



# CLUB RESTART – 30.6.20

Dear members,

Following England Athletics Guidance update for restricted return to activity recently published we are delighted to be able to announce the restart of club nights, beginning on Tuesday 30 June, **6-7pm**.

It will be different to how it used to be but welcome to the 'new normal'. We advise you to read the Guidance for athletes and runners document on the EA website but we will do our best to provide the information you will need, specific to Birtley AC within this plan. In line with EA guidelines, we have appointed a Covid co-ordinator, our Welfare Officer Stephanie Young will fulfil this role. We have prepared a risk assessment that is appended to this guide. We ask that you read it carefully and familiarise yourself with its contents. England Athletics, working within the broader Government guidelines, have said that coaching can begin in groups of up to 5 athletes, working with a coach or coaching assistant while maintaining social distancing.

Until we can accurately gauge numbers and to ensure we do not breach 5:1 ratio, we will be operating a booking system. To book your child's place, please add their name to the list on our website under their coaches name.

The following coaches will be offering sessions:

Fiona

Emily

Gary

Tommy

Coaches will work with coaching assistants so that sessions can be delivered to the maximum number of athletes while maintaining the 5:1 ratio.

Lord Lawson are happy to accommodate us and we have shared with them our plan and risk assessment. **NOTE THAT WE WILL HAVE ACCESS TO THE OUTDOOR SPACES ONLY AND THERE WILL BE NO TOILET OR CHANGING FACILITIES AVAILABLE.**

## ADVICE FOR ATHLETES AND PARENTS

### Before Leaving Home

- Follow all hygiene guidance including washing your hands.
- Bring a drink.
- If you, or anyone in your household have any Covid19 symptoms, you should not attend training.

### On arrival

- Park in any of the school car parks, try to leave an empty space between cars if possible.
- Make your way to the pre arranged meeting point, maintaining social distance, where your coach will register your attendance and direct you to your designated training area.
- Hand sanitizer will be available for use as required.
- The coaches will have access to our first aid kit that will be stored at the top of the steps.

