

3 December 2020

West Cheshire Athletic Club - Plan for return to T&F training at Ellesmere Port Sports Village Athletics Track

In line with current government guidance around COVID-19, England Athletics latest training guidance (November 2020) permits coaches to work with groups of up to 12 athletes with 2m social distancing being observed. This document sets out a plan for a phased return to T&F training by West Cheshire AC. This document sets out the West Cheshire AC plan for limited return to training for all age groups and above age groups at the Ellesmere Port Sports Village Track from 3rd December. Due to England Athletics guidelines each training group will only be able to use the Ellesmere Port Sports Village Track once a week until further relaxation of the lockdown rules.

Instructions for entering track training

Athletes will arrive through the **Black Gate** (adjacent to Ellesmere Port Sport Village) and sanitise their hands. Then they will put their track fees in a box on the registration table (correct change would be good), then they will go directly to their coach. The coach will present the names of their 12 athletes on a piece of paper along with the Time, Day, Date, Coach name and area they are using (for track & trace purposes). This piece of paper will be kept securely in the Track office. These names will then be inputted on to the Computer Tablet by a volunteer. When the athletes have finished their training session they will leave via the **Blue Gates**, by the old sportshall annexe (so we have a one-way system in and out of the facility). Parents of the younger athletes will wait by the **Blue Gates** to collect their children; they will not come to the track area.

If **ANY** equipment (this includes all throwing equipment, hurdles, yellow hurdles etc) is used it has to be disinfected **BEFORE AND AFTER USE**. The equipment cannot be shared, (i.e. if a javelin is used it is for one person only). The athletes carry **their** equipment from the containers and back over to the containers, (keeping social distance), disinfect it and then hand it to their coach who puts it away in the container. The athletes **do not** go into the container.

Communication and facility liaison

- Coaches, leaders, athletes and runners should ensure when they are planning to use a facility that they coordinate all activities prior to sessions taking place to ensure social distancing, as well as health and safety and cleaning protocols, can be carried out.

Track and Field guidance

- In all cases normal coaching practice with risk assessment and high-quality practice should be adhered to as well as implementing any requirements around social distancing and hygiene.
- All coaches, leaders, athletes and runners should ensure they have followed government hygiene rules including washing hands and cleaning any equipment prior to use.
- All coaches, leaders, athletes and runners must follow any hygiene guidance put in place by the facility management (Brio).

High Jump, Pole Vault and Steeple Chase equipment will not be in use.

Track

- Coaches, leaders, athletes and runners should ensure they maintain social distancing appropriate for the activity.

- Hurdles can be used by a coach and athlete provided the equipment is thoroughly cleaned by the coach according to guidance before and after each session.
- Starting blocks should be used just by one athlete and thoroughly cleaned by the coach according to guidance before and after each session.

Horizontal Jumps, Sand Pits

- Up to 12 athletes with a suitably qualified coach may use the sand pit during a training session with the following in place:
 - Athletes should follow hygiene guidelines for cleaning hands prior to any training starting.
 - The landing pit is fully cleaned by raking the surface of the sand before and after each individual jump. The coach or an assistant may choose to use a high mist spray of sterilising fluid of a suitable concentration to neutralise the virus, this can be sprayed over the sand after use, as well as the rake.
 - Equipment such as rakes and measuring tapes, should be managed by a dedicated individual for a particular session and cleaned before and after the session has finished.

Throws

- Coaches and athletes can participate in throwing activities.
- Coaches and athletes should ensure all equipment is used by one athlete and then thoroughly cleaned according to guidance before and after each session.
- Coaches should ensure they maintain the 2-metre social distancing at all times with an athlete they are coaching as well as maintain social distancing from any other coaches and athletes using adjacent space.
 - **The athlete may only use one piece of equipment per training session**

Training Session Main Points

(effective from Thursday 3rd December 2020)

- The Trackside Building toilet facilities are available in a one way system with the entrance from the rear and the exit nearest the track.
- Access to training will be restricted to pre-booking via coaches
- All training at the track during club hire times will be led by Club Coaches in line with government and EA guidelines - currently in 'bubbles' of 1 coach and 12 athletes. **These groups will remain for the duration of the COVID-19 pandemic.**
- **Athletes should only train with one group.**
- **Group Training Sessions will be 55 minutes long, (this includes the set-up and set-down time of equipment used).**
- **Session times and Training Areas (using the attached aerial map of the EPSV Athletics Facility) are:**

Mondays 6-7pm and 7-8pm (Hurdles group with Karl Fenney, using lanes 5, 6, 7 & 8 in 110m home straight and lanes 5 & 6 around 400m track, based at 110m start line).

Mondays 6-7pm and 7-8pm (Middle Distance group with Ian Ackroyd and Tim Palmer, using lanes 1, 2, & 3 around 400m track, based at 200m start line).

Mondays 6-7pm and 7-8pm (Helsby Running Club will run two groups of 12 runners + coach/leader in parallel with Ian Ackroyd's Monday sessions i.e. 6-7pm and 7-8pm once a month (1st Monday of each month i.e. 7th Dec, 4th Jan, 1st Feb & 1st Mar).

Mondays 6-7pm (Plyometrics group with Jane Palmer and Ben Sache using High Jump Fan, and Long Jump runway).

