

TRAINING UPDATE 7th November 2020 – Level 3

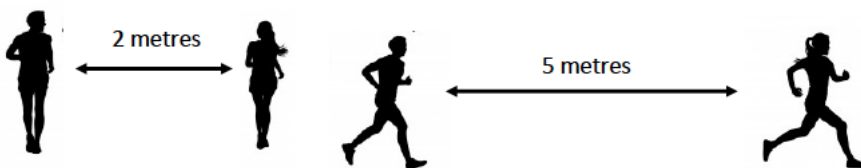
Dear Member,

With the creation of a five-level system of local COVID restrictions by the Scottish Government, Scottish Athletics have published new guidelines for training and competing. We have reconfigured the club plan and this replaces the previous instructions from early October.

The club is within the Glasgow City local authority and currently under level 3 restrictions. Please note if you live in a different local authority area, you may be under a different level of restrictions and you should follow the guidance for that area.

We can, again, create a ‘field of play’ or training bubble of up to 15 athletes, when taking part in formal club training and activities. This also applies to members involved in informal group runs, under the club umbrella.

Whilst in level 3 COVID restrictions, it is strongly recommended that when in the training bubble we maintain social distancing: 2m apart when running side by side and 5m when running in single file.



We must emphasise that social distancing, and household group limits, must be adhered to at all other times.

Please note that for training sessions taking place under level 3 restrictions,

- Outdoor exercise is considered an exemption for travel, within a level 3 local authority area and up to 5 miles from the boundary of the local authority area.
- Where possible, please consider walking / running / cycling to training sessions
- Do not car share with people from outside your extended household wherever possible
- Only use public transport if absolutely necessary and remember face covers are compulsory.

If you wish to attend a training session, you must book a place using the club’s online booking system.

- **The deadline for booking a session is 11:59pm the evening before (ie Sunday and Tuesdays).** We cannot take any additions to a session after this deadline, even if there are spaces available.
- **Please only book one session per week** – training is proving very popular and we want everyone to have a chance of attending a session. Only book a second session, if there are slots available the night before.
- **Do not attend a training session if you do not have a confirmed place.**
- **If you are unable to attend please let us know via the WhatsApp groups.**
- If, on the day of training, one group has spaces we will offer them to any of the reserves already signed up for the other groups.

This plan has been drawn up by our coronavirus sub-group, led by Emer, with input from our lead coaches and the committee. We're really grateful for the time and hard-work put in to produce this.

We still want to hear your feedback too, so do get in touch if you have any questions, concerns or suggestions.

Please keep an eye on the members' forum, we'll continue to post details about groups there, ie. where and when each group will meet, what the session will be, who will be leading the session, and links to the booking system.

A massive thank you for all your time, support and enthusiasm.

Regards,

Richard, Emer, Louise on behalf of the Board and Lead Coaches 1st November, 2020

UPDATED INSTRUCTIONS FOR CLUB MEMBERS

In conjunction with Scottish Government Guidelines **members must not attend a training session and should stay at home if they:**

- Have been in contact with someone with COVID-19 in the last 14 days
- Have been overseas to a country on the quarantine list or exposed to someone with COVID-19 in the last 14 days.
- Have COVID-19 symptoms or are feeling unwell
- Have been told to self-isolate as part of the contact tracing measures in place.

Before the session

The club will continue to hold training session at three separate locations, divided into our usual pace groups, ie. purple (sub -42 10k), white (42-48 min 10k) and black (48+) groups

A maximum of 15 individuals, including the coach can attend one session. Together they will form a “training bubble” for the session; this will include the warm up and cool down.

Club members from the same household, do not need to attend the same session and should book their training sessions separately.

The member’s forum will list where and when each group will meet, what the session is and which coach is leading it. We will continue to use an online booking system (access via bellahoustonroadrunners.co.uk/book).

At the session

- We will continue to meet outdoors, there will be no access to changing facilities, toilets or lockers. Please arrive ready to begin the warm up
- The Lead Coach will go through the session.
- **Whilst in the “training bubble” physical distancing is not required; however, we ask club members**
 - **To be mindful of members of the public and maintain a 2m distance when passing or overtaking**
 - **There are no end-of-session handshakes**
 - **Spitting and coughing are strongly discouraged**
 - **Whilst running, members spread out, for each other’s comfort.**

The wearing of masks, gloves or other forms of personal protective equipment is not mandatory. If members wish to wear them, please safely dispose of the PPE at the end of the session.

After the session

Physical distancing (2m) should be reinstated at the end of the session. We continue to encourage members to upload the session to Strava.