

## RETURN TO TRAINING

10th October 2020 Update

Update #6

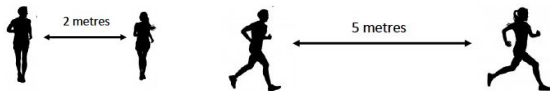
Dear Members,

With the announcement of local restrictions in the central belt this week, Scottish Athletics have updated their guidelines, the changes are small but it is important that we follow them.

Please find attached the revised club plan, this replaces the previous instructions from the end of September. Note that you can always find the latest version of the club plan at [bellahoustonroadrunners.co.uk/coronavirus](http://bellahoustonroadrunners.co.uk/coronavirus)

**We are still allowed to meet in groups of up to 15 athletes, but we must maintain full social distancing at all times – this includes the warm up, the session and the cool down**

- **When running, please, maintain a distance of 2m from fellow members when running side by side and 5m when running in single file**



- **Members should not travel in the same vehicle to a training session unless they are part of the same household bubble.**
- **Please avoid using public transport if you can. Please also be aware you are advised not to travel outside the health board area you live in, unless you need to.**

Outwith a training session, the national guidelines regarding household group limits meeting outdoors should be adhered to at all times.

Please book a place on the booking system, confirming that you are able to run. Our policies and code of conduct continues the expectation members will adhere to current requirements.

**Please note that if you are part of an informal run group and have contacted the committee to hold it under the club umbrella, the above guidance must be followed. If you wish to have your informal group with other club members under the club umbrella, so you can run with up to 15 runners please contact us via [info@bellahoustonroadrunners.co.uk](mailto:info@bellahoustonroadrunners.co.uk) or via the forum.**

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 - 10<sup>th</sup> October, 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. Please avoid using public transport if you can. Please also be aware you are advised not to travel outside the health board area you live in, unless you need to.**

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](https://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.
- **When running, please, maintain a distance of 2m from fellow members when running side by side and 5m when running in single file**
  - **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**

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.



## CLUB PLAN TO RETURN TO ACTIVITIES EXITING COVID-19 LOCKDOWN PHASE 2 AND 3 OF ROUTE MAP – Updated 10th October 2020

**Please note this plan is always subject to change.** It is our response to the Scottish Athletics framework, and goes into detail about the clubs' solution and actions to their guidance.

**Club members must not attend a training session / timed club run and should stay at home if they:**

- Have been in contact with someone with COVID-19 in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 days
- Have COVID-19 symptoms (self-isolate for 7 days) or are feeling unwell; these include: a dry cough, a high temperature or loss of the sense of smell or taste.
- Have been told to self-isolate as part of the contact tracing measures in place

| *                                      | Scottish Athletics Guidance  | Pre-Pandemic Practice  | Proposed Solution / Action to be taken   |
|--|--|--|--|
| <b>Club Activity</b>                   | Clubs can implement parts of their reopening plan using outdoor spaces<br>Groups of 15 people from up to 15 households can get together in an outdoor space with physical distancing maintained outwith the training session   | Club meets at Bowling Club Pavilion / Nethercraigs Sports Centre.<br>Approximately 60-70 members divided into 3 groups, with (level 2) coach leading each group. | <ul style="list-style-type: none"> <li>• Training session limited to 15 members including group lead</li> <li>• Await Scottish Government announcement on increase in number of households / number of individuals that can meet.</li> </ul>   |
| <b>Facilities</b>                      | Outdoor sports courts permitted from 29 <sup>th</sup> June, included running tracks.<br>Indoor areas including changing rooms, toilets, exercise rooms/halls and social areas are permitted to open from 31 <sup>st</sup> August, provided Scottish Government Coronavirus (COVID-19) guidance is fully implemented. | Nethercraigs track used every second Monday<br>Public parks and footpaths used otherwise   | <ul style="list-style-type: none"> <li>• Club will contact Glasgow Life to determine when exclusive access to Nethercraigs Track will be available.</li> <li>• Consider other private venues eg Hutchinson's school</li> <li>• Club will establish with the facility operator the maximum number of members who can attend the venue at any one time.</li> <li>• All other training sessions will be in public spaces</li> </ul> |
| <b>Health and Safety Advice</b>        | Clubs should have access to first aid and emergency equipment. If there is no access to indoor facilities allowed, consideration should be made to first aid equipment externally  | Club had access to first aid equipment kept at Nethercraigs Sports Centre and Bellahouston Sports Club   | <ul style="list-style-type: none"> <li>• Club will confirm with Glasgow Life they will continue to have the first aid facilities at Nethercraigs even if indoor facilities are not open.</li> </ul>  |
| <b>Booking, arriving and etiquette</b> | Clubs using an athletics facility should agree with the operator the maximum capacity.<br>Limits on the number of participants using outdoor facilities should be risk assessed to physical distancing can be maintained   | Not previously applicable  | <ul style="list-style-type: none"> <li>• Online system will be used for members to "book" attendance at a training session. Questions regarding symptoms will have to be answered at time of booking.</li> <li>• Group leads to remind members at the beginning of session that if they have any symptoms of possible COVID-19 infection they should leave and seek advice from NHS 24</li> </ul>                                |
| <b>Booking, arriving and etiquette</b> | Clubs using an athletics facility should agree with the operator the maximum capacity.<br>Limits on the number of participants using outdoor facilities should be risk assessed to physical distancing can be maintained   | No limit to number of members who can attend session   | <ul style="list-style-type: none"> <li>• Glasgow Life or operators of any private athletics facility will confirm how many households / individuals can meet.</li> </ul>   |



