

## **Brackley and District Running Club**

### Guidelines for session leaders on running sessions within England Athletics COVID-19 Guidance.

We are very pleased to be able to run Club sessions!! However, to maintain the safety of our members, session leaders and members of the public, we need to work within England Athletics' (EA) guidance for clubs, coaches & runners and for a COVID secure environment. Therefore the Club has put in place the following guidelines for session leaders. These may be reviewed in the light of experience or changes to national guidance.

THESE GUIDELINES ARE ADDITIONAL TO THOSE THAT APPLY TO ALL MEMBERS ATTENDING SESSIONS

#### *Before the session please:*

- Plan and risk assess the session to minimise contact with crowded or narrow places, and routes that involve several stiles or gates that need to be handled.
- Inform members where to meet – if at BLC this should be the field or if too muddy, the car park, if elsewhere make sure there is space for there to be 2 metres between all attendees.
- If you need cones or other equipment from the locker, please sanitize your hands prior to entering, and on leaving, BLC.
- Please record all those in attendance on the sheet provided and add full details of any runners not on the list.
- Confirm that no one attending, or anyone in their household, has current or recent symptoms of COVID-19, or is self-isolating for any reason.
- Reinforce key messages about social distancing at the pre-session briefing.
- When numbers are large within distance/pace groups, split these into smaller groups

#### *During the session please:*

- Ensure the warm up occurs with members 2 metres apart. Do not include any exercises that involve members leaning on each other to balance.
- In the event of illness / injury only intervene to the extent absolutely necessary to maintain the safety of the member, seeking assistance from the member's 'in case of emergency' contact or professional medical assistance by mobile 'phone if necessary.

- Observe for runners not following the members' guidelines and remind them accordingly.

*After the session please:*

- Discourage members from touching surfaces during the post run stretch.
- Keep the record of attendance in a secure place and release it to NHS Test and Trace if requested.

Thank you for following these guidelines which are there to protect us all.

More information on the England Athletics Guidance for Road Running Coaches may be found on the EA website here: <https://d192th1lqal2xm.cloudfront.net/2020/07/EA-return-to-activity-guidance-road-running-coaches-170720.pdf>

BDRC Club Committee

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