



Return to Training Guide (Aug 20)

The latest advice from England Athletics is that we can now train with Coaches and Coaching Assistants working with groups of up to 12 athletes with social distancing measures. To make this happen, the club has prepared a detailed plan on how we'll deliver the sessions and Framwellgate School are happy with our plan and training will resume on Tuesday 4th August.

As Club Secretary, Mark Ellis will pick up the role of the club's Covid Coordinator.

Session Booking (Sessions will start at 6.30pm)

We will need parents to request a place for each session and we'll let you know which sessions will be available on a weekly basis via social media and also via email. The initial groups will be :-

Middle Distance

Sprint

Throws

Jumps (Long & Triple)

U11's (Year 6 & under)

To book a place, please complete the Survey Monkey form shared on social media and email by 12 noon on each Saturday. We'll then email you back to confirm if a space is available for your child.

Before Leaving Home

- Follow all hygiene guidance including washing your hands.
- Ensure you have enough hydration with you.
- Be aware that changing facilities and toilets at the School will be **CLOSED**.
- If you, or anyone in your household have any Covid19 symptoms, then do not attend training.

On Arrival

- Parents are advised to arrive in good time so that we can take payment for the session and get the athletes to the coaches so that each group can start at the same time.
- Payment will be made with exact money only (via a remote device) and a record will be taken of all athletes attending each specific session (which is our standard policy).
- Sessions will still be £2 per child for members and £3 per child for non-members.
- Hand sanitiser will be available for athletes before they head to their training area.
- Athletes will then be directed to the appropriate coaches area and instructed to maintain social distancing at all times.
- Please note that toilets at the School will be **CLOSED**.

Training Area Layout

We will be delivering training on this initial layout and this may change and we'll issue alternative advice with any changes.

Group A – will work on the sprint straight in an area that we would separate by cones or barriers similar to those that football teams use. The group will use from the 6th lane from the kerb. The group would meet at the North end of the straight to maintain social distancing from other groups. **MAXIMUM GROUP SIZE OF 9**

Group B – will work on the track on middle distance training, with athletes running with social distancing gaps as they use the track in lanes 1 & 4. The group would meet on the far side of the track with athletes walking around the track to maintain social distancing. **MAXIMUM GROUP SIZE OF 9**

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Group C – will work at the North end of the football pitch with cones or barriers along the half way line of the football pitch. The group will be for U11 athletes to work on Athletics 365 activities (mix of running, jumping and throwing). The group would meet in the centre of the area with athletes walking across to the centre of the area across the track. **MAXIMUM GROUP SIZE OF 12**

Group D – will replicate the activity of Group C and work at the South end of the football pitch. The group would meet in the centre of the area with athletes walking across to the centre of the area across the track. A barrier would be in place across the centre of the pitch to keep Group's C & D apart. **MAXIMUM GROUP SIZE OF 12**

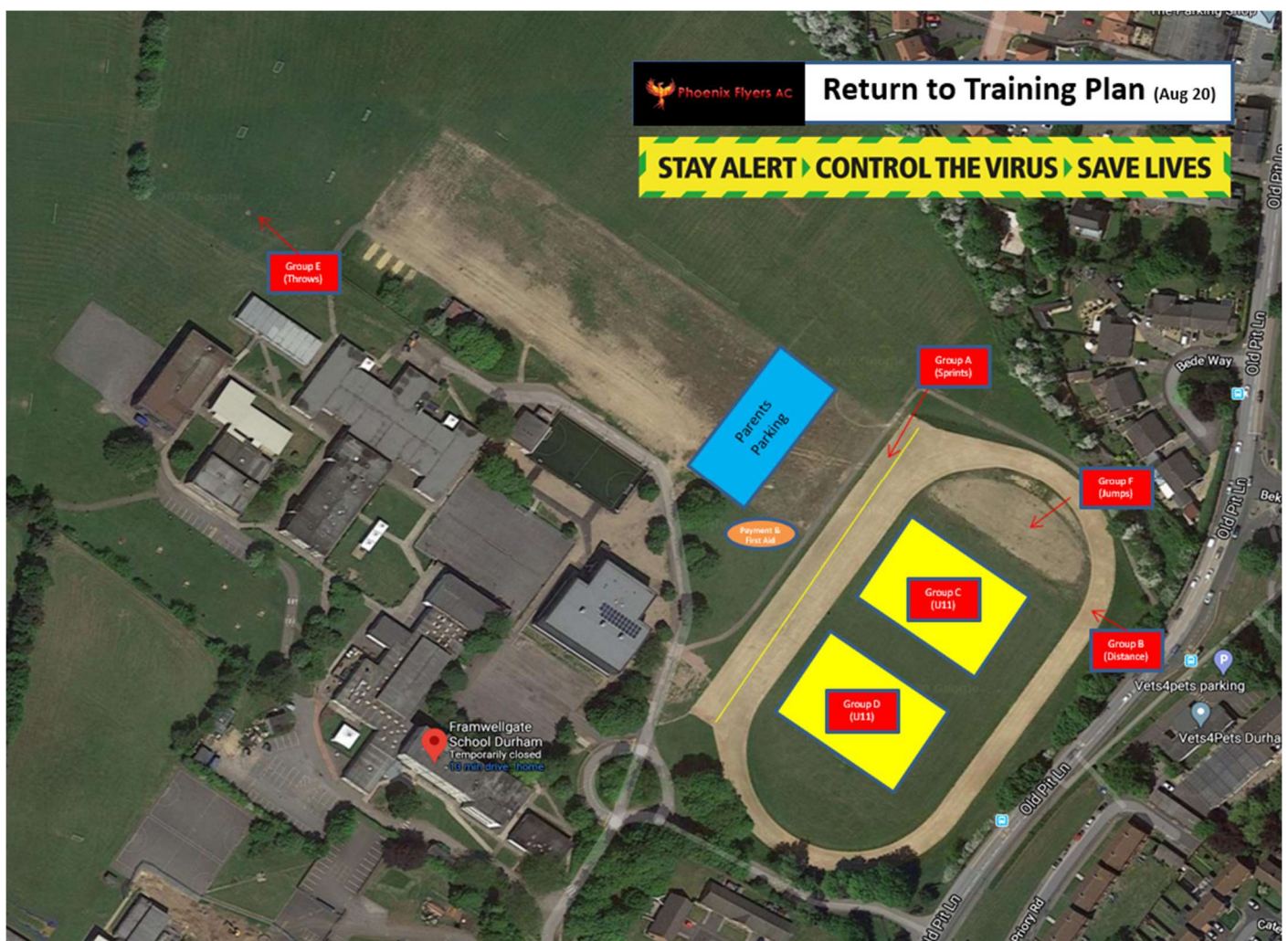
Group E – will work at one of the throws circles located in various parts of the school grounds. The group would meet on the grass and walk to the throws circle. The EA guidance on athletes using individual implements and implement cleaning will be followed. **MAXIMUM GROUP SIZE OF 8**

