



COVID-19 POLICY & PLAN

This document sets out the Hogweed Trotters Road Running Club's policy to deal with Covid-19 and the plans in place to enable a return to club activity. It is designed to ensure that members understand their responsibilities and the steps the club has taken/are taking to minimise the transmission of COVID-19.

POLICY

Club

1. Hogweed Trotters is committed to the health, safety and well-being of its members, their families and the wider public.
2. The club will adhere to England Athletics guidance/guidelines and any national Government guidance (links shown at the end of this Policy). This means that any arrangements may be altered or withdrawn at short notice.
3. Rich Finch has been appointed as the Covid Officer (contact: hogweedchair@gmail.com)
4. The club will co-operate with official 'track & trace' enquiries.
5. A risk assessment has been completed. It is available to members and will be regularly reviewed.
6. Official club runs will be managed in a controlled way which considers the safety of the members and the wider community. There will be a run leader and sessions will operate in line with the guidance in place at that time (see point 1 and the Plan below). This means, for example, adhering to the maximum number of people permitted to attend a session and enabling attendees to be tracked and traced if necessary.
7. All participants must provide emergency contact and health details. They must be a paid-up member of Hogweeds (the exception being a new individual who is looking to try out the club – they may participate in 2 sessions at the discretion of the Covid Officer, if they provide emergency contact and health details, and are aware of/prepared to abide by the Covid Policy and Plan).
8. Sessions must be pre-booked, and a record of session attendance will be maintained.
9. Participants are not permitted to attend a session if they have signs or symptoms of Covid-19 (even if they are feeling well), and are required to inform the Covid Officer of particular circumstances should they apply to them (see Members section below).

Members

To participate in an official club run, members must:

1. have paid their membership fee and provided up to date contact and health details.
2. pre-book the session (first come, first served). Details of how to do this will be available separately.
3. agree not to participate in an official club run if they have signs or symptoms of Covid-19 (even if they are feeling well), or if they are subject to Government restrictions (for example, have recently returned from a high risk country or there is a national age restriction which impacts them).
4. agree to notify the Covid Officer if they develop any signs or symptoms of Covid-19 after a session. They are required to follow government guidance in place at the time (self-isolate, get a test, call 111 and seek further medical advice etc).
5. agree to notify the Covid Officer if they become subject to track & trace after attending a session (even if they are feeling well).
6. follow instructions given by their run leader and stay with their group throughout the session.

Any runs arranged privately, outside of the official club sessions will be at the members' own risk.

England Athletics guidance <https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/>

Government guidance <https://www.gov.uk/coronavirus>

PLAN TO RETURN TO CLUB ACTIVITY (September 2020)

This plan sets out the specific aspects of returning to club sessions in a controlled way.

It is in addition to the Covid POLICY and is based on EA and Government guidance as at August 2020.

Structure

- Evening club runs will start again from Wednesday 2 September 20 (at 1845).
- Maximum group size will be 6 per group - 5 runners and a leader.
- There will be no access to the CSFTC clubhouse.
- The club has a responsibility to minimise people congregating in the Ridings/clubhouse area, which means that sessions may start and finish at other nearby points (the booking process will include details of the meeting place for a particular group).
- Sessions will be conducted outside in the open.
- Routes will be planned in advance and will not change prior to or during the session.
- Routes avoid contact with the public or cross-over with another training group where practicable.
- Time spent as a training group will be minimised before and after the session.
- Run Leaders will provide the Covid Officer with the names of participants after the session by email (to ensure that it is clear who attended, rather than just booked).

Participation

Participants are expected to respect all other road, path and pavement users, giving way or holding back where necessary, allowing as much social distancing as possible.

Participants are asked to:

- congregate for a minimum length of time before and after the session, and to maintain social distancing where possible.
- not to share vehicles unless all individuals are from the same household/bubble.
- wash hands (or use sanitiser) before and after a session.
- take their mobile phones on runs where practicable.
- carry their own hand sanitiser.
- avoid contact with surfaces (stiles, gates, fences, farm equipment, animals etc).
- consider the use of a stick or elbow to open gates.
- avoid touching face where possible, where this is not possible, hands are to be cleaned using available hand sanitiser.
- if glasses are worn, consider wearing a band to hold them in place to avoid touching/re-adjusting.
- use their own mobile phone (not another runner's) unless there is an emergency.

In the event of a collapsed non-breathing runner, no breaths should be administered. CPR must be chest compressions only. If possible, the mouth and nose of the casualty should be covered with a cloth or tissue.

There is a defibrillator on the outside of the club house and others close by (eg cricket club and Police station).