**Club Runs - methodology**

Club runs are currently set up in a form that allows us to fulfil our Track and Trace obligations, ensure the safety or members as well as the local community and continue to follow Government, England Athletics and BTF guidance regarding COVID-19. Club runs are in the domain of England Athletics so henceforth all relevant measures will be based on their guidelines which are listed below with the source link.

Booking prior to attendance of the club run is necessary to ensure the following:

* The Club can safely manage numbers attending to ensure social distancing adherence.
* Avoid large congregations gathering inside and outside of the Seymour Centre by arranging staggered starting times.
* Ensuring all participants are fit and well and are aware of whom to contact in case of presenting COVID symptoms and/or a positive COVID test after attending a session by placing necessary information on the booking form. This satisfies England Athletics request for a pre activity health questionnaire.
* Fulfils the Clubs obligations to Track and Trace by recording participants details including volunteers.
* Groups are minimised to 6 rather than 'unlimited' as per England Athletics guidance due to risk assessments of the local environment and to ensure transmission risk is kept to a minimum between athletes.
* Pace groups have been implemented to ensure ease of group management and staggered finish times to enable social distancing to be adhered to upon return to the Seymour Centre and bagroom.
* Club runs begin only at the Seymour Centre due to volunteer availability and as such no runs can take place from another starting point. Runs starting from another location are not risk assessed, fail our Track and Trace system and also are not Covid-19 secure environments.

The Seymour Centre has implemented its own guidance based on Government guidance.

This restricts use of shower facilities and also institutes a one way system through the building whereby admittance is via the front entrance and exit through the rear doors only.

The Club bagroom is not well ventilated and lacks space to allow social distancing measures by more than three people.

A 'one in one out' strategy has been implemented to ensure social distancing adherence and to minimise transmission risk between users and volunteers.

Separate shelves per pace group has been implemented to ensure minimal cross contamination.

No waiting is to occur in the corridor outside of the club rooms unless dropping off or picking up personal belongings to ensure no large congregations or mixing of pace groups.

Cleaning is undertaken by volunteers using antiviral cleaning agents on all surfaces that may have been in contact with a user or volunteer at the end of every club run. Plastic sheeting is in place to cover all items not in use.

Gloves, masks and hand sanitiser are readily available for all users and volunteers and masks are recommended within the building and club rooms unless exempt.

Socialisation after club runs is not advocated by England Athletics with the direction in its guidance stating 'Do not congregate before or after training - return home'.

At this time there will be no formal club social activities until guidance changes.

**England Athletics guidance as to what constitutes a 'COVID secure environment'** :

1. COVID Coordinator in place.

2. A venue/environment must develop a COVID-19 plan and risk assessment.

a. COVID secure environment can be any place, indoor or outdoors.

b. Action plan including risk assessments, tracking protocol and communication.

3. All activities must comply with Government guidance around social distancing before, during and after activity.

4. All clubs, coaches and event providers must capture pre activity health questionnaires including participants contact details which can be shared on request for track and trace.

a. This can be achieved through existing club membership forms, updates to booking forms or sign in processes .

b. As part of the club COVID-19 action plan ensure any member or participant who has attended a session and subsequently tested positive for COVID-19 completes the UKA Covid-19 tracking form.

5. Clubs, coaches and event providers must ensure everyone at the session maintains good hygiene and that provisions are in place for this.

6. Sessions that include children and young adults under the age of 18 should be meticulously planned to ensure their needs are met. EA guidance on coached group ratios to be followed.

**England Athletics guidance on group numbers**

Outdoors, athletics and running activities can take place in unlimited numbers as long as it is within a COVID-19 secure environment. Where an environment is not COVID-19 secure, groups will need to be a maximum of 6.

It is important to say that any return to activity must take in to account local conditions and any risk assessments for normal activities should be undertaken as well as ensuring all Government guidance around COVID-19 is considered.

It is the responsibility of every athlete, runner, coach, club and facility provider to make that assessment based on their local environment.

**Communication with members**

It is recommended that clubs should provide guidance to all members, coaches and volunteers prior to arrival for any activity to implement measures based upon the COVID-19 risk assessment. Guidance will be dependent upon each individual club situation and local facility set up, such guidance may include:

Processes and procedures being implemented to manage the number of training groups and number of athletes to adhere to guidelines.

Details of booking processes.

The revised process for registration/sign on arrival to training.

Guidance for athletes on arrival and on completion of training to avoid larger groups congregating.

Prior to commencing activities, it is advised that clubs consider:

Suitable booking systems or management of training groups to ensure training can take place within the guidelines.

Processes and procedures to manage the number of training groups and number of athletes to adhere to guidelines.

Processes are in place to avoid larger groups arriving in the same area at any given time.

Do not congregate before or after training - return home.

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

**Government guidance**

As well as the exemptions above, venues following COVID-19 Secure guidelines will be able to continue to host more people in total such as religious services places of worship - but no one should mix in a group greater than 6.

This includes places like, pub, shop leisure venue, restaurant or place of worship.

When you visit on of these places you should:

* follow the limits on the number of other people you should meet with as a group – no more than 6 people unless you all live together (or are in the same support bubble)
* avoid social interaction with anyone outside the group you are with, even if you see other people you know
* ensure that at least one person in your group provides their contact details to the organiser so that you can be contacted if needed by the NHS Test and Trace programme. Checking in using the official NHS QR code is a quick and easy alternative.

*Source:* [*https://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing/coronavirus-covid-19-meeting-with-others-safely-social-distancing*](https://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing/coronavirus-covid-19-meeting-with-others-safely-social-distancing)

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