

Re-start of FRR Club Sessions March 2021 – Action Plan:

- **COVID-19 Officer** – Nicola Stevenson (Club Welfare Officer)

- **Risk Assessments:**
 - Hazards & Mitigating Factors – Reviewed RA for General Club Sessions
 - Hazards & Mitigating Factors – COVID-19 Specific
 - Procedures & Guidance for members produced & published on website & FB

- **Venue / Route –COVID Secure:**
 - Meeting point to be at a large open space to enable social distancing
 - Ensure Social distancing space during any warm up drills which may be static
 - Split main group into smaller groups of up to 6 – based on similar speed
 - Route used during sessions to be based on relatively roads to reduce risk of public contact
 - Groups to be staggered and SD guidance to be reinforced within smaller groups
 - Runners advised to take care – give way to general public if required

- **Session Content:**
 - Runner numbers – EA guidance allows “unlimited numbers” if COVID -19 secure environment.
 - Ratio of 1/12 is recommended by EA not compulsory
 - Split into smaller groups (6) during session to help stagger group and limit contact
 - 2 Coaches /Run Leaders to lead sessions with other Coaches/RLs attending and participating in session to offer support as required
 - Social Distancing – min 2 metres at all times. Runners reminded prior to and during session
 - Make-up of the session will have social distancing in mind – interval timings, dividing into small group numbers
 - First aid kit incl. disposable gloves and mask carried by Coach/RL in case first aid required.
 - Runners advised no toilets, showers, changing – come ready to run
 - Runners advised to consider travel to and from sessions and parking away from venue

- **Instructions/directions/controls - Runners instructed via information on the club website:**
 - *You must not attend club sessions if you have tested positive for coronavirus or if you are experiencing COVID-19 symptoms such as:*
 - *a new continuous cough.*
 - *a high temperature.*
 - *a loss of, or change in, your normal sense of taste or smell*
 - *Please wash your hands for at least 20 secs prior to leaving home to attend a club session and again and on returning home*
 - *It is your responsibility to maintain social distancing of at least 2 metres between you and any other person at all times during the club session – including travelling to and from the session*
 - *Every member attending an FRR club session will be required to “check in” and register their attendance to enable the club to comply with the government “Track & Trace” requirements. This information will be held for 21 days after the session and your phone number as listed on your FRR membership details will be shared with “Track & Trace” officers if requested by the Club Membership Secretary*
 - *Please follow all instructions from the Coach or Run Leader taking the session*
 - *Please arrive at the session warmed up ready to participate*
 - *Please do not arrive more than 10 minutes prior to the start of the session*

- *Please leave promptly after the session has ended. Please do not stay around the area to socialise before or after the session.*
- *Please consider running/walking/cycling to the session venue to avoid excess vehicles parking at the meeting point.*
- *Should you or any member of your household or support bubble develop coronavirus symptoms, please refer to the guidance in the England Athletics Operations Guide for Training - Flow Chart (p.13) – see link below:*

<file:///C:/Users/iandu/Downloads/Documents/FRR%20Sessions/COVID%20Safe%20Environment%20Sessions/EA-Covid-Operations-Guide-for-Training%20-%20March%202021.pdf>

- **Track & Trace Registration:**

- All runners must register their attendance at a club session
- All runners asked to ensure their contact details on club membership is up to date
- Register template to be produced – Names only in Alphabetical order
- Register taker will tick names of those attending a session
- If required Membership Sec can then produce a list of contact details for Track & Trace
- Registers to be held with 1st aid kit to pass on for next session

- **Communication to members:**

- Risk Assessments & guidance links on website to be shared with all members via FB & club e-mail list
- All relevant documents to be on FRR Website with links to EA guidance
- Coaches & Leaders – as above & directed to EA Guidance for Coaches & Leaders
- Runners – as above & directed to EA Guidance for Athletes & Runners
- Sessions – Date & time
- Location
- No Toilets, showers, changing provision available
- Travel – to / from & parking
- No socialising in groups before or after session
- Follow procedures
- Test & Trace requirements