
 - Loss or change in sense of smell or taste
 - Headache
- That you will not attend training if you have been or advised that you have been in close

contact with someone who has tested positive or suspected of having Covid 19.

- That you will not attend training if you are self-isolating/quarantined, have been advised that you should 'shield' due to a medical condition or if you are supporting a vulnerable person who would be at an increased risk if you contracted Covid 19.
- That if you have previously tested positive for Covid 19 that you will only resume training once you have been medically cleared to do so.
- That if you have been advised not to take part in physical or group activity as a result of any other medical reason you agree not to attend training.
- That you will not attend training if you have any known injury that could lead to you requiring first aid.
- You will be asked if you give permission for your name and contact details to be passed to the NHS track and trace service if required.
- Run Leaders only – Will need to confirm they have also read the run leaders briefing document.

A link to the form can be found [here](#) but please finish reading this document first.

Step 3 – Before you leave home

The first consideration should be is there any reason outlined in the pre run form that means I should not attend training and risk spreading Covid 19? If you should not be attending training then don't risk it.

Make sure that you bring your **Striders ID tag** or something else containing emergency contact details. The best place to keep it, is to secure it to the laces on your running trainers so it is clearly visible.

Make sure that you bring a **face mask or covering** that you can carry whilst running. It's probably best to place in a small plastic bag to stop it getting sweaty in your pocket. An alternative option could be a 'buff' style face covering that you can wrap around your wrist whilst running.

It is not recommended that you wear a mask whilst running but you should have it available in the event an incident occurs and you have to come in close contact with someone.

Prior to each session, we will be posting information on the clubs Facebook page and on the club website. This will include the available pace groups for that session and the time the relevant groups will be meeting. Group start times will be staggered initially ie 6.45pm, 7pm and 7.15pm.

These groups will be ranging from 7 minute/mile to 11 minutes/mile pace but will be dependent on

the availability of run leaders.

It is important that you know your correct pace group. That means knowing what pace you can maintain for an hour long run. It's good to know your optimal pace group and the pace group you will go with if you feel you want an easier run.

Basically, know what group you want to run with before you turn up.

There is a good chance that your run route will go off road to avoid contact with members of the public. Consider this when deciding what trainers to wear.

Go to the **toilet** before you leave as you may not be able to access toilets near the track.

Step 4 - Arriving at Training

We will still use Westminster Lodge Track as the meeting location for training sessions.

Travel

If you drive to training you will be able to park in the public car park next to the track as usual, it is free to use after 6.30pm. You should avoid lift sharing with people outside of your household but if necessary the [government guidance](#) should be followed.

It may be that the car park is busy. Where possible try and spread out around the car park so that you can maintain social distancing when getting in and out of your vehicle.

If you drive, consider using a car park that may not be as busy, such as the Museum car park on the opposite side of the park. This is also free to use after 6.30pm.

If you choose to cycle to a session you should use the cycle rack outside the Westminster Lodge gym to lock up your bike. DO NOT lock your bike within the fenced area of the track building.

Meeting

At this time we are not allowed to use the track building itself and this includes changing facilities and the toilets. We will be putting up signs to remind people of this. (You will be notified if this changes).

Instead we will meet in the area to the rear of the track building as indicated on the map below.

Please don't arrive at the meeting area more than 10 minutes before the session. Either wait in your vehicle, wait elsewhere in the park or you could even do a short warm up in the park to kill some time.

If you need to use toilets the public toilets at the rear of the track building MAY be open (see map).

There are also some by the lake and museum. These toilets are secured by the park wardens and there is no guarantee that they will be open before the session and will most likely be locked when you return. Don't forget to wash your hands thoroughly or use hand sanitizer if you use the facilities.



There will be signs for three meeting points within this area and they will be spread out. There will be three pace groups designated at each meeting point:-

	Meeting at 6.45pm	Meeting at 7pm	Meeting at 7.15pm
Meeting Point A	7:00 min/miles	8:30 min/miles	10:00 min/miles
Meeting Point B	7:30 min/miles	9:00 min/miles	10:30 min/miles
Meeting Point C	8:00 min/miles	9:30 min/miles	11:00 min/miles

You must maintain social distance of 2 meters and avoid any contact with other members (unless they are a member of the same household).

You should also maintain distance from other groups.

Before you set off

You will be met at the meeting point by your run leader. There will be no announcements like we have previously done.

The maximum size of run group will be 12 runners per leader. We hope to have at least two run leaders available for each session for each pace group. In the event that more than 12 people turn up for that group, the group will be split into two smaller groups. For road runs we will ensure that the groups are smaller than 12 where possible.

If there are insufficient run leaders for the number of runners some members will be turned away or will have to join another pace group.

Your run leader will then do two things before you set off. **DO NOT** expect to leave immediately.