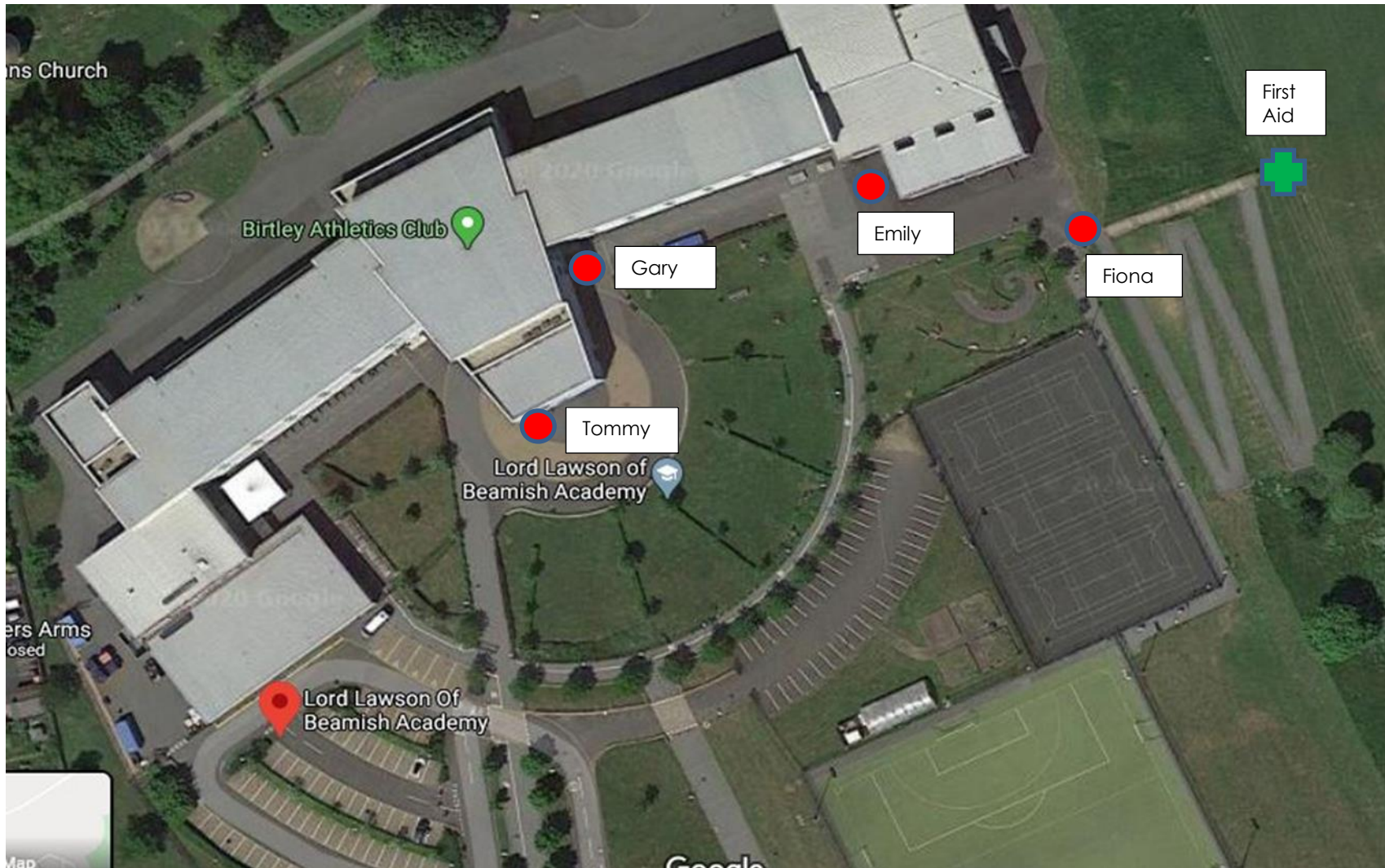
All coaches will have mobile phones so that they can communicate with each other if needed.

Payment for sessions will be £2 per week (1 or 2 sessions) but we will not be accepting cash transactions for the foreseeable future. Please pay using our online payment system. You can pay per week or for an extended period, the choice is yours.



# CLUB RESTART – 30.6.20

DROP OFF AND PICK UP AREAS:



## On Departure

- When your session is finished, your coach will take you back to your pick up point where you will be met by your parent.



# CLUB RESTART – 30.6.20

## Risk Assessment

The club will follow the following risk assessment document that has been prepared and this will be followed at all training sessions.

## Risk Assessment: COVID-19: Birtley Athletics Club – Resumption of Training

Date:	Assessed by:	Location :	Review :
19 / 06 /20	Stephanie Young IOSH Member 167741	Lord Lawson Of Beamish Academy	19 <sup>th</sup> July 2020

What are the Hazards and to who?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
COACHES, ASSISTANT COACHES, RUN LEADERS  Contracting Coronavirus (COVID-19)	1. Contact with respiratory droplets from infected athletes.	Coaching sessions restricted to five athletes per Coach/Coaching Assistant/Run Leader at any one time.	M	Provide Birtley Coaches, Coaching Assistants, Run Leaders with a copy of this risk assessment.	L	SY	20/6/20	20/6/20
		Outdoor training sessions only.		Extremely Clinically Vulnerable Coaches advised to follow Government advice and 'shield' against potential exposure to coronavirus.		Via this R/A	20/6/20	20/6/20
		Social distancing >2mtrs maintained unless an emergency/First-Aid situation.		Inform athletes that they must not attend for training sessions if they have coronavirus symptoms:  *new cough *high temperature *change to sense of taste or smell		Coaches	Before all Sessions	N/A
				Before training commences, Coaches to enquire that athletes		Coaches	Before all	N/A



