



# 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 1 of *England Athletics Roadmap 2021 Athletics and Running*. With specific reference to coaching, Step 1 guidance from England Athletics does not specify a limit for the number of athletes 1 coach can train, however as a club we will limit this to a ratio of one coach to 12 athletes.

The committee of Fleet and Crookham Athletic Club met virtually on March 9<sup>th</sup> 2021 to discuss and review our initial club plan around re-starting formal senior training from the week commencing March 29<sup>th</sup> 2021.

**The committee agreed that we could begin to resume formal club training with appropriate risk assessments in place from Tuesday 30<sup>th</sup> March 2021.**

**At this stage, Tuesday evening sessions will be the only formal training to resume.**

Having agreed to begin to restart adult group training sessions in accordance with current Step 1 *England Athletics Roadmap 2021 Athletics and Running* 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
- 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
- Only meet and run in groups of 12 alongside a 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)
- Club members will be asked to pre-register for sessions via the club website or alternative site
- Group leaders for the week to be arranged in advance to determine total number of members who can train

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- 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- this includes not congregating to 'socialise' at the start and end of sessions
- 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, England Athletics Roadmap 2021 Athletics and Running and England Athletics checklists for returning to training for runners and coaches 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

March 18<sup>th</sup> 2021