|  |   |   |  |
|--|---|---|--|
|  | Highly recommended clubs have a booking system, will assist with test and protect should it be required subsequently  | Not previously used   | <ul style="list-style-type: none"> <li>Online booking system to limit attendance at sessions to government mandated number. If there is a large demand, members will be limited to the number of sessions they can attend.</li> <li>Members are asked to upload session to club Strava page, to facilitate more accurate contact tracing if required.</li> <li>Club will retain the names and contact details of those members attending a training session for 21 days and if asked to do so by NHS Scotland, will release this information as part of a contact tracing process.</li> </ul>  |
|  | Clubs should consider the age of athletes they have returning to ensure all athletes will be able to follow the physical distancing and hygiene guidance  | Not previously applicable   | <ul style="list-style-type: none"> <li>In deciding to attend training sessions individual club members are responsible for determining the risk to their own health and other members of their household.</li> </ul>   |
|  | Clubs using public spaces should risk assess the training environment and activity to ensure that numbers attending are appropriate for maintaining physical distancing   | Summer sessions principally based in Bellahouston Park / Pollok Park / Nethercraigs Track. All training groups usually based at the same location | <ul style="list-style-type: none"> <li>Purple, white and black training groups / bubbles meet at different locations</li> <li>Each training group / bubble will be physically distanced.</li> <li>Groups cycle through different training locations.</li> </ul>  |
|  | Instruct all attendees to ensure their club has their up-to-date contact details (phone and email)  |   | <ul style="list-style-type: none"> <li>Reminder on forum and online booking form</li> </ul>  |
|  | Attendees should <ul style="list-style-type: none"> <li>arrive at the location at a specific time</li> <li>always observe physical distancing</li> <li>arrive in training kit</li> <li>utilise toilet facilities in their own home</li> </ul> | Not previously applicable   | <ul style="list-style-type: none"> <li>Members will meet outdoors where the session is due to start, ready to begin warm up.</li> <li>Members should arrive at training session individually (no car sharing) changed and ready to start training.</li> <li>If more than one group meeting at the same location, the start times will be staggered, to maintain physical distancing between training groups / bubbles</li> <li>Spitting / coughing to be strongly discouraged</li> <li>No end of session handshakes</li> <li>Wearing of masks or gloves is not mandatory. Members who wish to wear masks and gloves are responsible for ensuring safe disposal at the end of use.</li> </ul> |
|  | Any attendees repeatedly not following the club directives should be asked to leave training and familiarise themselves with the guidance prior to the next session.  | Published code of conduct   | <ul style="list-style-type: none"> <li>Club will update the code of conduct to include requirement of additional social distancing measures and good hygiene practices.</li> </ul>   |
| <b>Event specific guidance – Track running</b> | One lane gap is not suitable for maintaining physical distancing whilst running side by side, ideally athletes should run side by side leaving 2m between them. Athletes running in single file must maintain a 5 m distance                  | Not previously applicable   | <ul style="list-style-type: none"> <li>"When running on a track, there must be a gap of two lanes between those running side by side and 5m when running in single file.</li> <li>May be necessary to have time keeper to ensure adequate gap between runners when they start."</li> </ul>   |

