



## Reintroducing training and coaching to our athletes

Our Covid-19 approach is led and informed by guidance from the UK Government and England Athletics

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

- A maximum of six people are allowing in any one track or field training zone.
- Coaching is available for one-to-five ratio per session. Coached sessions are required for all field activities undertaken by U18's.
- To enable access as many users as possible sessions are limited to 50 min plus a 10 min. time buffer between users.
- 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 (09-01-51 / 68948303) with "your surname" and date "mmdd" as a the reference e.g. "WALSH 0601" for 'Martin Walsh on 01 June'. Monthly payment is available. Please confirm payment to coach / Jeremy Dale.
- 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 some activities a specific risk assessment may require more than one training area to be reserved.
- 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 and surface sanitiser (>60% alcohol). Use as frequently as is required by facility, coach and personal 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. Do not warm up or exercise around buildings walkways. Be alert to other activities and track users and respect their space. Follow PHE guidance.
- Wash / sanitise your hands frequently. You are responsible for sanitising touch points such as lock, gates, railings, seats, equipment and any other surfaces you touch before and after contact.
- 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. 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 or surfaces you have used. Lock the gate (if unsupervised or last out) and sanitise.
- Stay safe | Stay Alert, Control the Virus, Save Lives.



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

### Facilities

- **Access is strictly by appointment only.**
- Bar, café, kitchen, toilets and changing areas are closed.
- Stadia seating should be cleaned after use.
- CCTV monitoring remains in place.
- Athletes, parents, visitors must maintain social distancing.
- Shed access for equipment only. No unsupervised <18's.

### Track and Field

- Subject to specific coach and athlete risk assessment beds for high jump, pole vault and pits for long / triple jumps are now available. Steeplechase water pit is not available.
- Stay within your designated training area. Adjacent Javelin and throwing circles are not available to be booked simultaneously.
- Use of sports equipment within shed is not permitted.

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 YOS staff on site. If you have any related concerns please contact a committee member.