

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.

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 track facilities at Nunnery Wood to be a "Covid-secure" area, and these guidelines are written on that basis.

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 one (1) coach and five (5) 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 those that they have trained with recently about their symptoms. 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 2 December 2020 are as follows:

1. A coach or LIRF (hereafter referred collectively as coach) can make a booking at the track for up to twelve (12) athletes. It is the discretion of the coach whether they invite twelve 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 names of the athletes who will attend each session, as well as it is known, at the time of the booking.
3. Athletes will only be permitted onto the track facilities by the invitation of their coach. The coach making the booking for his/her athletes **must** be present throughout the training session.
4. Athletes will be met at the gate by their coach, and should not enter the track area until invited to do so by their coach.
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 reopen as of 29 March 2021, however athletes and coaches need to be aware of the following:
 - a. the centre will operate the following opening hours Mon-Thurs 8am-9pm, Friday closed, Sat-Sun – 9am-5pm;
 - b. toilet facilities will be available, they are to be accessed via the back "boot room" entrance to the sports centre (accessed via the path to the left of the front of the centre);
 - c. there will be no changing facilities;
 - d. groups should not meet or gather at the sports centre; and
 - e. there will continue to be no access to the Tower.

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.
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) for all areas save for Area D. On a Tuesday Area D time slots will be 17:45 to 18:40, 18:45 to 7:40 and 7:45 to 8:40 in order to accommodate more middle distance groups.
13. A Wednesday over 18 middle distance group will also run between 18:30 and 19:30.
14. Saturday morning sessions can also be booked between 09:00 and 12:00.
15. Athletes are to leave promptly at the end of their training session and are not to congregate at the gate area.
16. 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 in any event. **It is for the coaches to ensure that all athletes remain socially distanced both within their training group and with other users of the track (at least 2 metres or 1 metre plus if 2 metres is not 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

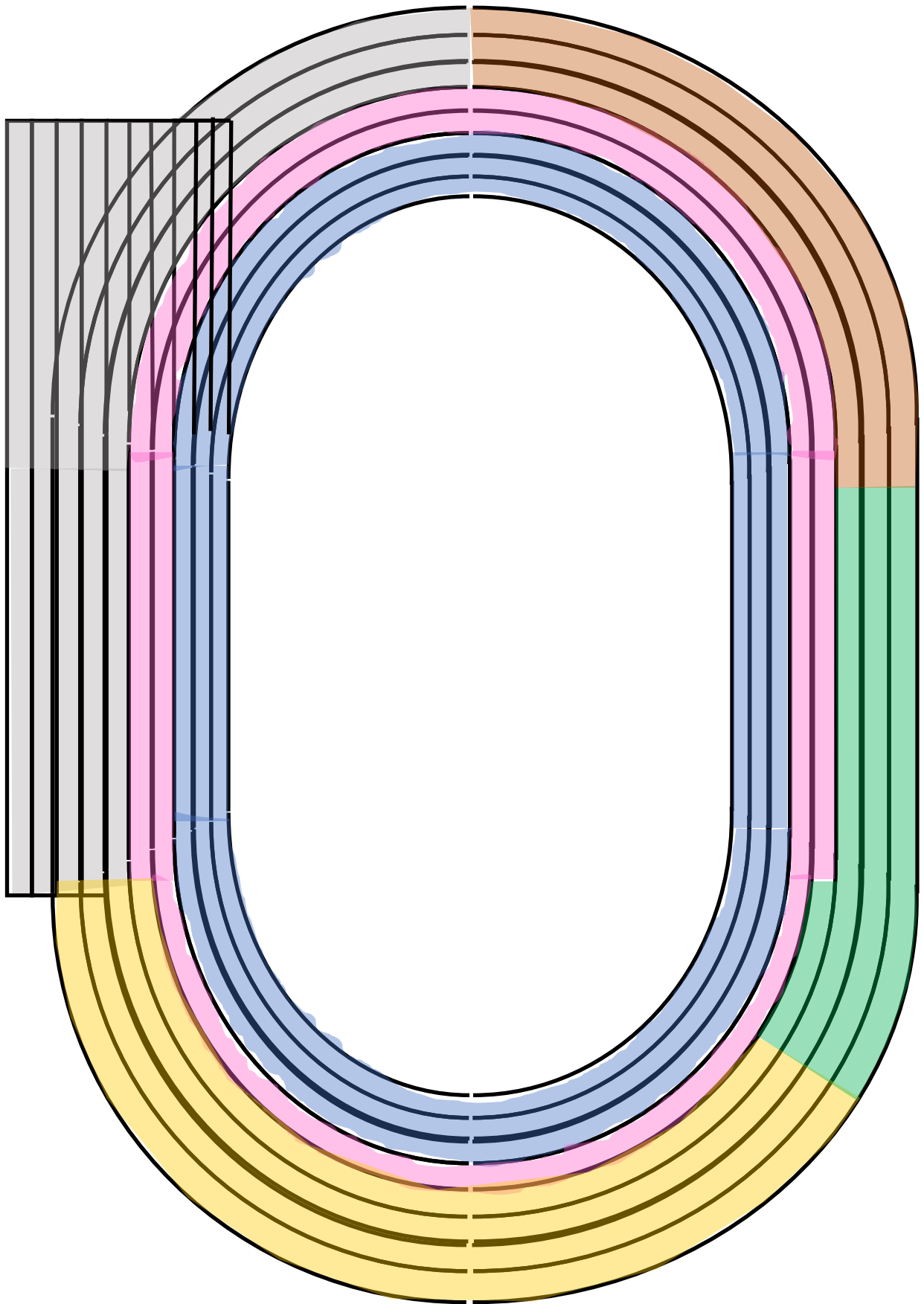
A long sprint area will be designated as B3 in lanes 4 and 5, that is to be shared between areas B1 and B2. For the avoidance of doubt it is not a separately bookable area.

