

COVID-19

Plan for Return to Club Activities

28 November 2020

Version 4



1. England Athletics Guidance

England Athletics (EA) published its initial guidance for a return to restricted activity by affiliated clubs on 19 June 2020. This guidance has been updated in accordance with Government rules as they have evolved during the course of the pandemic. Following a period of national lockdown in November the latest EA guidance was updated on 27 November to reflect the post lockdown rules that will apply from 2 December 2020. All members should have received this guidance, which can also be found on the club website. The guidance is based on government rules and may change at short notice, so the latest information can be found on the EA website: [Guidance update \(27 November 2020\) - Athletics & Running \(englandathletics.org\)](https://www.englandathletics.org/guidance-update-27-november-2020-athletics-running)

The guidance reflects the new rules around the post lockdown Tier system and is summarised on the table below:

COVID-19 TIER RESTRICTIONS ATHLETICS & RUNNING: OUTDOOR			
ACTIVITY	TIER 1 (Medium)	TIER 2 (High)	TIER 3 (Very High)
Outdoor Organised Group Activity / Group Coaching in Covid-secure environments	<ul style="list-style-type: none">Permitted (adults and children).No socialising before and after sessions.Groups larger than 6 allowed.If running off-track avoid running into Tier 3 areas.Adhere to coaching ratios.	<ul style="list-style-type: none">Permitted (adults and children).No socialising before and after sessions.Groups larger than 6 allowed.If running off-track avoid running into Tier 3 areas.Adhere to coaching ratios.	<ul style="list-style-type: none">Permitted (adults and children).No socialising before and after sessions.Groups larger than 6 allowed.If running off-track avoid running into Tier 1 or Tier 2 areas.Adhere to coaching ratios.
Outdoor non Covid-secure environments (including unorganised and non-coached activity)	<ul style="list-style-type: none">Permitted but required to follow the Rule of 6.If running off-track avoid running into Tier 3 areas.	<ul style="list-style-type: none">Permitted but required to follow the Rule of 6.If running off-track avoid running into Tier 3 areas.	<ul style="list-style-type: none">Permitted but required to follow the Rule of 6.If running off-track avoid running into Tier 1 or Tier 2 areas.
Outdoor Competition	<ul style="list-style-type: none">Permitted.Adhere to England Athletics and government competition guidance.Do not travel into Tier 3 areas.	<ul style="list-style-type: none">Permitted.Adhere to England Athletics and government competition guidance.Do not travel into Tier 3 areas.	<ul style="list-style-type: none">Permitted.Adhere to England Athletics and government competition guidance.No travel into or out of area to compete or officiate.
Outdoor Spectators/Supervision	<ul style="list-style-type: none">Spectating to adhere to government guidance on large events and be within the capacity of the venue.Parent/guardian supervision permitted (one per athlete).	<ul style="list-style-type: none">Spectating to adhere to government guidance on large events and be within the capacity of the venue.Parent/guardian supervision permitted (one per athlete).	<ul style="list-style-type: none">Spectating NOT permitted.Parent/guardian for supervision or safeguarding purposes.

PLEASE NOTE that guidance may change at short notice and restrictions may be reintroduced. To stay up to date with England Athletics return to activity guidelines visit www.englandathletics.org
To stay up to date with the latest government guidelines visit www.gov.uk/coronavirus

At the time of writing the whole of Dorset is within Tier 2 and our plan is based on complying with the requirements for this Tier.

2. Purbeck Runners Strategy for Return to Club Activities

Background and Evolution of the Plan

Throughout the pandemic the Committee has studied the latest EA guidance very carefully, sought the views of club members and worked with Running Group Leaders to prepare and update the plan. The EA guidance requires clubs to prepare a formal plan which includes appointing certain key roles, identifying suitable meeting points and activities, preparing risk assessments, obtaining appropriate PPE for first aid and managing how members can sign up to join groups. The plan has to take particular account of local circumstances. In planning for this return, the prime concern of the Committee is for the safety of its members, their families and the public.

