



Covid-19 on track action plan for Lewes AC

Background

The club has undertaken and prepared risk assessments and action plans for both on track and off track activities. Covid-19 coordinators have been appointed for both areas of the club's activities.

This document relates specifically to on track training and coaching activities.

On track activities

This **Covid-19 action plan** and accompanying **Covid-19 specific risk assessment** for on track activities have been developed in compliance with current UK Government guidelines and sport-specific guidance as provided by England Athletics (EA).

As a first step towards fulfilling the requisite "return to play" protocols, Lewes Athletic Club (henceforth termed "the Club") has appointed specific members to act as designated Covid-19 Coordinators for all its on track and off track activities.

The club has been able to declare the track a Covid-19 Secure Environment by

- (1) the club and coaches completing the relevant on track activity-based risk assessment
- (2) putting into place appropriate mitigating and notification procedures to reduce and avoid the transmission of the virus
- (3) setting down actions in the event of any injuries or other accidents occurring during Club training sessions at the track
- (4) complying with Government guidance on social distancing and,
- (5) ensuring that all coaches/leaders and other club members adhere to this guidance.
- (6) putting in place and widely circulating this on track action plan
- (7) the appointment of an on track covid-19 coordinators

All of this will allow the usual EA-licensed coach ratio of 1:12 (i.e. with each coach/leader responsible for no more than 12 athletes at any one time).

Covid-19 Coordinators The EA's "Guidance for Affiliated Clubs" stresses that "the Covid-19 Coordinator role is not expected to take full responsibility for all health and safety or risk assessment protocols implemented by the club. It is the responsibility of the club committee and key officers/volunteers to ensure protocols are implemented and reviewed across the club with the Covid-19 Coordinator acting as the key point of contact for related matters and monitoring compliance".

The health, safety and well-being of all our athletes, runners, coaches/leaders and indeed the wider community lie at the heart of the new safety measures we have put in place and are putting in place. Our aim is to minimise exposure to risk as far as "reasonably practicable" so that all Club members can focus on enjoying their activities without needlessly endangering either themselves, their fellow athletes or the general public.

The club will continue to review the situation on a regular basis and will adapt these measures as necessary to respond to any changes in Government or EA guidance or legislation.

The following text is a summary of the measures already taken, additional measures still to be taken, further measures to be actioned

MEASURES TAKEN

The main safety measures we had already put in place include:

- Ensuring that all Club members maintain the regulation social distancing before, during and after all activities
- Adhering to the current 'rule of 6' by restricting training session to a maximum of 1 Coach to 5 Athletes.
- Instituting an online sign-up system or pre-registration for off track and some on track activities to ensure that numbers are kept within the legal limits. The implementation of the sign up system enables running group numbers and track group numbers to be controlled. This facilitates and enables any future Track and Tracing should any of the participants subsequently test positive for Covid-19
- Reminding all club members to update their contact details on the Club's online membership database so as to facilitate future Track and Trace should any Club runner subsequently test positive for Covid-19
- Publication of the following safety measures on the Club's website and via the club's e-mail system

At the track there will be available hand gel, gloves and masks should hands-on help be required for individual at the track.

Members have been asked to ensure that their name and phone number of their Contact (the person to call in case of an emergency) are up to date on our Love Admin database. Sign in at <https://app.loveadmin.com/sign-in>

All members attending track coaching and training sessions have been issued with detailed instructions highlighting what they should do to minimize the risk of the covid-19 virus being spread

The instruction ask each athlete to confirm to the coach on arrival that neither the individual of his/her contacts has symptoms of Covid-19

Users of the track are instructed to observe the social distancing rule that is in force on the day (presently this is 2m) at all times

Athletes are asked to be aware that heavy breathing - as happens when running - produces the large respiratory droplets that carry the virus

Track users are asked that if they become unwell in the days after using the track they should contact his/her coach urgently to enable track & trace to be implemented

ADDITIONAL MEASURES

Each discipline and coaching group have been asked to carry out a risk assessment outlining the measures in place to reduce the hazards to the lowest level reasonably practicable.

The following are a few additional safety measures that are being put in place in order to comply with EA guidance and thus to be able to ensure a "Covid secure environment" for all our training sessions:

- Reinforce the existing instructions that all Club members must NOT attend the track sessions if they have symptoms (or suspect they have symptoms), or have tested positive for Covid-19, or have come into contact with anyone who has tested positive for Covid-19 [NB: this is to comply with the EA "Health and Safety Guidance" document, "Key Points" para 9 – This will be spelt out clearly on the Lewes Athlete Club Web Site" and on the Wiki page in place of or in addition to the existing safety measures]
- inform all Club members that, should they themselves test positive for Covid-19 within 48 hours of attending a Club session, they MUST complete the UKA Covid-19 tracking form at www.uka.org.uk/governance/health-safety/covid-19-form/ [NB: again, to comply with the EA/UKA guidance, this wording should replace the current safety measure no. 8 on the "Tuesday training" Wiki page]

On arrival at the track hand sanitizer must be applied this will be provided at the entrances/

Any equipment used by individual athletes should be sanitised before and after use, by spraying or wiping.