1. Everyone will be asked to confirm that they have completed the pre run form and that there is nothing that prevents them from running.
2. The run leader will make a note of the name of everyone in the pace group. Any new members who have not signed up will also be asked to provide contact details*

* This information will be collated by the clubs Covid 19 officer for the purpose of track and trace and will be destroyed after 21 days.

Only once your run leader is ready can you set off.

Step 5 – Training Session / Run

Whilst on your run activity you should follow these rules in order to prevent the transmission of Covid 19:

- Maintain social distancing at all time whilst running.
- Be careful not to stop suddenly without warning as it may cause someone to run into you making contact.
- If you cough, try and do it into the crook of your elbow and not into the path of following runners.
- No spitting or blowing snot out of your nose.
- Be mindful of touching your face if you have been touching anything such as gates whilst on your run.

- Be mindful of getting too close to members of the public especially on narrow paths.
- Run in single file on standard footpaths but you can go side by side if you are in an open space where there is sufficient space to maintain social distancing.
- If there is insufficient space to safely pass a member of the public then stop or safely cross the road being aware of traffic (Listen to your run leader).
- Be courteous to members of the public even if they are in the wrong ie walking 3 abreast taking up the whole path.
- Be mindful that it may be quite concerning for some members of the public to see large groups of runners running around and some may feel the need to complain.
- Your run leader will do the best they can to use routes that limit the chance of being near members of the public.
- If there are more than 8 people in the group on a road run the group should split in two and leave a visible gap between the two groups. It will be less concerning to members of the public if they come across what looks like two smaller groups. This is not necessary if the route is in a large open space.
- In the event of an incident where you have to stop and deal with an injury for example, you should put on your face covering if you need to be in close contact.

You should also observe the general club rules for road runs:

- Please remember that our Run Leaders are all Volunteers and treat them accordingly.
- Our Run Leaders set the pace, do not try to run faster.
- Please be considerate to pedestrians and car drivers, thank them for letting you pass or stopping at crossings.
- Listen to your Run Leader.
- If you are not sure of your speed, choose a slower group to ensure the group does not have to wait for you. If necessary, you can choose a faster group the following week.
- Communicate with each other, ensuring you call out any hazards.
- Tell your Run Leader if you are turning back.
- Take care when crossing roads, do not just follow the group.
- During the Winter months you must wear Hi-Viz Clothing, a Head Torch is optional.

Step 5 – Returning from your session

When you arrive back at the meeting point you should continue to maintain social distance from each other (Unless from your household).

Take a few minutes to catch your breath and then leave the meeting area outside the track building.

If you had to touch anything or anyone whilst on your activity make sure you **clean your hands or use hand sanitizer** as soon as possible.

DO NOT congregate in large groups and **DO NOT** mix between groups. Remember that there is a 15 minute contact window that could mean any contact with other groups would be subject to track and trace.

Step 6 – Following your Session

If within **48 hours** of a training session you experience any of the symptoms of Covid 19 as well as complying with the [government guidance](#) you should also advise the clubs Covid 19 officer in order that they can assist with the [NHS track and trace process](#).

When you contact NHS track and trace provide them with the email address for the Covid 19 officer which is covid@stalbansstriders.com. When contacted by NHS track and trace the Covid 19 officer will provide them the contact details of the relevant members who has been in the same run group as the infected/potentially infected member. Contact details will only be provided for those people who have given permission in the pre run form.

The Covid 19 officer will assist with track and trace where permission has not been given to pass details to NHS track and trace. They will directly notify any relevant members that they may have been in close contact with someone who may have or has Coronavirus.

If you do receive this notification you should treat it as if you have been notified by NHS track and trace and following the guidance [here](#).

The Covid 19 officer may follow up with you in relation to the outcome of any tests. At no time will they disclose the identify of a member who is or may be infected to another member.

Any information that is collected within this process will be destroyed within 21 days.

Hopefully you will remain healthy and the above process will not be required, and you can continue onto the next training session. There will be no need to complete step 1 and 2 again unless the club guidance changes and we publish an updated briefing.

When returning for your next training session try and keep to the same groups where possible. This will assist in preventing any spread of covid 19 between groups.

One other thing you may need to consider if there are two or more striders in your household. If you each run in different groups this will potentially increase the opportunity for transmission of covid 19 between groups. This is very difficult to mitigate against but should one strider in your household display symptoms, all striders in that household should not be attending training for at least 14 days.

Disclaimer

We have tried our best to put in place a plan that will limit the spread of Covid 19 in line with the guidance from England athletics issued on 17 July 2020. This advice may change in due course and we will endeavor to make sure that any updated advice is communicated to members as soon as we can.

<https://www.englandathletics.org/guidanceupdate>

It should be noted that everyone should follow the current government and NHS advice and guidance and that will take precedence over anything with this document.

<https://www.gov.uk/coronavirus>