



# SMS COVID-19 Return to Training Plan

This plan sets out the procedures and rules that coaches, leaders and members must adhere to in order to keep themselves, fellow members and the public safe in the current circumstances. It is based on recommendations from England Athletics who in turn get guidance from the UK government. This plan will evolve as the guidance changes.

## COVID-19 Coordinator

The England Athletics guidelines require us to appoint a COVID-19 Coordinator to act as an advisor on all such matters. James Henderson has agreed to be ours so please speak to him if you have any questions or concerns.

## Responsibilities

### Coaches & Leaders

Coaches and leaders will plan their sessions to comply with the risk assessment. At the start of the session they will give a brief reminder to the group to maintain social distancing. The names and contact numbers of everyone who turns up will be taken at the start of the session by the leader. These will later be passed to James Henderson who will keep them for no more than 3 months. This is to be used should track and trace be required. Leaders will carry a phone, some hand sanitiser and a face mask. The hand sanitiser should be used after touching any gates or similar.

### Members

Members running in groups should make themselves aware of all the England Athletics guidance for runners returning to activity. This is available on the England Athletics website. When running in groups members should be conscious of maintaining a 2 metre social distance. They must be considerate of other group members and the public and act on requests from the group leader.

If you or a member of your household is showing signs of COVID-19 then you should not attend.

Anyone who contracts COVID-19 following a session must notify the club as soon as possible and fill in this UKA Report Form

<https://www.uka.org.uk/governance/health-safety/covid-19-form/>

# Training Sessions

For the time being club sessions will involve small groups of up to 10 people including the leader/coach and 2 metre social distancing will be maintained throughout.

Groups will meet on the edge of town at pre-arranged times and locations. There will be no mass congregation of groups and we won't be using the Assembly Rooms.

Leaders should ensure routes are deemed to comply with the risk assessment. Particular consideration will be taken to the COVID-19 sections of the risk assessment in order to minimise risk to group members and any public.

# Organising Sessions

Training sessions won't be limited to 7pm on Wednesdays and leaders may do more than one session a week if they so desire. Coaches and leaders will make themselves available for sessions for the following week. This availability will be published on the club website on a Saturday morning with details of time and location as well as the level of group the session is aimed at. These details will also be shared in the facebook group.

Members can then sign up to one session per week by commenting on facebook or completing a form on the website. Sessions will be filled on a first come first served basis. A confirmed list of members accepted for the session will be published on the website before the session takes place. Please check you're on the confirmed list before attending as the leader will have to turn you away if the session is full. Anyone who misses out one week due to numbers will have priority for the next week. If you are not able to attend please let us know so that your place can be reallocated.