Tuesdays 6.30pm-8pm (Under 11s group with Jill Gore, Joanne Cartwright, Glenn Hoskin, Aaron Scott & Adrian Gledhill, using lanes 1 & 2 around 400m track and Long Jump and Pole Vault Runway areas).

Tuesdays 6.30pm-8pm (Junior Middle Distance group with Dennis Wall, Mark Duffey, Ben Sache, Becky Miller, and Anna Woolgar using lanes 3 & 4 and High Jump Fan).

Tuesdays 6.30-8pm (Sprints group with Paul Waters and Claire Forshaw using lanes 5, 6, 7 & 8 in 110m home straight and lanes 5 & 6 from 200m start to finish line, based at 110m start line).

Tuesdays 6.30-8pm (Sprints group with Victor Oyesola using lanes 5 & 6 from 400m start line to 200m start line, based at 1500m start line).

Thursdays 6-8pm (Sprints group with Jon Moss using lanes 6, 7 & 8 in 110m home straight and lanes 5 & 6 from 200m start to finish line, and have joint use with Alan Littler 400m sprint group in lane 5. Group will be based at the 110m start line).

Thursdays 6.30-7pm and 7-8pm (Senior Middle Distance Group with Chris Morgan, using lane 1 of 400m track based at judges stand/finish line).

Thursdays 6.30-8pm (Middle Distance Group with Graham Patterson, using lanes 2 & 3 of 400m track, and High Jump Fan, based at 200m start area).

Thursdays 6-8pm (400m group with Alan Littler, Liam Davoren & Phil Howe, using lanes 4 & 5 of 400m track, and have joint use with Jon Moss sprint group in lane 5. Group will be based at the timekeepers steps at the finish line).

Thursdays 6-8pm (Throws group with Dave McKay and Jenny Manning, using Throws D, Long Jump and Pole Vault runways).

Saturdays 10am-11am (Under 13s and Under 15s Multi-Events Group with Dennis Wall, Jane Palmer, Jill Gore, and Joanne Cartwright, using lanes 5, 6, 7 & 8 of 110m home straight, and lanes 5 & 6 of 400m track, and long jump runway).

Saturdays 10am-12 noon (Throws group with Dave McKay and Jenny Manning, using Throws D, long jump and pole vault runways).

- Use of HJ, PV and Steeplechase is not allowed at this time. Other equipment can only be used by coaches complying with EA guidance for specific events: EA guidance for coaches.
- Athletes must arrive on site through the Black gate entrance and leave through the Blue gates near the Old Sportshall Annexe to the Car Park to avoid mixing of groups. There must be no socialising between groups, with parents collecting children at Blue gates. Parents do not come on to the track side.
- **Athletes and coaches MUST not attend training if they or any of their household are suffering from COVID-19 symptoms. And if you have abroad and that country is on the isolation list you must not come training until the isolation period is over.**
- Only fully paid up members of EA and West Cheshire AC are eligible for training.

Risk Assessments

- A COVID-19 risk assessment has been produced covering training at the Ellesmere Port Sports Village Athletics Track by West Cheshire AC.
- Coaches will assess risk before starting each training session and remind athletes at the beginning of the session of the requirements to minimise COVID-19 risk.
- Also provided in the links are the current UKA generic risk assessments for outdoor track, throws and jumps activities 21 October 2020.
- All persons participating in sessions must familiarise themselves with the latest EA guidance (see links section at end of this document) and abide by this guidance and government guidance.

On Arrival

- Athletes must follow the one-way system as directed to the specific location of the track where they will meet up with their coach, maintaining social distancing at all times.
- No spectators will be allowed, therefore parents should wait in cars and collect their children from the Blue gates at the end of the session.
- Hand sanitizer will be available, but athletes may wish to bring their own. Athletes must bring their own water in a named bottle.

Coaches will be responsible for:

- setting up coaching areas before the sessions;
- ensuring no more than 12 athletes are in their group;
- ensure athletes understand the constraints on training, remain in their allocated Area and maintain social distancing;
- cleaning any used equipment between sessions;
- pre-booking athletes into their sessions (these groups should be made up of the same athletes);

Coaches

- Coaches will be provided with hand sanitizer, cleaning spray and disposable tissues;
- Coaches must work within the limits of their qualifications;
- Coaches will have access to first aid equipment located in the Track Office Container.

Track Areas

- The track and infield will be divided into Areas (see attached aerial map of the EPSV Athletics Facility) and signs posted to define these Areas.
- Each group must remain within their Area until the end of the session or ensure social distancing from the other groups if exiting the track.

First Aid

- At least one qualified first-aider will be present on site.
- First aid equipment will be stored in the Track Office Container and only coaches will have access to the first aid equipment.
- Parents must be contactable for the duration of a session and able to return to pick up an injured/ill child.

On Departure

- Each group will finish training promptly and the groups will leave the track in order of the nearest group to the exit.
- Hand sanitizer will be available for all coaches and athletes before they depart.
- Exit the site following the one-way system.
- Coaches to clean own training area and equipment ready for next session or before departure.

Links to additional documents:

<https://www.englandathletics.org/athletics-and-running/news/guidance-update-27-november-2020/>

Please ring Dennis Wall for further information on: 07968 643038.