|  |  |   |  |
|--|--|---|--|
| <b>Off track coaching and leading inc road running</b> | A "field of play bubble" is. created for the duration of the training session (including the warm up and cool down).<br>Coaches and runners should adhere to all restrictions that may be placed on a public space by the owner of that space  | Not previously applicable                                     | <ul style="list-style-type: none"> <li>Maximum number of members attending club sessions is 15 individuals, including the group lead..</li> </ul>  |
|  | Athletes (from different households) running side by side should be 2m apart. Athletes running in single file must maintain a 5m distance apart  | Not previously applicable.                                    | <ul style="list-style-type: none"> <li>Will be restated as part of the pre-session briefing</li> </ul>   |
|  | Coaches should ensure they have carried out standard risk assessment of any training space or route.   | Risk assessments previously completed for each training route | <ul style="list-style-type: none"> <li>No new routes being proposed, club will review existing risk assessments.</li> </ul>  |
|  | Cognisance must be taken of members of the public using the same public space for recreation. Group should be briefed on how to run together in a way that respects physical distancing and which does not cause unnecessary risk or anxiety to members of the public  | Not previously applicable                                     | <ul style="list-style-type: none"> <li>Training session will be confined to parks where ever possible, so members when overtaking are not obliged to step onto a road to maintain social distancing.</li> <li>Members should be mindful of members of the public also using public spaces</li> </ul>   |
|  | All sessions to be led by level 2 coaches  | All sessions devised by level 2 coaches.                      | <ul style="list-style-type: none"> <li>Club confirms all sessions devised by level 2 coaches, and groups led by coaches or agreed group leaders.</li> </ul>  |
| <b>Club timed run</b>                                  | <ul style="list-style-type: none"> <li>Entries should be made online prior to the event</li> <li>Bibs/numbers should be sent out in advance</li> <li>Consider marking out spaces within parts of the event site as queuing or waiting area</li> <li>Starts are timetabled and planned according to pre-entries and the schedule of start times will be available on line before the race</li> <li>Route will be published on line</li> </ul> | Not previously applicable                                     | <ul style="list-style-type: none"> <li>Only members of Bellahouston Road Runners are eligible to enter.</li> <li>All competitors must complete online entry form, that includes health questionnaire</li> <li>No bibs / numbers will be used</li> <li>To be designed on the day</li> <li>Competitors asked to submit an estimated time, which will determine their start wave. Schedule of start times will be published on line</li> <li>All competitors receive event briefing notes which includes route map, guidance on social distancing and</li> </ul>  |
|  | Reinforce good hygiene practices, hand sanitiser should be available and Scottish Government guidelines regarding social distancing should be followed   | Not previously applicable                                     | <ul style="list-style-type: none"> <li>Each start wave will consist of runners from up to 15 households</li> <li>Prior to the gun, they will be reminded of the social distancing guidelines.</li> <li>Runners will be reminded that they must ensure social distancing is maintained when passing members of the public on the route.</li> <li>Runners will maintain at least a 2m distance from all officials / marshals</li> <li>Officials / marshals will wear face coverings when social distancing is not possible</li> <li>Hand sanitiser will be available in the start / finish area</li> </ul> |



|                                |  |   |  |
|--------------------------------|--|---|--|
|                                | Organisers should deter spectators from attending the event where possible   | Not previously applicable   | <ul style="list-style-type: none"> <li>All competitors are asked to arrive at the start / finish area no more than 10 minutes before there designated start time.</li> <li>All competitors are asked to leave the start / finish area as quickly as possible after finishing their run.</li> </ul>   |
|                                | Water stations should be set up to minimise contact time, Sealed bottles should be used and participants pick them up rather than be handed to them  | Not previously applicable   | <ul style="list-style-type: none"> <li>Water will be available at the start / finish area in single use sealed bottles. Runners are asked to recycle the bottle when finished</li> </ul>   |
|                                | Post event and results: all runners, officials and marshals should leave the site as quickly as possible once their run / duties are completed<br>Results should not be posted within the event site, but made available on line | Not previously applicable   | <ul style="list-style-type: none"> <li>Runners are encouraged to leave the start / finish area as quickly as possible after completing their run.</li> <li>Officials / marshals will leave the start / finish area after the last runner has finished and any equipment kit has been removed.</li> <li>Results will on be available on line on the club forum</li> </ul>   |
| <b>Informal running groups</b> | Members can create running bubbles under the auspices of the club, meeting Scottish Athletics guidelines (phase 3, route map for exiting lockdown) on running in groups for adults (aged 18+).                                   | Ad hoc groups organised by individual members, not under the jurisdiction of the club | <ul style="list-style-type: none"> <li>The group must first seek written confirmation from the Board/Lead Coaches the group is confirmed within club auspices.</li> <li>A group leader should be identified</li> <li>A record should be made of all those attending each session, that is accessible to Trustees if contact tracing is required.</li> <li>The COVID status of all attendees should be confirmed at the start of the session</li> <li>Whilst in the bubble, runners should follow the etiquette guidance set out above</li> <li>The club code of conduct and rules apply</li> <li>A club training plan (either a long run or a published club session) is followed unless a level 2 coach is present</li> </ul> |

Bellahouston Road Runners Board of Trustees  
Saturday, 10th October 2020