The club's initial return to activity (Plan V1) was limited to training sessions in groups of six held on Wednesday evenings in parks, playing fields and open countryside and observing 2m social distancing. After three weeks of successfully holding these sessions the club introduced group runs in addition to the training sessions (Plan V2). At the same time the option was introduced to hold Saturday and Sunday morning runs. These were all to held in accordance with strict rules complying with EA guidance. As the COVID-19 controls had been working well the Committee moved to the next stage (Plan V3) and increased the maximum number of members taking part in groups as permitted by the EA guidance which allows for unlimited numbers in a COVID secure environment. In discussion with Group Leaders and taking into consideration the local circumstances it was decided to increase the maximum group size to 10 but give Group Leaders the discretion to reduce the number depending on their particular route or training session. It was subsequently agreed that for runs within town the maximum number would remain at six.

Following a period of national lockdown in November the latest EA guidance was updated on 27 November to reflect the post lockdown rules that will apply from 2 December 2020. The current plan V4 incorporates some minor amendments to reflect these rules as they apply to Tier 2 which covers the areas in which club activities take place.

Current Plan – V4

All club activities must follow these strict rules in accordance with EA guidance and our COVID-19 risk assessment:

- Group size:
 - Where a run is taking place on trails, cross country or on lanes outside of the town where the chances of meeting members of the public are very low and 2m social distancing can be easily maintained then the maximum group size will be 10 (1 group leader and 9 members).
 - Where a run is in whole or in part on roads within the town then the maximum group size will be 6 (1 group leader and 5 members) with 2m social distancing. It is still essential to avoid areas which might be busy.
 - Running Group Leaders continue to have full discretion to reduce the group size to one that they consider is suitable for the route and they are happy to lead.
- Booking system to be used to manage numbers and ensure the club has the names of those attending for Test and Trace
- Minimum 2m social distancing to be maintained

- Separate meeting points should be used for all groups, or if there is sufficient space two groups may meet in a similar area providing they remain as separate groups
- Meeting points, training locations and running routes to be carefully chosen to facilitate social distancing and avoid areas known to be busy with members of the public, specifically:
 - Avoid Swanage town centre and other local town and village centres
 - Avoid tourist honeypots
 - Avoid routes with narrow footpaths or tracks where it may not be possible to pass members of the public safely at more than 2m
 - Avoid hazardous routes to minimise the likelihood of an injury requiring first aid incidents
- Groups may follow similar routes in whole or part, but the groups must be very clearly separated and led as separate groups
- Members must not attend if they feel unwell or have been in contact with anyone who is unwell
- Rules on hand hygiene to be followed
- Specific procedures and PPE in place to manage first aid incidents
- Members contact details will be shared to comply with test and trace

The above applies to all club activities held on Wednesday evenings or Saturday and Sunday mornings.

3. Key Roles

COVID-19 Co-ordinator: Guy Hammersley

Club Runs Co-ordinator: Paula Lawton-Archer

Group Leaders:

- Abigail Baker
- Paula Lawton-Archer
- Ross Wayne
- Jayne Hodson
- Tish Alberry
- Rab Spurway
- Sarah Colquhoun
- Barbara Murray
- Tracey Colquhoun
- Samantha Fry
- Christine Redout
- Tara McLintic
- Zodwa Chasokela
- Trudy Allen

4. Personal Responsibility

It is of paramount importance that everyone monitors themselves for any signs of the virus as well as general health in accordance with government guidelines. If you have any symptoms, feel unwell, have been in contact with someone known to have COVID-19, or have been advised to self-isolate you must not attend the training sessions.

Whilst every effort has been made to minimise risk in accordance with the latest EA guidance, no activity is free of risk and everyone must take personal responsibility, keep up to date with the guidance and consider their personal circumstances before attending training.

5. Wednesday Evening Runs and Training Sessions

Where to find details: In the members area of the club website under <https://www.purbeckrunners.co.uk/groups/?wednesday-evening-runs/> You will need to be logged in.

Time: 7pm Wednesday Evening. Times may vary, but any requests to vary the start time of a run or training activity must be agreed with the Runs Co-ordinator.

Location: Will vary and details will be posted along with the proposed routes for runs.

