

Worcester Athletics Club – Return to training at Nunnery Wood Track

The committee is pleased to inform the members that it has been agreed with Freedom Leisure that the club can recommence training at the track. In order to ensure the safe use of the track contained in this document are a series of rules and procedures that will be in place, as approved by the committee. These procedures are subject to change at the committee's discretion, including any changes to reflect updates to Government guidance.

Whilst the national scheme is running, all athletes and coaches are encouraged to utilise the Government's free covid lateral flow tests to test themselves twice a week (see <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>)

The committee asks those of you who are able to and have trained away from the track to continue to do so. Please consider whether it is absolutely necessary for you to make use of the track for your training. Your co-operation and consideration in this matter will enable your fellow athletes for whom it is essential to use the track facilities to do so.

For the purposes of the England Athletics guidance the committee consider the "Competition Area" of the track facilities and the container at Nunnery Wood to be a "Covid Secure" area, and these procedures are written on that basis. The "Competition Area" is defined as all areas within the track barrier.

Any training that is arranged away from the track facilities is not considered to be undertaken in a "Covid Secure" area. Accordingly, in accordance with both Government and England Athletics guidance the maximum number of participants is to be thirty (that number to include both coaches, LIRf and athletes).

If any athlete or coach is displaying symptoms of Covid-19 (high temperature, new continuous cough or loss of smell or taste) then they are not to train at the track and to inform their coach. Any such individual should follow the Government guidance in respect of testing and self-isolation – the latest guidance can be found at <https://www.gov.uk/coronavirus>

The rules and procedures as of 17th May 2021 are as follows:

1. A coach or LIRf (hereafter referred collectively as coach) can make a booking at the track for up to 20 athletes. It is the discretion of the coach whether they invite 20 or fewer athletes when undertaking a risk assessment for a particular session.
2. All bookings are to be made by a coach via email to worcesterac@yahoo.co.uk with the subject title "Track Booking (dd/mm/yy)". The coach or LIRf should provide the anticipated number of athletes
3. No admittance to the track facilities will be permitted without a booking.
4. Athletes are to go to their training area at their allotted time and will commence their session only when the coach is present.
5. Block bookings of sessions will not be permitted, save for a Tuesday evening between 18:00 and 19:15 when the session will be reserved for Young Athletes (see below for more information). All other bookings are to be made by 1pm on the Sunday preceding the upcoming week (Monday to Sunday).
6. Nunnery Wood Sports Complex will open fully as of 17th May 2021, however athletes and coaches need to be aware that the toilet facilities will be accessible via the back "boot room" entrance to the sports facility (access via the path to the left of the front entrance).
7. It will be possible to allow up to six (6) training groups onto the track facilities during a session. Two additional areas on the fields at the rear and side of the track are also available.
8. Only members who have paid their subscription fee for 2021 will be permitted to use the track facilities.

9. Training groups **must** be coach led. The coach is to take responsibility for ensuring the training group abide by these rules and procedures and maintain social distancing.
10. The coach is not permitted to have more than one group at a time at the track. The coach is responsible for the signing in of each of their athletes and is to keep a record of the athletes in attendance for each session for a period of 21 days after the session. This will form the basis of the clubs "NHS Track & Trace" legal responsibilities as required by the UK Government. Coaches who do not adhere to this legal requirement will not be allowed into the Covid Secure area.
11. A risk assessment must be carried out before the commencement of a session. Each coach must address specific Covid-19 risks and mitigation relevant to the session. Coaches should ensure that Quentin Elmhirst, Coaching co-ordinator, has seen a copy of the relevant risk assessment.
12. On Tuesdays and Thursdays the time slots for use of the track will be between 18:00 and 19:15 (slot 1) and 19:20 and 20:30 (slot 2). Saturday morning sessions can also be booked between 09:00 and 12:00. It might be possible to book a training slot at other times, however such bookings will depend on Freedom Leisure's agreement.
13. Athletes are to leave promptly at the end of their training session and are not to congregate at the gate area.
14. Each group will be allotted an area of the track and must stay within that designated area unless agreement has been reached with the other groups on the track. Communication between the coaches is actively encouraged to maximise the use of the training facilities. **It is for the coaches to encourage all athletes to remain socially distanced both within their training group and with other users of the track where possible.** The areas are as follows:

a. Between 400m and 300m start lines, HJ & throws cage	Designated area A
b. Between 300m and 250m	Designated area B1
c. 260m and 150m start lines & sand pit	Designated area B2
d. Between 150m and 400m start lines	Designated area C
e. Lanes 1 to 3 (for middle distance)	Designated area D
f. Lower field (with throws cage)	Designated area E
g. Upper field (to the side of the Astro turf)	Designated area F
h. Redgra shot area & javelin -	Designated area G

A long sprint area will be designated as B3 in lanes 4 and 5, that is to be shared between areas B1 and B2 for both warm-up and training. Area B3 may also be used by area C for long repetitions (greater than 150m). However, B3 is not to be used for area C home-straight only activities.

If an area is unbooked then coaches from other areas may use that area after agreement has been reached between the coaches. If no agreement is reached then the area will remain unused.

15. Athletes are to warm up in their designated area.
16. Athletes should use their own equipment where possible. If it is necessary for the group to use club equipment, each athlete should have their own piece of equipment. Any club equipment is to be sanitised before it is returned to storage.
17. The Club will provide hand gel and sanitiser in the container which is to be used for the cleaning of equipment. Coaches are responsible for ensuring all equipment is sanitised according the current "Return to Training" protocols posted in the container. Athletes and coaches are to bring their own hand gel for use in the session.
18. Only one person is permitted into the container at any time.

