



## **COVID 19 Support and Guidance for members, Run Leaders & Coaches**

As we are now in a position to resume group training sessions, in our respective groups from 3<sup>rd</sup> August 2020, I have put together some points to minimise the risk of contracting Coronavirus during training sessions. We appreciate the lock down period has been a difficult time for many, but to return safely we must maintain a safe COVID environment, hence the necessity for a risk assessment with advice and guidance.

Firstly, I think it is important to point out that we all have a duty to take personal responsibility for our safety, ensuring we are following government and Public Health England guidelines as the virus is still present. It is important we follow all guidelines to reduce risk to each other and our loved ones.

The points listed are also covered in the Covid-19 Risk Assessment, but I have included some additional measures for you to consider.

You will now be aware groups will now meet at various meeting points to avoid congestion and assist with maintaining 2m social distancing measures. You will also be required to register your attendance to assist with Track and Trace.

### **Points to consider prior to attending a session**

- Are you injury free? – requiring first aid on a session could potentially put members at risk.
- Are you well enough to attend, are you symptomatic? Do you have a temperature of 37.8 and above? A persistent cough? Loss of sense of smell or taste? These are only 3 of many symptoms. If you are experiencing any of these symptoms, you can apply on Gov.uk website for a home self testing kit but must self isolate for 7 days, please do not attend the session!
- Are any of your household symptomatic or tested positive for Coronavirus – If so you must refrain from attending and self-isolate for 14 days.
- Are you currently Shielding? Please consider carefully if you should return following the pause of shielding, as the virus is still present.
- Can you walk/cycle or get mileage by running to your meeting point?
- Do not car share with anyone not in your house-hold, the close proximity within a vehicle does not allow for 2m distancing.



### **On arrival**

- Arrive promptly and avoid congestion/close groups, please maintain 2m social distancing – we appreciate it may have been some time since you have seen your running buddies, but our aim is to keep you as safe as possible.
- Run Leaders may ask you to warm up prior to the start of the session if it is unsafe to do so in a group session depending upon the meeting point. Please see advice posted on Training Plans and social media on the day.
- Please arrive dressed appropriately for the training session and avoid removing sweatshirts/hoodies/coats etc, close to others due to particles which could shake from your clothing.
- Please practice good hand washing and use alcohol based hand sanitising gel as you arrive for your session if you can. You can now purchase small pocket size hand sanitising gels which are easy to carry in a pocket.
- Avoid touching surfaces, if possible carry a pocket size hand sanitising gel with you.
- The Club House venue will be closed on training nights for the time being – however, the outdoor toilets by the Bowling Green will be opened by prior arrangement, please respect the one in, one out rule and use good hygiene practices.

### **During your session**

- Maintain 2m social distancing as much as possible throughout your training session.
- Avoid contact with gates, lamp-posts and railings etc.
- Avoid touching eyes/mouth and face.
- Consider wearing a running buff on your wrist or around your neck, this handy for catching sweat or using as a nose and mouth covering if social distancing is compromised.

### **After the session**

- Please maintain social distancing.
- Leave as promptly as possible.
- Depending upon the session, the Run Leader may ask you to do your stretches at home if it is unsafe to do so at your meeting point.

If you develop symptoms or have a positive test for coronavirus following a training session, please contact me or the committee as soon as possible.



Finally..... enjoy your sessions, keep safe and please listen to your Run Leader who will remind you of safe measures within the risk assessment.

I will keep you updated with any changes as they occur, but please do not hesitate to contact me if you have any other queries or concerns relating to training safely during the COVID pandemic.

Regards

Karen Mason

(St Helens Striders COVID officer)