

COVID-19 ACTION PLAN FOR LEWES AC OFF-TRACK ACTIVITIES

First published: 18 September 2020

Last updated: 23 March 2021

This Covid-19 Action Plan and associated Risk Assessment have been revised in line with the current UK Government regulations and England Athletics (EA) guidance applicable to the four-step Roadmap for Exiting Lockdown, as announced by the PM on 22 February 2021.

As a first step towards fulfilling the requisite “return to play” protocols, Lewes Athletic Club has designated me, Mark Pappenheim, as Covid-19 Coordinator for off-track activities.

By 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, by seeking to ensure 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 current UK Government regulations and EA guidance, 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 necessitate adherence to the Government-mandated “Rule of 6” with a coach:runner ratio of 1:5.

Please note that, while EA requires affiliated clubs to appoint a Covid-19 Coordinator in order to ensure a “Covid secure environment”, its “Operations Guidance” (updated 22/3/21) 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 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 all our organised club runs, both in order to keep numbers within the permitted limits, by restricting the number of sign-up slots, and also in order to keep an archival record of which runners and coaches/leaders have run together 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 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 organised club runs from separate locations away from the clubhouse (and also optionally at different times) 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 current Club safety measures on the Club's website (on the "Tuesday training" Wiki page <https://wiki.lewesac.co.uk/tiki-index.php?page=tuesday+training>)
- Sharing this Covid-19 Action Plan and associated Risk Assessment with all Club members, in line with EA guidance, by posting it on the Club website

NEW COVID-19 SAFETY MEASURES TO BE INTRODUCED, AS OF 23/3/21

- Implementing EA's new protocol for managing confirmed or suspected cases of Covid-19 and sharing it with all Club members by posting EA's Covid-19 Flow Chart for Managing Confirmed or Suspected Cases on the Club website, along with the contact details for the appropriate Covid Coordinator responsible for implementation (Mark Pappenheim for adults; Beth Barrett for under-18s)
- Publication of the following revised Club safety measures on the Club's website (on the "Tuesday training" Wiki page <https://wiki.lewesac.co.uk/tiki-index.php?page=tuesday+training>)

Do NOT take part in any club activities if you have symptoms of Covid-19 (high temperature, a new, continuous cough, or a loss or change to their sense of taste or smell), or suspect you have symptoms of Covid-19, or have tested positive for Covid-19, or have come into close contact with anyone who has symptoms of Covid-19 or has tested positive for Covid-19

Any club member who has attended a session and subsequently either develops symptoms of Covid-19 (high temperature, a new, continuous cough or a loss or change to their sense of taste

or smell), receives a positive test result or shares a household/support bubble with someone who has developed symptoms of Covid-19 or received a positive test result MUST inform the Club Covid Coordinators by email (covid@lewesac.co.uk) and follow the guidance set out on EA's Covid-19 Flow Chart for Managing Confirmed or Suspected Cases [+ hyperlink to the PDF posted on the club website]

NB: this new guidance supersedes EA's previous instruction to complete the UKA Covid-19 tracking form

When signing up for any club run, please:

1. Ensure 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: <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 and carry hand sanitiser with you
4. On the way to/from club sessions, avoid car-sharing with anyone from a different household/support bubble; if you absolutely must car-share, the driver and passenger(s) should ideally wear masks, keep the windows open and, if possible, the passenger(s) should sit in the back
5. No socialising before or after sessions.
6. Carry enough food and hydration for your personal use during the session
7. Maintain social distancing (currently 2m) at all times – before, during and after the session
8. Be aware 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. 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.

NB: All coaches/leaders will carry hand sanitiser, gloves and a mask with them so that they can help if there is any need for hands-on support in the case of accident or injury.

**Mark Pappenheim (LiRF)
Covid-19 Coordinator (Off-track activities), Lewes AC**