Groups: The number of groups may vary from week to week, but we anticipate there being at least 4 groups every week with a mix of runs and training sessions. The maximum group size is as shown above in Section 2 depending on the route. Group Leaders may reduce the maximum number depending on the running route or training session.

Activities: Runs and training sessions will vary between groups and from week to week. Details will be posted on the Wednesday Evening Runs group by the Group Leaders on Monday evenings at 8:30pm. Training sessions will be designed to be accessible to every member regardless of your ability or running speed. Runs will be held in running pace groups as usual.

Booking: Go onto the Wednesday Evening Runs group on the website at 8:30pm on a Monday evening to see what groups are offering and reply to your chosen Group Leader that you would like to attend. It will be "first come first served." The Group Leaders will confirm back the names of attendees. If Groups become full and there are members who wish to run but are unable to join a group, they should post on the website and the Group Leaders and Committee will attempt to provide an additional group.

6. Saturday and Sunday Morning Club Runs

Where to find details: In the members area of the club website under Saturday Morning Runs <https://www.purbeckrunners.co.uk/groups/?saturday-morning-runs-2/> or Sunday Morning Runs <https://www.purbeckrunners.co.uk/groups/?sunday-morning-runs/> You will need to be logged in

Time: Start times will be posted

Location: Will vary and details will be posted along with the proposed routes for runs

Groups: The number of groups may vary from week to week and a run may not always be held. The maximum group size is as shown above in Section 2 depending on the route. Group Leaders may reduce the maximum number depending on the running route.

Run Details: Details will be posted on the website by the Group Leaders

Booking: Go onto the Saturday Morning or Sunday Morning Runs group on the website to see what is being offered and reply to the Group Leader that you would like to attend. It will be “first come first served.” The Group Leaders will confirm back the names of attendees.

7. Key Actions for Members Attending Runs and Training Sessions

All Members:

- Keep up to date with information and requirements
- Book on the website to attend a run or training – you can only attend if pre-booked
- If groups are full but you wish to run, post on the website and the Group Leaders and Committee will attempt to provide an additional group
- Ensure that you are fit and well and able to attend training. You must not attend if you have any symptoms, feel unwell, have been in contact with someone known to have COVID-19, or have been advised to self-isolate
- Before attending, follow government hygiene guidance and wash your hands thoroughly
- Take hand sanitizer with you
- Bring any water or food that you may require
- Satisfy yourself that risks associated with the session have been assessed and managed
- Be aware that changing and toilet facilities may not be available
- Follow specific guidance and instructions given by the Group Leader for the session
- By attending you agree that your contact details can be shared in compliance with track and trace.
- The Government rules require that there is no socialising before or after the run/training session so the Purbeck Runners club activity will end on completion of the run. If you wish to meet up outdoors afterwards then this will have to be separate from the club activity within the Tier 2 rule of 6 etc.

Group Leaders:

- Risk assess all runs and training activities as normal and in addition...
- Comply with the COVID-19 specific risk assessments
- Ensure you have a mobile phone
- Ensure you have a first aid kit with additional PPE as defined below
- At start of the session ask all members to confirm they are fit and well to take part
- Brief members on the run or training session
- Remind members about social distancing
- Remind members to avoid touching potentially contaminated surfaces
- During runs or training, alert members if members of the public are approaching

8. First Aid

All Group Leaders will carry a mobile phone and first aid kit which will include the following specific items to minimise infection: Fluid resistant face masks, disposable plastic gloves and hand sanitiser.

In the event of a first aid incident follow the instructions of the Group Leader.

9. Relevant Documents

Links to relevant EA documents can be found on the COVID-19 page in the members area of the club website along with this plan and the COVID-19 specific risk assessment.

10. Further Information and Updates

The situation is continuously evolving and EA guidance may vary at short notice. The club will continuously review the situation and seek ongoing feedback from members. Updates will be posted on the members area of the club website. The very latest information from EA can be found on their website: [Guidance update \(27 November 2020\) - Athletics & Running \(englandathletics.org\)](https://www.englandathletics.org/guidance-update-27-november-2020-athletics-running)