



ST ALBANS ATHLETIC CLUB

RETURN TO TRAINING - ATHLETES / PARENTS BRIEFING

Introduction

The purpose of this document is to ensure that we can return to training in a 'Covid secure environment'. In line with guidance from England Athletics we have conducted a risk assessment and devised a plan so that we can resume training in larger groups of up to 12 runners for each coach. The plan aims to reduce the risk of the transmission of Covid 19.

All athletes (or their parents for U18s) who intend to take part in organised club training sessions MUST read this document and will be asked to confirm they have read it as part of the session booking process.

Extra measures will be in place in order that we reduce the risk whilst training. We have devised the following process and guidance which will now be in place until further notice.

Please note that training is only available to current season (20/21) paid up members.

Booking sessions

All St Albans Athletics club organised sessions will need to be booked at least 48 hours in advance of the session. This will allow us to control numbers and, if necessary, operate a rota system to ensure that all athletes get a chance to train. Booking forms can all be found at www.stalbansac.co.uk/training.

As part of the session booking process you will be asked to confirm that you have understood and agree to the following:

- You have read this document and agree to any rules within it.
- You have read the list of Covid 19 symptoms and that you understand that if you have displayed any of these symptoms in the last 14 days you will not attend any training sessions. The symptoms being:
 - A new, continuous cough**, where you cough a lot for more than an hour, or have three or more coughing episodes in 24 hours
 - Fever** - where your temperature is above 37.8C
 - Loss of smell or taste**
- You will not attend training if you have been or advised that you have been in close contact with someone who has tested positive or suspected of having Covid 19.
- You will not attend training if you are self-isolating/quarantined, have been advised that you should 'shield' due to a medical condition or if you are supporting a vulnerable person who would be at an increased risk if you contracted Covid 19.
- If you have previously tested positive for Covid 19 that you will only resume training once you have been medically cleared to do so.
- If You have been advised not to take part in physical or group activity as a result of any other medical reason you agree not to attend training.



- You will not attend training if you have any known injury that could lead to you requiring first aid.
- You will be asked if you give permission for your name and contact details to be passed to the NHS test and trace service if required.

Coaches and regular helpers– Will need to confirm they have also read the EA coaches briefing document for return to training <https://d192th1lqal2xm.cloudfront.net/2020/08/EA-return-to-activity-guidance-coaches-leaders-04.08.2020.pdf> 0.pdf

Arriving / Departing Training

We will operate a 1-way system arriving and leaving the track at Westminster Lodge. Please enter the track via the gates at the top of the concrete steps and leave by the exit between the 2 containers at the end of 100m straight.



On arrival at the track, you should either proceed straight to your allocated registration point (identified on booking confirmation) or register at the containers if this is not pre allocated.

If there is a session (either public or Athletics club), please wait at the shed by the gates until it is clear. Do not enter the track until your designated training time.

If you need to use toilets the public toilets at the rear of the track building MAY be open. We do also have access to the toilets in the building at Abbey View golf.

Don't forget to wash your hands thoroughly or use hand sanitizer if you use the facilities.

You must maintain social distance of 2 meters and avoid any contact with other members (unless they are a member of the same household).

You should also maintain distance from other groups.

The maximum size of each group will be 10 runners per coach, with a target of 6-8 per coach

After Training

If within 48 hours of a training session you experience any of the symptoms of Covid 19 as well as complying with the government guidance you should also advise the club's Covid 19 officer (covidsessions@stalbansac.co.uk) in order that they can assist with the NHS Test and Trace process.



When you contact NHS Test and Trace please provide them with the email address for the Covid 19 officer which is covidsessions@stalbansac.co.uk. When contacted by NHS Test and Trace the Covid 19 officer will provide them the contact details of the relevant members who were in your coaching session.

Contact details will only be provided for those people who have given permission on the booking form.

The Covid 19 officer will assist with Test and Trace where permission has not been given to pass details to NHS test and trace. They will directly notify any relevant members that they may have been in close contact with someone who may have or has Coronavirus.

If you do receive this notification you should treat it as if you have been notified by NHS Test and Trace and follow the government guidance. The Covid 19 officer may follow up with you in relation to the outcome of any tests. At no time will they disclose the identity of a member who is or may be infected to another member.

Any information that is collected within this process will be destroyed within 21 days.

Hopefully you will remain healthy and the above process will not be required, and you can continue onto the next training session.

Disclaimer

We have tried our best to put in place a plan that will limit the spread of Covid 19 in line with the guidance from England athletics. This advice may change in due course and we will endeavour to make sure that any updated advice is communicated to members as soon as we can.

<https://www.englandathletics.org/guidanceupdate>

It should be noted that everyone should follow the current government and NHS advice and guidance and that will take precedence over anything with this document.

<https://www.gov.uk/coronavirus>