



AMPHILL & FLITWICK FLYERS



Founder: Steve Jordan www.affrunningclub.org.uk President: Phil Berton

Covid-19 Action Plan and Member Rules

1. Introduction

The purpose of this document is to outline the action Amphill and Flitwick Flyers RC is taking to guard against the spread of Covid-19 and provide a 'COVID-secure' environment for its members. It also sets out the club's expectations of all its coaches and members so we can all enjoy running and training together safely.

The document has been produced in line with England Athletics (EA) Guidance and the clubs own Covid-19 risk assessments.

The document applies to all members of the club. It is applicable to all official club activities. It does apply to participation in any external events.

2. Covid-19 Co-Ordinator

In line with EA guidance the club has appointed the following people to act as Covid-19 Co-ordinators:-

Mark Waive- MaleWelfare@AFFRunningClub.org.uk

Samantha Walters- FemaleWelfare@AFFRunningClub.org.uk

This role will work with the clubs Committee to ensure a 'COVID-secure environment' can be maintained during any club activity

Planning of Training

Coaches and run leaders are responsible for planning their sessions in advance and should take account of the risks of Covid-19. This should include:

- Planning of routes to avoid pinch points as far as possible
- Meeting outside
- Coaching in large open spaces where possible
- Spacing out runner or staggering the start of runs
- Ensuring social distancing of 2 metres can be maintained
- Informing attendees of hand and respiratory hygiene requirements for that session.
- Using Facebook to ensure people pre-notify attendance to allow for adequate planning and contact tracing as needed
- If equipment is to be used to ensure it is sanitised before and after use, and when passed between users during sessions.
- Coached groups should be no larger than 1 coach to 12 runners and non- coached groups should be no larger than six runners
- Coaches / run leaders should aim to keep themselves up to date with the latest Covid-19 guidance.

3. Contact Tracing and Record keeping

As part of ensuring a COVID-secure environment the club must capture pre-activity health questionnaires, including participant contact details which can be shared upon request with the government's Track and Trace initiative.

To support this:

Hon Secretary: Caroline Armstrong

T: 07899 908229

E: Secretary@AFFRunningClub.org.uk



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- All members are asked to provide contact details and relevant health information on joining. The club holds this information and all members are asked to ensure this is update annually or if anything changes. This is held confidentially.
- The club will record attendance at all club activities to assist with contact tracing. Details will be provided to Public Health England's contact tracing team on request.
- All members will need to inform a club covid co-ordinator if they suspect they have Covid-19 and / or have received a positive test.
- Members should get tested if they display symptoms of Covid-19. Any members that have been in close contact with the member who has had the positive test should get tested themselves.
- No member that has received a positive test will be allowed to attend club sessions until they have recovered and 14 days have passed. The same applies if someone in the member's household has had a positive test.
- *Any member who test positive should complete:*
<https://www.uka.org.uk/governance/health-safety/covid-19-form/>

4. Before Attending a Club Activity

All members and coaches who plan to attend a club activity must first be mindful of their own health and that of others before taking part. We ask that all club members and coaches do not attend sessions if they are unwell in anyway. Moreover, they should self-assess for symptoms of Covid-19 before attending, these include:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Members that have underlying health conditions that place them at greater risk from Covid-19 or are otherwise more vulnerable to the disease should consider if it is safe to attend the sessions. At all times they should follow current government and their own GP advice. If someone in your household is shielding or at high risk from Covid-19 infection, then they must follow Government advice and consider if it is safe for you to attend.

The club will post event notifications on Facebook and will require members to pre-notify coaches of their attendance at each session. This will allow for adequate planning of coach / run leader numbers and support contact tracing if required. We request that all members follow this pre-booking procedure.

5. Social distancing and attendance numbers

In a COVID-Secure environment the club can potentially allow for an unlimited number of members to attend a coached training session. A maximum number of attendees should be taken into account as part of the session planning, so that social distancing is not impacted. Maximum numbers permitted at a session may therefore vary for this reason. For the training session, a coach / run leader will not be responsible for more than 12 people in any one session. If for a given session a 'COVID-secure environment' is not possible or in the event of a significant change in the pandemic situation in the UK, the club will revert to just 6 people per training or run group (or 1 coach / leader to 5 people).



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Both at the start, during and at the end of sessions a 2-metre social distancing measure will always apply. Coaching sessions should be planned to allow for this to be maintained. Running routes will be planned in advance as far as possible.

Maintaining good hygiene

It is the responsibility of all members attending sessions to maintain good hand and respiratory hygiene. This includes:

- Washing / sanitising your hands before arriving at a session, and when you return home or back at your vehicle if driving. Members are encouraged to bring hand gel with them if possible.
- All members are further encouraged to follow good respiratory hygiene when attending sessions by coughing or sneezing into an elbow or a tissue (the latter being disposed of safely in a bin).
- Members are responsible for bringing their own water, towels or other clothing and these must not be shared between members.
- If equipment is to be used a part of a training session, then it must have been sanitised before and after use. If equipment must be shared during the session then provision must be made to sanitise equipment that is passed between members.

6. Emergency Arrangements

All coaches and run leaders must consider plans for emergencies as part of their runs / sessions. Each coach and run leader must always have a mobile phone with them, this to ensure as a minimum assistance can be called from the emergency services or a family member of the injured / ill person. For all sessions if social distancing needs to be broken to enable an emergency to be addressed then it should be, dealing with any incident must take precedent. However, it should only be broken long enough to deal with the incident or make someone safe. Coaches and run leaders are recommended to carry a facemask and gloves with them for this reason.

7. Communicating this plan

This document will be available to all members / coaches on our club website and posted to the clubs Facebook pages. It is the expectation of the club that all members read, understand, and adhere to this document and provided Risk Assessments. Any questions about this document can be sent to the Covid-19 Co-ordinators. Members will also be notified of any updates or changes to the plan.

8. Relevant Guidance

A COVID Secure Environment:

https://d192th1lqal2xm.cloudfront.net/2020/07/EA-COVID-secure-environment-guidance-240720.pdf_0.pdf

Guidance for affiliated clubs and Covid-19 Co-ordinators:

https://d192th1lqal2xm.cloudfront.net/2020/07/EA-return-guidance-affiliated-clubs-240720.pdf_0.pdf

Guidance for Road Running:

<https://d192th1lqal2xm.cloudfront.net/2020/07/EA-return-to-activity-guidance-road-running-coaches-240720.pdf>

Govt. Guidance on Phased Return of Sport:

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation>

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