



## Reintroducing training and coaching to our athletes

Our Covid-19 approach is led and informed by guidance from the UK Government 31 May 2020 and England Athletics 1 June 2020

UK Government advice and guidance as published by Public Health England (PHE) takes precedence and covers multiple scenarios.

Ensure you are familiar with guidance from PHE and England Athletics relevant to you and ensure you stay up to date as guidance changes regularly.

### Planning

- Track and coaching sessions are limited to 50 minutes to enable access as many athletes as possible and a time buffer between athletes training within a training zones. A maximum of six people are allowing in any one track and field training zone.
- Coaching is available for one-to-five per sessions. Coached sessions are required for all field activities undertaken by U18's.
- For some activities a person specific risk assessment may require more than one training area to be reserved.
- Individual or longer training sessions may be available at the discretion of your coach / administration and subject to other users.
- Pre-book sessions with your coach or for non-coached sessions direct with Jeremy Dale [info@yate-outdoor-sports-complex.co.uk].
- Once your booking confirmed pay £3 by bank transfer with "your surname" and date "mddd" as a the reference e.g. "WALSH 0601" for 'Martin Walsh on 01 June'.
- Ensure coach and individual risk assessments are in place. <https://www.uka.org.uk/governance/health-safety/risk-assessments/>
- Ensure your personal risk assessment includes mitigation for injury or accidents.
- For clinically or extremely vulnerable persons or if anyone in your household is shielding participation should only be considered with stringent social distancing and in line with current PHE guidance. Please discuss your needs with Jeremy Dale.

### Before Arrival

- Bring sufficient food and water.
- Bring hand/surface sanitiser (>60% alcohol). Use before entering and as frequently as is required by personal / activity risk assessments.
- Be aware toilets are not available.
- Where possible arrive prepared and warmed up.

### On Arrival

- Check-in with each other. Confirm everyone feeling well and free from symptoms (a new continuous cough, high temperature, loss of or change in your normal sense of taste or smell) and that no-one you have been in contact with within 14-days is self-isolating.
- Maintain social distancing. Do not congregate. Follow PHE guidance.
- You are responsible for sanitising common touch points such as lock, gates and any surfaces you touch before and afterwards.
- If the white barrier across the entrance at the mini roundabout is locked you will need to park in front of Brimsham Green School and walk to the track. Access and exit is via the double gates to the left of the normal pedestrian gate at the bottom of the ramp.
- Gate to be kept locked at all times unless supervised to prevent unauthorised access. Sanitise the lock/gate before and after touching.
- Parents / guardians of under 18 year olds remain responsible for their supervision and must remain within sight and sound to ensure safeguarding obligations maintained when coaching is undertaken on a one-to-one basis.
- It is preferred that you bring your own equipment. If you need to use facility equipment you should thoroughly wash / sanitise your hands and equipment before and after use.
- Equipment may be loaned whilst these restrictions remain in place subject to a returnable deposit of £10.
- In the event of an emergency escalate as appropriate to the emergency services. Local signage will direct you to a secure box for keys to the vehicle barrier and shed for access to defibrillator and first aid kit. Please ensure Jeremy Dale on 01454 228957 is informed of any on site incident. There will be no designated first aiders on site.

### Departure

- Sanitise your hands and any facility equipment you have used. Lock the gate (if unsupervised or last out) and sanitise after touching.
- Stay safe | Stay Alert, Control the Virus, Save Lives.



Failure to adhere to PHE and EA guidelines and these local instructions could result in disciplinary and/or legal action

### Facilities

- Access is strictly by appointment only.
- Stay within your designated training area.
- Bar, café, kitchen, toilets and changing areas are closed.
- Stadia seating should not be used.
- CCTV monitoring remains in place.

### Track and Field

- Entry to the shed is limited to access for equipment.
- Beds for high jump, pole vault and the pits for long / triple jumps are not available for general use.
- Steeplechase is not available.
- Adjacent Javelin and throwing circles are not available to be booked simultaneously.

All reasonable steps are being taken to reintroduce athletics to as many of our members as possible. In following guidance from Public Health England, England Athletics and this local procedure please be aware it is given in good faith and any liability to Yate and District Athletic Club or Yate Outdoor Sports Complex is excluded. There will be no YOSC staff on site. If you have any related concerns please contact a committee member.