



ROUNDHAY RUNNERS COVID ACTION PLAN

This document contains information about Roundhay Runners' club organised training sessions which shall begin on 20 August 2020 for a three -week pilot period. If these pilot sessions go well it is expected that weekly training will continue thereafter. The information in this document is subject to change and everyone should consult this document regularly.

In the event of a local lockdown of the Leeds area training will be halted until the lockdown is lifted.

It is a condition that all members who book on a training session agree to comply with the instructions contained within this document. You should read this information carefully. It sets out how the Club will approach training in the light of England Athletics' guidance to limit the risk of the spread and transmission of Covid 19 amongst our membership.

PLEASE NOTE: whilst the Committee have carefully risk assessed each session, attending a session does still carry a degree of risk that you catch Covid 19 from other members or the public. This is because we shall be training in public open spaces. You should exercise your own judgment whether resuming training with us is right for you at this time taking note of any specific Government or medical advice which applies to you.

We all have a social responsibility to ourselves and our co-runners to take care during the pandemic. Given that many areas of social interaction have begun to open it is easy to become complacent and forget social distancing rules. We all need to be mindful that Covid 19 is still spreading amongst our community and anyone can catch it and spread it to others.

We are all required to observe social distancing before, during and after each training session. This means that we must keep 2 meters apart from each other and from any members of the public who are also occupying the space we are training in.

By following the rules within this document, you are all doing your bit to help the Club offer weekly training sessions in a safe and responsible way.

Booking a session

Only registered members of the Club can participate in our training sessions. If you have not yet renewed your membership you must do so before booking onto a session. We are obliged to capture health information from members attending a session and this information is provided during the renewal system. You must update the Club with any changes to your health status.

To enable each session to be conducted observing social distancing rules we shall be limiting each session to 8 members and 1 run leader. The size of each group may however be increased after the pilot if we feel we can still observe social distancing with larger groups.

If you wish to attend a session, please complete the booking form on our website. We anticipate high demand from members, and it may not be possible for everyone to attend their chosen session each week. Booking a session, therefore, does not guarantee that you will be attending that session. We shall try to allocate places on a fair basis and if you have been unsuccessful for a place on one week's session you will be given priority for the following week's session. This means we will not be operating a 'first come first served' system.

If you are chosen to attend a session you will be notified by email. If you do not receive confirmation that your booking has been accepted, you **MUST NOT ATTEND THE SESSION**. If you do, you will unfortunately be asked to leave. Run Leaders will be given a list of those approved to participate in their session.

If, having received confirmation that you are booked onto a session you are unable to attend, please can you notify us so that we can allocate your place to another member.

If you do attend a session the information you give to us in the booking sheet will be retained for a period of 21 days for track and trace purposes. By booking onto a session you agree the Club may retain your information for this purpose. It will be destroyed after this date.

Before a session

You must not attend a session if you or anyone in your household is suffering any of the symptoms of Covid 19, you have tested positive for Covid 19 or you have been advised to self-isolate because of a possibility that you have been exposed to Covid 19. Whilst none of us like to miss training we must all observe this rule without exception.

If a Run Leader is unable to attend a session for this (or any other reason) we will try and source a replacement but if this is not possible, we may have to cancel your session. We will try our best to advise you beforehand and you should check for a message from us before you leave home just in case of any last-minute cancellations.

You should consider whether you are fit enough to participate in our sessions especially if you have not been running very much during lockdown. If this applies to you, it may be better for you to build up your running fitness for a short period of time before booking onto a session. If you have an injury or a niggle, please wait until you are injury free before attending a session.

When you receive your message from us confirming you are booked onto a session you will be provided with the following information:

1. Confirmation of which session you are booked onto. If this is one of our interval sessions, you will be given brief details of what the session will involve.
2. The date and time of the session
3. The location where the session will take
4. The meeting point for your session
5. The name of your Run Leader for your session

To help us observe social distancing rules please only meet at the notified meeting point. Do not meet at the Cricket Club, unless you have been informed that is your meeting point.