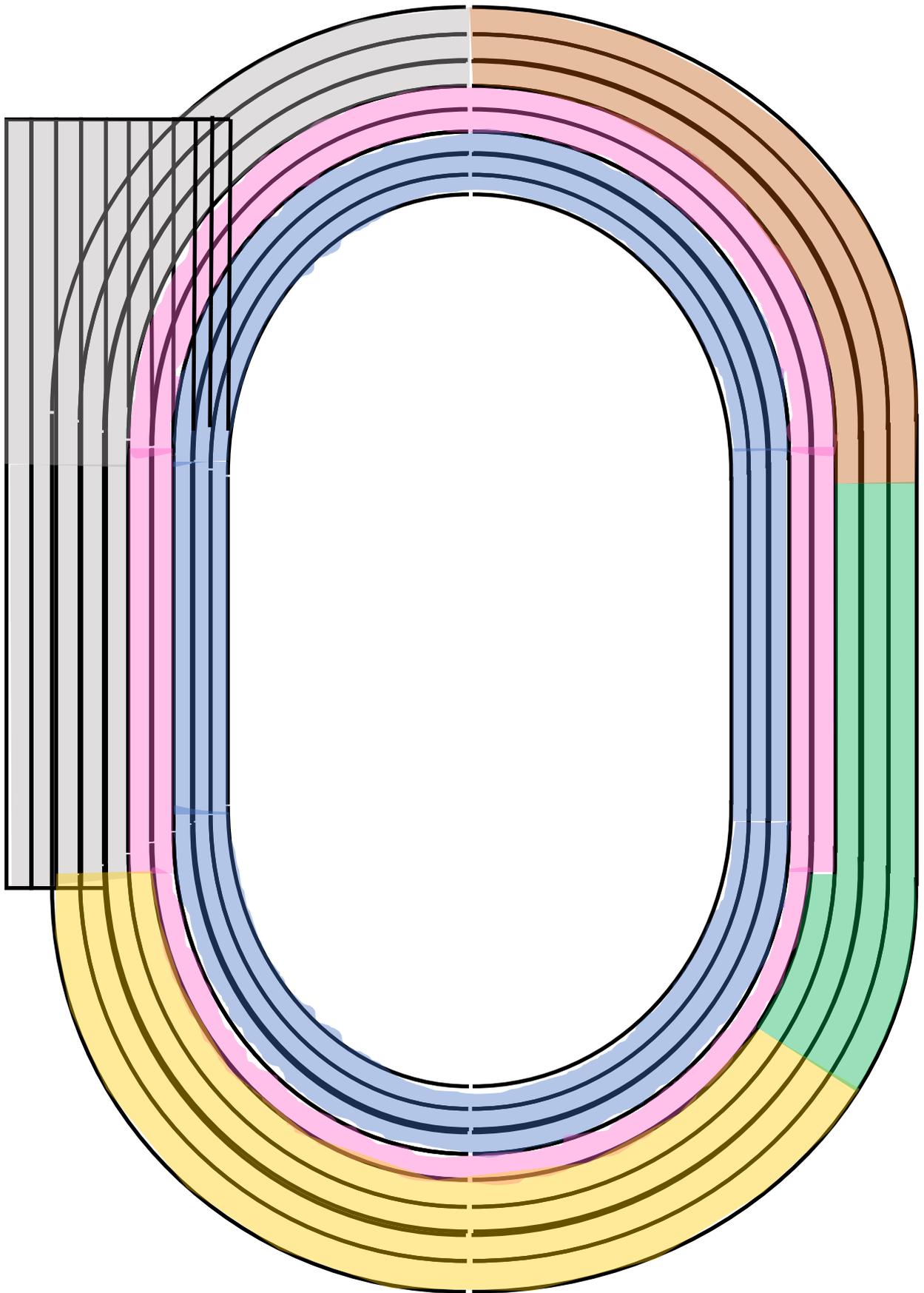
19. Young Athletes – as of Tuesday 4 August 2020 it is possible to invite young athletes to attend a training session between 18:00 and 19:15 on a Tuesday. Gill Repton will co-ordinate and invite young athletes to a session. Numbers will be limited during each session in order to abide by social distancing guidelines. Young athletes are to be collected promptly at the end of the session. Parents and athletes should be aware that an athlete might not be invited every week and that invitation is likely to run on a rota system, so as to allow a fair allocation to the available track time and coaching between a large group of athletes.

20. Only WAC athletes and WAC coaches are permitted to have access to the Covid Secure Areas during a WAC session. Parents/guardians must remain outside the Covid Secure Areas and should be encouraged to maintain social distancing.

21. The Club's first aid kit is located in the container.

22. The Committee reserves the right to decline entry to the track facilities to any athlete or coach if they fail to observe these rules and procedures, or the Government guidelines on social distancing.

WORCESTER ATHLETIC CLUB COMMITTEE



A
+ HJ

B1

B2
Includes LJ

B3

C

D

Area A: Warm up will be in here (plus option of jogging away from the track if required). Session in area A (which includes HJ). Can negotiate with area B1 and B2 users to use B3 if needed. If used to interleave the groups and walk back on the grass (but not football field).

Area B1: Jogging for warm-up outside the track. Drills etc. in area B1. Strides for warm-up on lanes 4-5 (area B3)

Area B2: Jogging for warm-up outside the track. Drills etc. in area B2 with this extending to long jump run up. Strides for warm-up on lanes 4-5 (area B3)

Area B3: shared by B1 and B2 groups for long efforts and warm-up strides, with coaches interleaving groups so as not to overlap. Direction anti-clockwise. Walk-back on the grass (but not the football field).

Area C: Warm up will be in here (plus option of running away from the track if required). Session in area C.

Area D: middle distance, Inside three lanes.