Jump and throws are dealt with in activity specific risk assessments

- communicate this action plan (once finalised) to all Club members, in line with EA guidance, either by email or by posting it up on the Club website or both.
- add this Covid-19 specific risk assessment (once finalised) to the Club's existing risk assessments

MEASURES TO BE IMPLEMENTED

The following are a few further safety measures that will be put in place:

Members to be advised that to minimise the risk of spreading/transmitting Covid-19 via person-to-person or surface contact by athletes from different households should be discouraged from car-sharing on the way to/from club sessions. This will reinforce the UK Gov guidance that, if they must car-share, they should ideally wear masks, keep the windows open and, if possible, sit the passenger/s behind the driver

- To minimise the risk of spreading/transmitting Covid-19 via surface contact on routes that involve gates, padlocks and door handles stipulate that only coaches/leaders should deal with this and must then either sanitize their hands afterwards or wear gloves. Ask all members of the coaching groups to wear gloves at all times and/or to carry their own hand sanitizer. Drinks bottles must be individually named and not shared
- To minimise the risk of spreading/transmitting Covid-19 via person-to-person or surface contact during session work by banning/adapting sessions that might involve any such contact, e.g. ban high-fives/baton-exchanges (or replace with elbow taps?) during meet-greet-and-retreat sessions; discourage group exercise sessions including, e.g. group press-ups discourage group cool-down sessions including, e.g., calf stretches against walls or fences

Specific guidelines for individual disciplines:

Track events

- starting blocks should be cleaned between each race or user
- chlorine should be added to the water jump for the steeplechase
- relay batons should be cleaned between each use, and relay teams should be discouraged from gathering or hugging after a race or session
- Ensure that social distance is observed at all times

Weights Room See separate risk assessment and action plan supplied

As the weights room contains much equipment and has limited ventilation a separate risk assessment and action plan will be carried out prior to the use of the room by groups of the club's athletes.

This has yet to be completed

Horizontal Jumps

- Sand in jumping pits should be mixed with a solution that contains biodegradable and non-skin-aggressive virucide agent and raked over after each jump.
- Ensure that social distance is observed at all times

Vertical Jumps High Jump and Pole Jump

- Athletes must follow hygiene guidelines for cleaning hands prior to any training and use of equipment
- Mats cleaned according to manufactures and government and England Athletics guidance, before and after each group of up to 12 athletes. This can be by using a mop and virucidal solution or use a thin layer of recyclable plastic or tissue that can be placed on the jumping mats
- If sharing, poles should be re-gripped between each use.
- Social distancing must be observed at all times.
- the use of hand sanitizer should be recommended before each attempt in vertical jumps

Throws

- athletes and coaches who handle throwing implements should clean their hands or use disposable gloves after each handling
- Social distancing must be observed at all times.
- follow latest guidance issued by the England Athletics
- Athletes and coaches when collecting, transporting, and recovering throwing implements should clean their hands with a sanitizing gel or use disposable gloves after each handling. This also applies to measure equipment.

Track Endurance and Sprint Sessions

In addition to the general requirements of this Covid-19 Action Plan the following requirements have been put in place for the track endurance and sprint groups with particular reference to the junior members of the coaching groups

- Any junior athlete presenting with **any** Covid symptoms must not attend for any track training and they must follow government guidance in terms of the self-isolation procedure. This includes if a member of your household or bubble is presenting with symptoms.
- Any Junior athlete who **presents with Covid symptoms** at any time whilst training at the club must follow the above procedure but **ALSO MUST contact the COVID LEAD Coordinators** Suzanne Packham (07970 176647) and Beth Barrett (077868 37517) and inform either Suzanne or Beth immediately. This is imperative as it will then be the responsibility of Suzanne and Beth and the relevant coaches to then contact the other athletes to inform them of the potential need to self isolate themselves.
- For the reason above, please fill in the register for your junior athlete at the next attended training to make sure that the contact details for your Junior Athlete are 100 % accurate.
- All Junior athletes **must scan in the Lewes Junior Athletics QR code** on their phones and register when they arrive for training. Therefore, please arrive for training at least 5 mins early to allow for this.

- **All junior athletes must bring their own hand sanitiser with them** to the track to remain with their water bottles. These must not be shared for obvious reasons. Additional large bottles of hand sanitiser will also be provided but it is important that all athletes also have their own as at times they might be in different places on the track away from the main sanitising station.
- All equipment that is to be used by multiple athletes will be sanitised between each use. Initially this will be demonstrated by the coaches but it is then expected that athletes will take on this role responsibly and seriously. Each time an athlete uses a piece of equipment for the first time in a training session e.g. starting blocks, hurdles or weights they will also need to **sanitise their hands before using the equipment.**
- All Junior athletes will be encouraged and expected to train whilst being **1 metre apart from each other.** This also includes social contact *before training starts and when training ends.*
- **Please arrive ready to train,** no changing facilities and /or toilet facilities can be provided at this time.
- **No Spectators.** Parents must remain in the car park.
- **First Aid** - A First Aid kit **cannot** be provided currently. However, please be assured that if your junior athlete were to injure themselves whilst training, the coach would remain with them and parents would be contacted immediately and of course emergency services if required.

Covid-19 guidelines for Lewes AC Juniors and Academy members

The safety and well-being of all athletes and coaches is very important to us so there are certain measures that we have implemented for a safe return to training. This summary of the club's covid-19 requirements have been communicated to the athletes and to the parents of the athletes invited to return to training at the track

These requirements are as follows:

- If you or your child show any symptoms of Covid-19 please do not come to the track. Stay at home and call 111 for further guidance.
- If anyone displays symptoms after training you must notify us immediately by email and follow the procedure above.
- We are operating a one way system into and out of the track. Please follow the entrance/exit signs.
- There will be hand sanitisers for everyone to use on entry to the track. Athletes are advised to bring their own

- Registration is extremely important for track and trace so everyone must report to the person taking the register.
- We ask that only children taking part in a session enter the track as we need to keep the number of people attending as low as possible.
- Please observe social distancing at all times. This includes the track and the car park areas.
- At the end of the session we ask if parents wait just outside the exit gate and we will make sure the younger athletes only leave when someone is there to collect them.
- All surfaces and equipment will be disinfected to prevent the spread of any viruses.
- Be aware that there is only one toilet available for use in emergencies at the Leisure Centre.