It would be extremely helpful if you could arrive just a few minutes beforehand to help us avoid having large numbers of people congregating before each session. If you have arrived early perhaps stay in your car or go for your own little warm up run to kill time.

During a session

The Cricket Club will not be open before each training session. You will not be able to get changed at the Cricket Club, use the toilets, or leave any belongings at the Clubhouse. Please only bring along to each session belongings if necessary. If you can, leave your belongings in your car until after the session.

On the interval sessions bags can be left in the space we are training in however if you do, this will be at your own risk. Run Leaders cannot keep an eye on your belongings whilst also running the session. Do not bring anything valuable with you unless you keep it on your person.

If you do intend to leave a bag at the training site, please do not pile bags on top of other people's as this may pose a risk of transmitting Covid between people's belongings.

Your Run Leader will wear Club kit to help you identify him or her. They will brief you about the session. Please follow these instructions carefully. Remember they are volunteers giving up their time so that you can take part in the session. They are only doing what they have been asked to do by the Club so that we meet England Athletics guidance and maintain our insurance during these sessions.

The sessions have been chosen for their ability to be conducted observing social distancing rules. It is easy to forget these rules whilst you are working hard but please be mindful of maintaining distance from each other during the run.

If you have any medical conditions you must be prepared to treat your own condition during the session. Run Leaders and other members may be unable to help you if this means breaking the two-meter rule. For example, if you are asthmatic please bring along your inhaler just in case you need to use it. Even if your condition rarely flares up during a run still bring it along, just in case. We must all be mindful that we are living in very strange circumstances and we must all do what we can not to put others in a difficult position.

Everyone attending a session must have the ability to get themselves home after a session. Injuries during a session are rare but they do happen. It is easy to fall or sprain an ankle during a trail run or an interval session. You will be asked to give a telephone number on your booking form of someone from home who can come to collect you if you are unable to walk/run/drive yourself home. If you do not have anyone you can ask you should consider what you would do to get yourself home, such as being able to call for a taxi. Run Leaders will not be able to offer members a lift home and we would not expect other members to do so either.

In case of a more serious incident or injury occurring, all members and Run Leaders must carry a face covering with them at all sessions. You will not be asked to wear this during the session but having PPE with you means that you and the Run Leader can put it on should the two-meter rule need to be broken. All Run Leaders will carry a mobile phone with them so they can call for an ambulance if that is required.

If any equipment is being used during a session, such as cones on an interval session, only the Run Leader will touch the equipment. Please do not try and be helpful and collect these in after the session. This avoids multiple people touching surfaces which might be contaminated. All equipment will be sanitised before and after use.

If you are attending a trail run, it may be necessary for gates to be opened and stiles to be climbed over. Routes have been chosen to try and limit this exposure, but the nature of trail runs means this is often unavoidable. Gates will therefore be opened and closed only by Run Leaders. Members are encouraged to carry with them a small hand sanitiser gel to use during runs if they need to touch stiles whilst climbing over them.

After a session

Everyone should leave the training session promptly; do not linger around chatting to each other in large groups. Many of our sessions will take place in and around Roundhay Park and will therefore be

very visible to members of the public. We have a responsibility to our local community to conduct our sessions in accordance with the rules and public perception of how we do this is especially important to the Club.

If your session is on a Thursday, you may attend the Cricket Club for a post training drink. This will give you time to chat to your friends in a Covid safe environment. Please only walk over to the Club in small groups.

You are encouraged to wash your hands after each session and try not to touch your face until you have done so.

All sessions have been carefully risk assessed by the Committee. They will be kept under review and altered amended or, if necessary, sessions will be withdrawn if they cannot be conducted in accordance with the rules. If you have any feedback or any concerns about the way in which the training session went please contact Susan Lewis who is the Club's appointed Covid 19 Coordinator. Run Leaders will also be asked to provide relevant feedback from their sessions. This will enable us to amend where necessary our sessions to make them compliant with England Athletics rules.

Finally, we hope everyone stays safe and well during this time. If, however you subsequently test positive for Covid 19 after having attended one of our sessions please contact Susan Lewis as soon as you can so the Club can invoke our track and trace obligations.

Dated 12 August 2020

Version 1