(Please refer to the attached diagram)

17. Athletes are to warm up in their designated area.
18. 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.
19. 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. Athletes and coaches are to bring their own hand gel for use in the session.

20. Only one person is permitted into the container at any time.
21. Young Athletes –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.
22. Vertical jumps – High Jump is permitted. Pole Vault is not currently permitted. Only people designated by the lead coach will open and close the metal covers, and the coach will clean/disinfect the areas on the metal covers that have been touched. Each jumper will sanitise their hands before each jump. It may be possible for two (2) athletes who jump from opposite sides to jump during the same period – if their landing positions do not overlap. The coach will clean/disinfect the spike mat between jumpers. Only the coach and one other designated person will touch the bar or uprights, which will be cleaned/disinfected between jumpers and before they are returned to the container.
23. Horizontal jumps – The North sandpit (at the 200m start line) will be available for use. The coach is responsible for ensuring that the sand is raked and turned after each athlete. England Athletics recommend that a sterilisation spray is sprayed onto the sand after every rake and turn, the committee will be following this recommendation. A sterilisation spray (appropriately diluted) will be provided in the container for use on the sand pits and it must be sprayed onto the sand after every rake and turn and at the end of the session.
24. Only WAC athletes and WAC coaches are permitted to have access to the track facility during a WAC session. Parents/guardians must remain in their cars, unless it is necessary for a parent to be present for supervision purposes (a sole u18 athlete or vulnerable junior or adult). If supervision is necessary then the parent/guardian must remain in the stands observing social distancing, and utilising the marked designated seating.
25. The Club's first aid kit is now located in the container.
26. 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: one group of 12 (or 15 with two coaches). 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: one group of 12. Jogging for warm-up outside the track. Drills etc. in area B1. Strides for warm-up on lanes 4-5 (area B3)

Area B2: one group of 12. 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: one group of 12 (or 15 with two coaches). Warm up will be in here (plus option of running away from the track if required). Session in area C.

Area D: middle distance, one group of 12. Inside three lanes.