

## Trawden Athletic Club – Training Restart Plan

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) has advised that athletes within England can meet outside with qualified coaches/run leaders leading groups of at a ratio of one leader to 12 athletes, with the proviso that all adhere to social distancing i.e. **remain 2 metres apart**.

The latest England Athletics guidance allow for a phased return to competition.

Alongside this plan, each session is required to have an up-to-date Covid risk assessments (further details below). Where sessions are taking place at a track and field facility, track management will liaise with the Club/coaches as appropriate regarding risk assessments and the scheduling of sessions.

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.

Further updates will be provided as EA guidance changes.

### Current Parameters

As a Club, our guidelines for athletes and coaches' return to activity comply fully with EA guidance

<https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/>

Below are critical measures. It is important that we adhere to these to ensure we provide a safe environment for our athletes and coaches, and are covered by insurance provided through EA:

- 1) Exercise outdoors in groups of up to 12 athletes to one coach is allowed.\*
- 2) All group exercise must be done in adherence with the government's guidelines - maintaining social distancing.
- 3) Group exercise must take place in outdoor spaces.
- 4) A risk assessment must be filled out by each coach before a session takes place.
- 5) Public health guidance should be adhered to, e.g. hand cleansing. All sessions must take place within a Covid secure environment. In addition to adhering to public health guidance, this requires all coaches to log who is attending their sessions, and any athlete who subsequently tests positive for Covid should complete a UKA Covid-19 tracking form.
- 6) Coaches and athletes who are self-isolating should not take part in group sessions, whilst those shielding should adhere to Public Health England (PHE) guidance, i.e. only meeting one other person outside.
- 7) 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.
- 8) 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.

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\*Coaches can run one session after another for two different groups of up to 12, but a gap should be included between sessions to help ensure social distancing. There may be some logic in view of space constraints, e.g. to adopt staggered starts, etc, for repetitions to allow for social distancing.

### **Track Usage**

Seed Hill track has re-opened and sessions can now be booked directly with the track management who have compiled procedures that ensure adherence to government guidance. The relevant coaches should keep abreast of developments at this venue and ensure that sessions adhere to EA and venue guidelines.

### **Risk Assessments**

Each session (or venue if this covers multiple sessions) requires a risk assessment.

Where coaches have athletes who are under 18 in their group or vulnerable adults, we recommend that the risk assessment is also shared with the parents/carers.

### **Covid-19 Coordinator**

The Club's designated Covid Coordinator is currently Jamie McIlvenny (email [covid@trawdenac.co.uk](mailto:covid@trawdenac.co.uk)) whose responsibilities are to work with the club committee to coordinate:

- Liaising with the facility manager/landowner in relation to all matters concerning Covid-19.
- Producing site-based risk assessments ensuring that the club is compliant with government guidelines. These will need to be updated when guidance or club activity changes or evolves.
- Ensuring all necessary levels of risk mitigation are in place prior to training.
- Clubs should ensure they are prepared and have planned for circumstances where injuries or other accidents occur, and they have mitigating procedures and plans in place to resolve the issue while maintaining all government guidance ensuring compliance of social distancing measures during training sessions.
- Ensuring that volunteers, coaches/leaders, athletes, and parents/guardians are adhering to this guidance.
- Ensuring that the club complies with the facility restrictions and guidance.
- Ensuring the club has a process in place for capturing details of all members/participants who take part in every club session to ensure they are able to support the UK government track and trace programme.