

COVID-19

Plan for Return to Club Activities

26 March 2021

Version 6



1. England Athletics Guidance

The latest England Athletics (EA) guidance was updated and published on 24 February 2021. All members should have received this guidance from EA, 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: [Return of athletics and running following UK Government roadmap - Athletics & Running \(englandathletics.org\)](https://www.englandathletics.org/government-roadmap-athletics-running)

The EA guidance reflects the rules associated with the Government's Roadmap and is summarised below:

COVID-19 Roadmap 2021 ATHLETICS & RUNNING



| Step 1 | Step 2 | Step 3 | Step 4 |
|--|---|---|---|
| <p style="text-align: center; margin: 0;">8th March</p> <ul style="list-style-type: none">• Athletics & running in schools and as part of wraparound care (i.e., afterschool clubs, childcare clubs) can resume.• Athletics & running in colleges and universities for educational purposes can resume. <p style="text-align: center; margin: 5px 0;">29th March</p> <ul style="list-style-type: none">• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor unorganised activity (non-coached) can take place in groups of 6.• Outdoor intra club competition can take place (without a license).• Outdoor competition can take place (with a license and subject to confirmation from DCMS).• No indoor training.• Spectating not allowed.• Parent/carer supervision permitted (one per athlete/runner).• Minimise travel. | <p style="text-align: center; margin: 0;">No earlier than 12th April (At least 5 weeks after Step 1)</p> <ul style="list-style-type: none">• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor unorganised activity (non-coached) can take place in groups of 6.• Outdoor intra club competition (without a license).• Outdoor competition can take place (with a license and subject to confirmation from DCMS).• Indoor leisure facilities open for use individually or within household groups.• Indoor group training for u18s and disabled people.• Spectating not allowed• Parent/carer supervision permitted (one per athlete/runner).• Minimise travel. | <p style="text-align: center; margin: 0;">No earlier than 17th May (At least 5 weeks after Step 2)</p> <ul style="list-style-type: none">• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor competition can take place (with a license and subject to confirmation from DCMS).• Accommodation/hotels are open allowing for two-day events and larger scale events are allowed with spectators.• Indoor leisure facilities open for use individually or within household groups.• Indoor organised group training for children and adults.• No restrictions on travel. | <p style="text-align: center; margin: 0;">No earlier than 21st June (At least 5 weeks after Step 3)</p> <ul style="list-style-type: none">• No legal limits on social contact.• Club and competition can return to normal.• Individual activity can return to normal. |

PLEASE NOTE: The UK Government may update guidance as we progress through the four steps of the roadmap. To stay up-to-date with England Athletics guidance visit www.englandathletics.org
To stay up to date with the latest UK Government guidelines visit www.gov.uk/coronavirus



2. Purbeck Runners Action Plan for Return to Club Activities

Background and Evolution of 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 COVID specific 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 Purbeck Runners Committee is for the safety of its members, their families, the local community and the public.

As the pandemic has progressed the Government's rules and the EA guidance developed from them have evolved. The Purbeck Runners plan has developed in line with these changes ensuring that the club has remained fully compliant as well as taking account of local circumstances and learning from experience.

Current Plan – V6

The latest version of the Purbeck Runners action plan V6 complies with the most recent Government rules and Step 1 of the EA guidance of 24 February 2021 and supersedes all prior plans. **The return to activity commences on 29 March 2021.**

The plan follows the EA requirements for operating within a **COVID Secure Environment**.

The plan must be read in conjunction with the associated COVID-19 specific risk assessments for group runs and group training.

All club activities must follow these strict rules:

Group Size

- The absolute maximum group size is limited to 13, consisting of 1 Group Leader and 12 other members, however...
- The actual number of members allowed to take part in a specific group will depend on the risk assessment undertaken by the Group Leader for that particular run or training activity taking account of the activity, the members and the location/route. This may be less than 13 but cannot exceed 13.

Meeting Locations and Routes

- Separate meeting points and different routes must be used by all 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 Shore Road and the promenade
 - 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
 - Minimise travel

- Socialising as a group before or after club activity is not permitted so the Purbeck Runners club activity will end on completion of the run or training session and members must then disperse

Booking and Test and Trace

- Members must book in advance on the club website prior to attending. This enables numbers to be managed, alternative groups to be organised if necessary and ensure the club has the names of those attending for Test and Trace.
- Anyone not booking in advance will not be allowed to participate
- A record of everyone attending will be kept by the club and will be shared with Test and Trace and EA in the event of a positive COVID test incident

Social Distancing

- Minimum 2m social distancing is to be maintained at all times during the activity
- Particular attention should be paid to members of the public to ensure social distancing is maintained and runners should give way to pedestrians

First Aid

- Specific procedures and PPE to be used to manage first aid incidents (see detailed Section 8 below)

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

3. 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 tested positive for COVID-19, 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.

It is also the responsibility of every member to share with the club and specific medical conditions which might affect their ability on a run or be important in a first aid incident.

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.

4. 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 tested positive for COVID-19, have any symptoms, feel unwell, have been in contact with someone know 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 Test and Trace and EA requirements
- The Government rules require that there is no socialising before or after the run/training session. If you wish to meet up outdoors afterwards then this will have to be separate from the club activity and subject to Government rules.
- Any member testing positive for COVID-19 must notify the Club's COVID-19 Co-ordinator and follow the instructions and procedures provided by NHS Test and Trace and UK Athletics (See Section 9).

Group Leaders:

- Risk assess all runs and training activities as normal and in addition...
- Determine maximum group size up to 13 (1 Leader and 12 members) and notify members when posting the session together with details of the meeting point and activity
- 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

5. Key Roles

COVID-19 Co-ordinator: Guy Hammersley

Club Runs Co-ordinator: Paula Lawton-Archer

Current Group Leaders: Abigail Baker
Paula Lawton-Archer
Ross Wayne
Julia Noone
Tish Alberry
Samantha Fry
Wendy Mansell

6. 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: Normally 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 13 but may be less depending on the risk assessment for the 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.

7. 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 13 but may be less depending on the risk assessment for the session.

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.

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 members should follow the instructions of the Group Leader. In addition to normal first aid actions, group members should follow these COVID specific requirements:

- For a minor injury and where possible allow the injured member to deal with their own injury to avoid physical contact and maintain social distancing.
- If assistance is required by another club member then the person or persons giving assistance should wear a face mask and plastic gloves. The casualty should also wear a face mask unless the medical circumstances dictate that it is not appropriate

9. Managing or Confirming Suspected Cases of COVID-19

To comply with the requirements of a COVID Secure Environment, any member who has attended a running group or training session and subsequently tests positive for COVID-19 or develops symptoms must notify the Club's COVID-19 Co-ordinator. The Club and the member will comply with all the requirements of NHS Test and Trace and the UK Athletic Flow Chart which can be found here: [EA-Covid-Operations-Guide-for-Training.pdf \(england-athletics-prod-assets-bucket.s3.amazonaws.com\)](https://assets-bucket.s3.amazonaws.com/EA-Covid-Operations-Guide-for-Training.pdf)

Purbeck Runners COVID-19 Co-ordinator – Guy Hammersley guyhammersley@outlook.com

10. 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.

11. Further Information and Updates

The situation is continuously evolving so that Government rules and EA guidance may vary at short notice. The club will continuously review the situation. Updates will be posted on the members area of the club website. The very latest information from EA can be found on their website: [Return of athletics and running following UK Government roadmap - Athletics & Running \(englandathletics.org\)](https://www.englandathletics.org/news/return-of-athletics-and-running-following-uk-government-roadmap)