



ROUNDHAY RUNNERS COVID ACTION PLAN

This document contains information about Roundhay Runners' Club organised training sessions. The information in this action plan is subject to change and everyone should consult this document regularly.

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. You should exercise your own judgement whether resuming training with us is right 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. 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 first and second claim members of the Club can participate in our training sessions. We are obliged to capture health information from members attending a session. We obtain this from you when you join or renew your membership with the Club. You must keep this information updated and notify the Club of any changes to your health status.

To enable each session to be conducted observing social distancing rules we shall be limiting the number of participants. If you wish to attend a session, you must pre-book a place using our booking platform Spond.

Important instructions, including any special kit or safety requirements, will be posted on Spond in the relevant session. You must read the session details on Spond carefully and ensure that you come along to a session with the correct kit. If you do not, you will be unable to run the session with us.

We shall retain details of who attended our training sessions for Test and Trace purposes and to monitor individual member's use of our training sessions. By booking onto a session you agree the Club may retain your information and share it if necessary with the relevant authorities.

BEFORE A SESSION

You must not attend a session if:

1. You are suffering any of the main known symptoms of Covid 19, which are presently advised to be:
 - a new continuous cough
 - a high temperature
 - a loss of, or change in, your normal sense of taste or smell;
2. You have tested positive for Covid 19 and are self-isolating as a result; or
3. You have been advised to self-isolate.

You should consider whether you are fit enough to participate in our sessions before booking onto them. This is especially important for our trail runs where there is a higher risk of injury from running along uneven terrain. If you have an injury or a niggle, please wait until you are injury free before attending a session.

To help us observe social distancing rules please only meet at the notified meeting point indicated in the session event.

DURING A SESSION

Spond will explain the meeting point for your session and, if this is at the Cricket Club, it will explain where your session's meeting point is and how to access that meeting point from the car park/road. Only wait for your session at the designated meeting point. Remember to observe social distancing whilst waiting with your group for the session to begin.

You MUST bring with you a face mask/covering to each session and any other mandatory kit such as a high-viz vest during winter.

Bag drop and toilets

The Cricket Club will be open prior to the session for members to leave their bags and to use the toilets. There can however be no waiting before the session inside the building.

Bags must be left inside the building in the designated area only and must not be piled upon each other to avoid any cross contamination between people's belongings.

You MUST wear your face mask/covering to step onto the veranda and keep this on whilst entering the building and until you have exited the veranda.

Please use the hand sanitizers upon entering the building.

Only one person is to be inside each toilet block at each time. The men's toilets will be open; the women's facilities will be the disabled toilets. If there is someone already using the facilities you must queue inside the building maintaining a two meter distance at all times.

The facilities and the doors will be cleaned after use by a designated volunteer. Please therefore only touch surfaces where absolutely necessary.

Session briefing

Your Run Leader will brief you about each 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 important that everyone runs the session observing social distancing between themselves, other runners and members of the public. The Run Leaders will remind you at the beginning of each session and, where necessary, during the session. However, the onus remains on everyone to keep this essential rule in mind and to check themselves during the session if you find yourself running too close to another runner. If this occurs, either stop to leave a gap, go wide of the runner in front if you can or adapt your running to allow social distancing to be maintained at all times during the session.

If social distancing is not maintained during each session there is a risk the Committee will deem the sessions too unsafe to take place and we may need to halt training. We do not want this to happen. Please can everyone play their part and follow this important rule.

Safety during a session

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 times 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 afterwards. 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. Run Leaders will not be able to offer members a lift home and we would not expect other members to do so either. You should have your own arrangements in place for getting home safely after each session. You are encouraged to carry your own mobile phone in case you need to ring home for assistance. If you do not carry your own phone, you must be able to provide your Run Leader with a telephone number and they will call on your behalf if you are unable to return home by your intended method.

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.

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 by one person only. Please follow your Run Leader's guidance. If you have to touch a stile or gate during a run do not touch your face until you have been able to wash your hands after the run.

High-Viz vests will be compulsory for all runs from September through to March and details will be posted on Spond. During the winter months compulsory kit will be required on all our trail runs. If

you do not have the required kit with you the Run Leader will unfortunately be unable to let you join the session. Details of the minimum kit requirements will be posted on the session event in Spond and shall include things such as a working head torch, warm clothing and waterproof jacket.

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 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.

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

If the Cricket Club is open to members for a post session drink you must continue to observe social distancing rules whilst on the premises. You will be notified in advance of what specific rules apply at any given time for such matters as social distancing, group size gatherings and track and trace obligations. These rules must be observed by everyone at all times.

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 test positive for Covid 19 after attending a session you must notify Susan Lewis unless this has been done on your behalf by Test and Trace. In addition, you will be required to notify UK Athletics of a positive test after attending one of our sessions using the form attached to this link <https://www.uka.org.uk/governance/health-safety/covid-19-form/>

If you have any feedback or any concerns about a training session you have attended 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.

Dated 4 October 2020

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