

Covid-19 Fact sheet

Dear Member/parent/guardian

Braintree District Athletics Club is pleased to announce the re-starting of club training activities following the suspension which we were obliged to introduce earlier this year as a consequence of the Covid-19 pandemic.

We are only able to do this with the introduction of some additional safety measures and this fact sheet is intended to draw these changes to your attention. It is expected that these changes will change over time and we will advise you of these changes when these occur.

Sessions

Track training sessions are as follows and will consist of one hour sessions which start at 18:00 and 19:15.

Tuesday 6-7	Tuesday 7:15-8:15
Simon – Endurance	Neil – Javelin
Ziko – Sprints	Mike – Hammer / Discus
	Simon / Dean – Endurance
	Ken – Adult Sprints
	Mark / Rob – Jnr Sprints

Thursday 6-7	Thursday 7:15-8:15
Leighton – Jnr Sprints	Steve – Long Jump
Simon – Endurance	Mark / Rob- Hurdles
Ziko - Sprints	Simon - Endurance

There are additional Tuesday endurance sessions comprising road runs for adult athletes. The 10k leaves the track at 7pm and the 5k at 7:15. The 5k loop can be extended by an additional 2k loop for those who wish it. Contact Stu Phillips or Philip Wood initially, then just turn up. Please read the rules (accessible from the Training web page) before attending and bring a completed Covid form on first attendance (see below)

Access

Members will not have access to the Tabor Academy building until guidance changes and this restriction can be lifted – this includes access to the toilets and changing rooms. Members are therefore asked to make sure they are wearing suitable sports clothing when they arrive at the club.

Access to the track will be via the side gate to the left of the building. All members and coaches are asked to access the track by following the path on the right of the track to the “sign in cabin”, and then on to barrier gate along the back straight only. Similarly, exit from the track should be via the gate at the bottom of the track only so there is no congestion on the narrow path.

If you have not already done so, you MUST complete the form at <http://braintreeanddistrictac.co.uk/documents/GeneralInformationFormCOVID19.pdf> and bring it with you the first time you attend a training session since they have re-started.

PPE

The track is an outdoor venue and as such, PPE such as masks and gloves are not required. The only exception to this will be the volunteers in the sign in cabin who will wear masks and gloves. Road runners are asked to carry masks as a precaution.

Masks and gloves have also been added to First Aid kits for use by first aiders only.

Sanitation

Where sports equipment is used, eg. javelin, pole vault, etc. the equipment must be sanitised before and after use by the user, and not shared during use. Coaches will have supplies of sanitising gel for this purpose.

The exit barrier will be kept open at those times when it will be most used. There will be a supply of sanitation gel at the barrier for use by anyone who needs to open/close the barrier.

We would ask members to keep and any personal possessions they bring to the track, eg, spare shirt, water bottle, etc. in a single sports bag which they keep physically separate from other members' bags.

Signing in

All members and coaches are required to sign in on every visit. Members are encouraged to pay session fees by standing order to minimise handling of cash. Payment on the night will be accepted but we would ask members to bring with them the exact money if at all possible. Club volunteers at the "sign-in cabin" will ask members for their names and complete the register of attendees to avoid the sharing of pens.

Social distancing

All athletes are expected to maintain a social distance from other track users of a minimum of 2m at all times.

Social distancing also applies to parents and guardians who bring their children to the club and spectate during the training sessions – and who are expected to stay behind the barriers at all times. There should only be one parent or guardian per athlete, and they should remain trackside for the duration of the training session within a designated area which will be sign-posted.

Athletes are asked not to share drinks or food of any kind whilst at the track.

A maximum of two volunteers will be allowed in the "sign in cabin" at any one time – and no other club members.

Group/class numbers

All groups are limited to a maximum of 15, including coach(es). Each group will be led by a minimum of one coach, or two coaches if total numbers exceed 12.

Accidents

In the event of an accident, eg. an athlete tripping and falling during a training session, members are asked, wherever possible, to allow athletes to recover from these unassisted, unless those administering help are from within the same household. If the accident is serious, the coach will arrange for professional assistance, eg. contacting club First Aiders or phoning emergency services.

Road runners are asked to identify an ICE (In Case of Emergency) contact who can be contacted during a run in the event of an incident, and carry mobile phones with them.

Contact with members

It is essential that the club can contact members when this is necessary – and has accurate information of which athletes have attended which training sessions. All members must therefore complete a pre-activity questionnaire - which includes contact details - before they start attending training sessions, and coaches will maintain a dated register of attendees for each training session for which they are responsible.

Sharing of personal data

In the event that there is a local report of suspected coronavirus infection, members are expected to report this to **Mike Hills**. Personal data may be shared in accordance with the government's Track and Trace initiative.

These safety measures are necessary to help keep us all safe and we would ask for your full co-operation please. We will be monitoring compliance and will take appropriate action in the event of non-compliance.

Derek Mason

2nd October 2020