Group F – will work at the jumps pit. The group would meet on the grass and walk to the jumps pit. The EA guidance on the pit being dug and raked after each jump will be followed. **MAXIMUM GROUP SIZE OF 8**

Parents parking can be on the grassed area (subject to weather) or using the existing car park.

First Aid will also be available with each coach having a supply of pre-prepared items supported by the clubs first aid bag which will be located in the payment area.

All coaches will have mobile phones so that they can communicate with each other if needed.



Parents are reminded that they need to maintain social distancing at all times at training sessions.



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On Departure

- Each group will ensure that training is completed at the same time and the coaches will ensure that athletes are returned for signing out and collection by parents on a group by group basis so that social distancing is maintained.
- Hand sanitiser will be available for all athletes and coaches to use before they depart.
- Our regular tuck shop facility is available with wrapped sweets, bagged up.

Important Information

There are a number of important things that we need to mention.....

- If anyone in your household has any Covid19 symptoms or you have just returned from a country with a travel restriction, then please do not attend training and follow Government advice on isolation.
- If anyone in your household is confirmed to have Covid19 then please let the club know via email as we can provide the information to the NHS as part of the Track & Trace process.
- The toilets at the school will be **CLOSED** and parents need to make their child aware of this before they leave home.
- Parents need to read the advice from England Athletics which will be available via email, on the club website and social media pages.
- Parents are asked to remain at the track and need to give their permission for us to coach them when they arrive.
- Athletes will need to follow the instructions of club volunteers and coaches so that we can maintain safety and social distancing throughout the sessions.
- Sessions must be pre-booked via the Survey Monkey form as we may not have space to coach your child if you just turn up on the night.

Risk Assessment

The club will follow the following risk assessment document that has been prepared by England Athletics and this will be followed at all training sessions.

Name of Facility		Framwellgate School				
Coach/Name of Assessor		Mark Ellis				
Date of Risk Assessment		1st June 2020				
What are the hazards ?	Who might be harmed	Controls required	Additional controls	Action by Who	Action by When	Done
Spread of Covid-19 Coronavirus	Coach, athlete Vulnerable groups – Elderly, Pregnant workers, those with existing underlying health conditions. Anyone else who physically comes in contact with other people in relation to your activity	Hand Washing Hand washing facilities in place (with soap and water) Stringent hand washing taking place. See hand washing guidance. Gel sanitisers in any area where washing facilities not readily available. Cleaning Frequently cleaning and disinfecting objects and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using appropriate cleaning products and methods and any equipment.	Coaches and athletes to be reminded on a regular basis to wash their hands for 20 seconds with water and soap and the importance of proper drying with disposable towels. Also reminded to catch coughs and sneezes in tissues – Follow 'Catch it, Bin it, Kill it' and to avoid touching face, eyes, nose or mouth with unclean hands. To help reduce the spread of coronavirus (Covid-19) reminding everyone of the public health advice. Ensure any use of equipment is restricted to one athlete while being used and that thorough cleaning is carried out prior to and after any training session.	All Coaches & Athletes	Before & After each training session	

Please remember that the club is run by volunteers and we'll do our best to make training available to as many athletes as we can.