# CLUB RESTART – 30.6.20

				<p>do not have coronavirus symptoms.</p> <p>Remind Coaches and Athletes to catch coughs and sneezes in tissues/avoid touching their face (eyes/nose/mouth) and wash hands frequently and especially before and after training sessions.</p> <p>Coaches to wash personal athletic attire immediately after training session.</p>		<p>Via this R/A</p> <p>Coaches</p> <p>Coaches</p>	<p>Sessions</p> <p>Before all Sessions</p> <p>After Sessions</p>	<p>N/A</p> <p>N/A</p> <p>N/A</p>
<p>COACHES, ASSISTANT COACHES, RUN LEADERS</p> <p>Contracting Coronavirus (COVID-19)</p>	<p>2. Potential physical contact with athletes infected with coronavirus.</p>	<p>Physical contact between Coach and Athlete is restricted by UKA rules.</p>	<p>H</p>	<p>Young/Vulnerable athletes – encourage parents/guardians to remain on-site at LLOB Academy during training sessions.</p> <p>Emergency/First-Aid situations – breaches of social distance rules to be kept to &lt;15mins. Coaches, Assistant Coaches, Run Leaders must avoid face-to-face contact with the casualty at &lt;2mtrs. CPR procedure - only chest compressions to be performed on the casualty (no mouth-to-mouth to be carried out).</p>	<p>H</p>	<p>Coaches</p> <p>Via this R/A</p>	<p>Before all Sessions</p> <p>20/6/20</p>	<p>N/A</p> <p>N/A</p>
<p>COACHES, ASSISTANT COACHES, RUN LEADERS</p>	<p>3.Contact with athletic equipment contaminated with coronavirus.</p>		<p>M</p>	<p>Provide Birtley Coaches, Coaching Assistants, Run Leaders with personal hand sanitisers/non-latex gloves/disposable cloths/disposable bags/cleaning &amp; disinfection agents (disinfectant must be effective against 'enveloped' viruses).</p>	<p>L</p>	<p>Club Chair/ Secretary</p>	<p>Before Training Resumes 30/6/20</p>	



# CLUB RESTART – 30.6.20

Contracting Coronavirus (COVID-19)			<p>Equipment must be cleaned first then disinfected. Dispose of all gloves/cloths in disposable bags and place in bin. Wash hands after this activity.</p> <p>Inform all Coaches, Assistant Coaches, Run Leaders to clean and disinfect athletic equipment before and after use – MANDATORY USE OF GLOVES during process then wash hands after task completed.</p> <p>Ensure equipment is restricted to one athlete only with cleaning protocols as above.</p>		Coaches Via this R/A	20/6/20	N/A
ATHLETES Contracting Coronavirus (COVID-19)	4. Contact with respiratory droplets from infected Coaches/athletes.		<p>M</p> <p>Inform Coaches that they must not undertake training sessions if they have coronavirus symptoms:</p> <ul style="list-style-type: none"> <li>*new cough</li> <li>*high temperature</li> <li>*change to sense of taste or smell</li> </ul> <p>Athletes reminded of social distance rules at the beginning and during training session.</p>	L	Via this R/A  Coaches	20/6/20  Before all Sessions	N/A  N/A
ATHLETES Contracting Coronavirus (COVID-19)	5. Contact with athletic equipment contaminated with coronavirus.		<p>H</p> <p>Implement cleaning regime for equipment as above.</p>	L	Coaches	Before-After all sessions	N/A



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## SUMMARY OF ARRANGEMENTS:

**Club will restart on Tuesday 30 June. We will begin using the guidance contained in this plan. Arrangements are subject to change.**

**Sessions will be from 6-7pm – please arrive in good time so that sessions can begin on time.**

**Payment will be the normal £2 per week, we will be operating cashless payment for the foreseeable future.**

**PLEASE BOOK YOUR PLACE ON OUR WEBSITE.**

**We have access to outdoor areas only. THERE WILL BE NO TOILET FACILITIES.**

**Parents of 'Young/Vulnerable' athletes are encouraged to remain on-site at LLOB Academy during training sessions**

**Athletes should not attend with new symptoms of coronavirus:**

- **A new continuous cough**
- **A high temperature**
- **A change to sense of taste or smell**