Glossopdale Harriers return to training guide

(Based on information from the England Athletics 27/11/20)

**Your health**

**It is of paramount importance that athletes monitor themselves for any signs of the virus, as well as general health. Athletes should follow the advice of their GP or medical practitioner in all cases.**

**Section 1: Before and after training**

**Stay up to date**

•Check all guidance that has been published, especially concerning social distancing and hygiene and any athletic specific guidance.

•Be aware guidance can change quickly and more restrictive rules may be applied in the future, so please refer to the England Athletics website regularly.

•Outdoors, athletics and running activity can now take place in unlimited numbers as long as it is within a COVID secure environment (which can be a track or open space such as a park or road). Where a COVID secure environment is not in place groups will need to be a maximum of 6.

• Be aware of the travel restrictions in place across the different tiers for club training and competition- please refer to Tier Table for guidance

**Before leaving home**

•Follow all hygiene guidance including washing your hands.

•Ensure that all arrangements have been made prior to leaving home so that any government advice on social distancing, as an example, can be maintained at any facility. This may mean prior coordination of activities with the club, facility management or your coach or leader.

•Athletes and runners should ensure they are prepared and have planned for circumstances where injuries or other accidents occur, and they have mitigating procedures and plans in place to resolve the issue while maintaining all government guidance.

•Ensure you have enough food and hydration for the session.

Be aware that changing facilities and toilets may not be open.

**Equipment/Facility**

•Take hand sanitiser with you.

•Ensure that all equipment is cleaned before and after use.

**Training and coaching**

•Do not congregate before or after training, return home.

•Ensure specific event guidelines are followed- refer to the risk assessment

**Section 2: Event Guidance**

**Younger athletes (under 18 years of age)**

•For coaching outside of a club or group environment, coaches must ensure they have the permission /agreement of the responsible parent or guardian of an athlete who is under the age of 18 to coach that athlete.

•Young people (under 18’s) should be coached / led in groups of no more than 15 (NOT including the coach / leader). If there are more than 12 young people in any group you will need at least 2 coaches/leaders to meet the 1:12 coach/ leader ratio. More info can be found via Department for Education

**Masters athletes and runners**

•All guidance applicable to athletes and runners in this document is relevant to masters athletes and runners.

•In addition, government guidance on vulnerable persons should be adhered to, if relevant, and considered by coaches and individual athletes or runners.

Resuming club activity will always carry a degree of risk associated with transmission of Covid-19. The risk cannot be eliminated unless you decide not to resume activity until there is an effective vaccine or cure, or the disease is eliminated from the UK.

* **Help control the virus**
* **To protect yourself and others, when you leave home you must:** 
  + **wash hands - keep washing your hands regularly**
  + **cover face - wear a face covering over your nose and mouth in enclosed spaces**
  + **make space - stay at least a metre (2M is preferred) away from people not in your household**
* The Coach and Covid Officer will need to review the risks and actions in the risk assessment on a regular basis to understand how effective they are and what may need to change. This should be done at regular intervals (at least every 8 weeks or after significant changes in advice for management of the disease) and also in line with any changes to government, England Athletics and site specific guidance.
* Clinically vulnerable athletes should ensure they follow extra instructions in the risk assessment
* Clinically vulnerable people are those who are:
  + aged 70 or older (regardless of medical conditions)
  + under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab each year on medical grounds):
  + chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
  + chronic heart disease, such as heart failure
  + chronic kidney disease
  + chronic liver disease, such as hepatitis
  + chronic neurological conditions, such as Parkinson’s disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
  + diabetes
  + a weakened immune system as the result of certain conditions or medicines they are taking (such as steroid tablets)
  + being seriously overweight (a body mass index (BMI) of 40 or above)
  + pregnant women
  + There is a further group of people who are defined, also on medical grounds, as clinically extremely vulnerable to coronavirus – that is, people with specific serious health conditions.
* As a member of the club, do not hesitate to feedback to the coach or Covid Officer, where you see risks that are not being adequately managed or recognised.
  + Andy Brack – 07780832446
  + Jeroen Pieters- 07818697225
* Always book onto training or an event through the Eventbrite process
* Always ensure you follow the EventBrite booking process with the Good Health Waiver before each event and inform the Covid officer or coach of any changes before the event.
* Avoid car sharing outside the family bubble, but where it is unavoidable, follow the car share guidance.
* Please consider how you can prepare for a possible injury during a session. This means you should wherever possible have a family member available to assist or take you home.
* Always follow government guidance with regards self-isolation following symptoms, positive tests for yourself, close contacts or family members
* Hygiene products will be available at the event to sanitise hands
* More guidance can be found at

<https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2020/12/EA-return-to-activity-guidance-athletes-runners-271120.pdf>