



RETURNING TO TRAINING

Introducing the club plan

Dear Member,

Please find attached the club plan for returning to activities. **The first and most important part is Instructions for Club Members, which we'd ask you to read.** Please bear in mind it is all subject to change, as the guidance is updated periodically.

This is part of a document we were asked to produce by Scottish Athletics, as part of their plan to enable athletics organisations, like ours, to adhere to the Scottish Government's overall framework, policies and guidance in relation to Coronavirus.

There will be changes to how we go about things, and we won't be returning to 'normal' for some time. We will be meeting outside, in smaller groups, in different places, **on a trial/pilot basis at first.** We are [introducing a booking system](#), and ask you to confirm things when you book, and when you turn up to a session. We have also [updated our policies](#) so that our code of conduct includes the expectation members will adhere to current requirements.

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 are, of course, keeping it under close review. The guidelines from Scottish Athletics are updated periodically as the rules change. We'll reflect that in this plan as quickly as we can, but it may take a little while.

We're keen to incorporate your feedback too, we want to address your questions, concerns and suggestions if we can, or raise them with Scottish Athletics. So do please comment, or [get in touch](#).

[Please keep an eye on the members' forum](#), We'll be posting 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.

With thanks for your time, support and enthusiasm, and looking very much forward to our eventual return to club training in the near future.

Regards,

Richard, Emer, Louise on behalf of the Board and Lead Coaches
July, 2020

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 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

Before the session

The club will be holding training sessions 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 from 5 households (including the group lead) can attend one session. If you share a household with a fellow Bella, please consider attending the same session. In order to ensure all members get a chance to attend a session we will be limiting the total number of sessions at first, and may also limit how many sessions individual members may attend.

[The members' forum](#) will list where and when each group will meet, what the session is and which coach is leading it. **Once you have decided which session to attend, please use our booking system (access via bellahoustonroadrunners.co.uk/book) to select the session, confirm your up to date contact details, and complete the symptom survey (Scottish Athletics requirement).**

At the session

- Please note there will be no access to changing facilities, toilets or lockers. Please arrive ready to begin the warm up.
- Lead Coach will go through the session and explain how social distancing will be maintained and the session starts
- We ask that club members
 - Maintain a distance of 2m from fellow members when running side by side and 5m when running in single file
 - There are no end-of-session handshakes
 - Spitting and coughing is strongly discouraged
 - Be mindful of member of the public and ensure the social distancing is maintained when passing / overtaking

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

We'd like to encourage members to consider uploading their session - including the warm up and cool down - to Strava. If we are asked to take part in contact tracing, this might help make the process more accurate.

FORMAL CLUB PLAN TO RETURN TO ACTIVITIES EXITING COVID-19 LOCKDOWN

PHASE 3 OF ROUTE MAP

Please note this plan is always subject to change. It is our response to the Scottish Athletics framework, and goes into greater detail.

Club 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 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.
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	Scottish Athletics Guidance	Pre-Pandemic Practice	Proposed Solution / Action to be taken
Club Activity	<p>Clubs can implement parts of their reopening plan using outdoor spaces</p> <p>Groups of 15 people from 5 households (including extended households) can get together in an outdoor space with physical distancing maintained.</p>	<p>Club meets at Bowling Club Pavilion / Nethercraigs Sports Centre. Approximately 60-70 members divided into 3 groups, with (level 2) coach briefing/detailing sessions, and level 1 leading each group.</p>	<ul style="list-style-type: none"> • Groups of 15 people from 5 household (including extended households) • Smaller pre-arranged training groups meeting outdoors in different, agreed locations/times. • Adjust number of households who can attend club session, when Scottish Government permit/require.
Facilities	<p>Outdoor sports courts permitted from 29th June, included running tracks.</p> <p>Indoor areas including changing rooms, toilets, exercise rooms/halls and social areas</p>	<p>Nethercraigs track used every second Monday</p> <p>Public parks and footpaths used otherwise</p>	<ul style="list-style-type: none"> • Club will contact Glasgow Life to determine if exclusive access to Nethercraigs Track will be available in Phase 3. • Consider other private venues eg Hutchinson's school

Health and Safety Advice	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"> Club will confirm with Glasgow Life they will continue to have the first aid facilities at Nethercraigs even if indoor facilities are not open.
	Clubs and Coaches to conduct and record a symptoms check with athletes/coaches to and/or on arrival at training	Not previously applicable	<ul style="list-style-type: none"> 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. bellahoustonroadrunners.co.uk/book/ Coaches 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
Booking, arriving and etiquette	Clubs using an athletics facility should agree with the operator the maximum capacity. 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"> Glasgow Life or operators of any private athletics facility will confirm how many households / individuals can meet.
	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"> 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. bellahoustonroadrunners.co.uk/book/ Members suggested (but not required) to upload sessions(+warmup/cooldown) to Strava to help facilitate more accurate contact tracing if required. Optional step (on top of booking etc) to assist in contact assessment/contact tracing. Club will release session attendance details to NHS Scotland as part of contact tracing process. Club will directly inform all affected members
	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"> 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.

<p>Clubs using public spaces should risk assess the training environment and activity to ensure that numbers attending are appropriate for maintaining physical distancing</p>	<p>Summer sessions principally based in Bellahouston Park / Pollok Park / Nethercraigs Track. All training groups usually based at the same location</p>	<ul style="list-style-type: none"> • Purple, white and black groups meet at different locations e.g. Bellahouston Park, Pollok Park and Glasgow Green. • Groups cycle through different training locations.
<p>Instruct all attendees to ensure their club has their up-to-date contact details (phone and email)</p>		<ul style="list-style-type: none"> • Reminder on forum and online booking form • bellahoustonroadrunners.co.uk/book/
<p>Attendees should</p> <ul style="list-style-type: none"> • arrive at the location at a specific time • always observe physical distancing • arrive in training kit • utilise toilet facilities in their own home 	<p>Not previously applicable</p>	<ul style="list-style-type: none"> • Members will meet outdoors where the session is due to start, ready to begin warm up. • Members should arrive at training session individually (no car sharing) changed and ready to start training. • Staggered start times for session may be considered for different groups to maximise attendance e.g. 18:10hrs, 18:20hrs, 18:30hrs etc • Expecting to be strongly discouraged • No end of session handshakes • 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.
<p>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.</p>	<p>Published code of conduct</p>	<ul style="list-style-type: none"> • Club will update the code of conduct to include requirement of additional social distancing measures and good hygiene practices.

Event specific guidance – Track running	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"> • Club will seek clarification from Scottish Athletics; given 6 lane track, only possible to have two people running side by side e.g. lanes 1 and 4. How much of a gap is needed if the next pair go in lanes 2 and 5? • May be necessary to have time keeper to ensure adequate gap between runners when they start.
Off track coaching and leading inc road running	Training in a public space, can take place in a 3 household basis only. 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"> • Await Scottish Government announcement on increase in number of households / number of individuals that can meet.
	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"> • No new routes being proposed, club will review existing risk assessments.
	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"> • 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. • Members should be mindful of members of the public also using public spaces
	Sessions set by a level 2 coach then carried out by group of individuals in a public space (as long as all 18 and over)	All sessions devised by level 2 coaches, led by level 1 coach, Trustee or group lead	<ul style="list-style-type: none"> • Club confirms all sessions will be devised by level 2 coaches • Groups led by level 1 coach where possible, or Trustee/Group Lead in public space ensuring adherence to plan/session.