

Covid-19 action plan for Lewes AC off-track activities/training runs

First published: 18 September 2020

Last updated: 29 December 2020

As of Saturday 26 December 2020, East Sussex was moved into Tier 4 and all of the Club's off-track activities were suspended indefinitely with immediate effect.

The following Action Plan (and accompanying Risk Assessment) applies only to club activities conducted in compliance with the current Government and England Athletics regulations and guidance applicable to Tiers 1–3.

This **Covid-19 action plan** and accompanying **Covid-19 specific risk assessment** for off-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 me, Mark Pappenheim, as the designated Covid-19 Coordinator for all its off-track activities.

As a result of also completing the relevant activity-based risk assessments, putting into place appropriate mitigating procedures to follow in the event of any injuries or other accidents occurring during Club runs/training sessions while still complying with Government guidance on social distancing and, finally, ensuring that all coaches/leaders and other club members adhere to this guidance, the Club is able to claim a “**Covid secure environment**” for all its off-track activities in compliance with the current Government and England Athletics regulations and guidance applicable to Tiers 1–3, thus allowing a return to organised group activity subject to the usual EA-licensed coach:runner ratio of a maximum of 1:12 (ie. one coach/leader to 12 runners or fewer). Failure to ensure a “Covid secure environment” would mean that we would need to adhere instead to the current Government-mandated “Rule of 6” with a coach:runner ratio of 1:5.

I would here note in passing that, while the EA recommends that all clubs appoint a Covid-19 Coordinator, 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”.

The 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 are proposing. Our aim is to minimise exposure to risk as far as “reasonably practicable” (the requirement set by current Health & Safety legislation), so that all Club members can focus on enjoying their run without needlessly endangering either themselves, their fellow runners or the general public.

We 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.

COVID-19 SAFETY MEASURES ALREADY PUT IN PLACE

- Ensuring that all Club members maintain the regulation social distancing (currently 2 metres) before, during and after all activities
- Instituting an online sign-up system for our Saturday-morning and Tuesday-evening club runs, both in order to keep numbers within the permitted limits, by restricting the sign-up slots to 7 runners per coach/leader, and also in order to keep an archival record of which runners and coaches/leaders have run with which group so as to facilitate future Track and Trace should any of the participants subsequently test positive for Covid-19
- Reminding all coaches/leaders to update the Wiki page immediately after leading a Saturday-morning or Tuesday-evening club run, should there have been any changes to the signed-up names, in order to maintain the accurate historical record of runs and runners required to facilitate any future Track and Trace.
- Reminding all members to update their contact details on the Club's online database so as to facilitate future Track and Trace should any Club runner subsequently test positive for Covid-19
- Starting all Saturday-morning and Tuesday-evening club runs from separate locations away from the clubhouse in order to avoid mass gatherings at the start, and choosing suitable meeting points so as to allow for appropriate levels of social distancing both between club members and between club members and members of the public
- Suspending the usual monthly pub runs in order to reduce unnecessary contact with members of the public
- Restarting Saturday-morning daylight runs in order to reduce the risk of injury to runners and the potential need to call upon NHS resources
- Making hi-vis vests compulsory for all night-time runs, with all runners now expected to supply their own vests and no longer able to borrow shared vests from the clubhouse store, in order to reduce potential spreading/transmission of Covid-19 via surface contact
- Publication of the following safety measures (applicable to Tiers 1–3) on the Club's website (on the "Tuesday training" Wiki page):

Each coach/leader will have hand sanitiser, gloves and a mask with them so that they can help if there is any need for hands-on support.

NB: Club members must NOT attend runs/training sessions if they have symptoms of Covid-19 (high temperature, new or continuous cough, loss of or change in sense of taste or smell), 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

Please:

- 1. Check that the name and phone number of your 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>*
 - 2. Bring with you either your mobile phone or a piece of paper/wristband with the name and phone number of your Contact*
 - 3. Wash your hands before leaving the house*
 - 4. Runners from different households are discouraged from car-sharing on the way to/from club sessions; if you must car-share, the driver and passenger(s) should ideally wear masks, keep the windows open and, if possible, passengers should sit behind the driver*
 - 5. High-visibility vests or alternative forms of high-visibility clothing must be worn for all night-time runs. Anyone not arriving appropriately dressed will not be able to join the run.*
 - 6. Observe the social distancing rule that is in force on the day (presently this is 2m between runners) at all times before, during and after the run*
 - 7. No socialising before or after sessions.*
 - 8. Be aware especially that heavy breathing - as happens when we run! - produces the large respiratory droplets that carry the virus*
 - 9. Be especially considerate of walkers, and pass them at a good distance, even if you have to stop running to do so*
 - 10. Should any Club member 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/*
- Sharing this Covid-19 Action Plan (and associated Covid-19 Risk Assessment) with all Club members, in line with EA guidance, by posting it on the Club website

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