

Fleet and Crookham AC Club Plan

Updated plan

Fleet and Crookham Athletic Club have produced the following plan in response to updated guidance from England Athletics regarding the resumption of Athletic club official group training and coaching.

England Athletics guidance at the current time follows revised government guidelines which are outlined in detail under Step 2 of *England Athletics A Route Map for Recovery*. With specific reference to coaching, Step 2 guidance from England Athletics continues to advise that one coach (running club leader) can coach (lead) up to 5 others at one time in an outdoor area.

The committee of Fleet and Crookham Athletic Club met virtually on 6th July 2020 to discuss and review our initial club plan around re-starting formal senior training which had been implemented on 8th June 2020.

The committee agreed that we could begin to resume formal club training with appropriate risk assessments in place

At this stage, Tuesday evening sessions will be the only formal training to resume alongside the Sunday morning 'social' run.

Having agreed to begin to restart adult group training sessions in accordance with current Step 2 *England Athletics Route Map for Recovery* guidelines, the following actions will be followed during formal training sessions:

- A full risk assessment to be in place before activity can take place for insurance to be valid
- Those runners who continue to fall under a 'high risk' category or live in a household with someone who falls under a 'high risk' category will be advised not to attend training sessions at the current time
- All sessions to be run away from the public to avoid social distancing non-conformities
- Hands to be washed thoroughly before heading out for a group session.
- Members not to attend a group session if they have any symptoms or are feeling ill

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- Only meet and run in groups of 6 or less (including run group leader)
- Composition of groups to be recorded each session to allow for track and trace if a club member subsequently becomes ill (this can be done by sending an email after the session to the club with the names of the people in the group)
- Group leaders for the week to be arranged in advance to determine total number of members who can train
- Club members will be expected to meet at the front of the club hut on the field, away from the car park area to ensure social distancing is maintained
- Members to maintain appropriate social distancing at all times within the group and with anyone whom the group comes across during the run
- Members to maintain social distancing at all times and be aware of other people. (Always give way to others where possible - you are representing your club)
- Each group to have a mobile phone in case of injury or first aid requirement
- Members to inform the club if they have become ill and have attended a group session within the past 10 days.
- A copy of the club plan, risk assessment and England Athletics Route Map for Recovery will be displayed in a prominent position in the window of the club hut at the Peter Driver training ground

Zoe Barton

Covid-19 Co-ordinator

July 8th 2020