

## Tuesday evening club sessions (for Seniors)

from August 2020



Following recent relaxing of COVID-19 restrictions and updated guidance from England Athletics (EA), Abbey Runners will be resuming sessions on Tuesday evenings, but in a different format, commencing Tuesday, 18th August.

Due to the need to limit the number of people who attend the sessions, as well as a requirement to record who attends sessions (for COVID-19 Track and Trace purposes), we will be asking Abbeys to pre-book their attendance at each Tuesday evening session using an app called “Spond” (further details below).

Also, as we must avoid large gatherings at any one location, so our Tuesday evening sessions will take place in different locations around the Holt Park Active and Adel area. Initially, we will be organising **five groups** of varying pace, with a **limit of 8 runners per group**, including the Run Leader.

The Run Leaders may vary from week to week subject to availability. The Committee will review how the groups and numbers are working over the coming weeks based on demand and members’ feedback, and make changes as appropriate. For example, we will create more Groups if there is demand for them.

### Abbey Tuesday evening training groups

Meet 7.20pm for a prompt 7.30pm start

Group	Session pace (min/mile)	Approx. Distance (miles)	Venue	Parking
<b>WHITE</b>	11:00 - 12:00	4 to 5	Holt Park Active (purple, yellow windows; away from reception)	At HPA or nearby roads
<b>BLUE</b>	10:00 - 11:00	5 to 6	Top of Tinshill Lane; T junction with Otley Old Road	Parking outside shops
<b>RED</b>	09:00 - 10:00	5 to 6	Asda Car Park (bottom end, on grass verge; lower down the hill)	Car park
<b>YELLOW</b>	08:00 - 09:00	6 to 7	Outside Gustos, but away from entrance; Otley Old Rd	Car park or nearby roads
<b>PURPLE</b>	07:00 - 08:00	7 to 8	Asda Car Park (top end, on grass verge; upper part of hill)	Car park

Limit: 8 per group (inc Run Leader)

For those meeting outside Holt Park Active and Gustos, we need to avoid crowding to enable them to operate safely, so please stand well away from entrances.

**For each session at each location, please meet at around 7.20pm for a prompt 7.30pm start.**

It is critical that you respect social distancing guidelines prior to, during and after the session. Wash/sanitise your hands prior to and after each session and catch coughs and sneezes in tissues. Our Risk Assessment is available on our website.

Please also ensure that you have details of your “in case of emergency” (ICE) contact with you at each session so that we can act accordingly in case of any issues.

**You must not attend any session if you are unwell at all. If you begin to feel unwell during a session you must stop immediately.**

## Using the “SPOND” app

As mentioned above, we will be limiting the number of people who can attend the sessions, to enable the club to operate sessions safely and within the current EA guidelines. We also have the additional need to ensure we have a record of who attended the sessions in order to support the Track and Trace requirements of COVID-19. As such, we will be using the Spond app to register members for each session.

The benefits of Spond are:

- It has a “wait list” function, so we can ensure every session is fully utilised;
- We have a historic record of who attended each session;
- Members can sign up for sessions in advance;
- Run Leaders can communicate with participants ahead of the session (and afterwards, for feedback);
- We can limit access to sessions to bona fide members by having Committee members as admin.

## How to register with Spond and attend a session

Registering with Spond is easy. Just follow the instructions on our website (link below). You should do this as soon as possible ahead of the first session you wish to attend.

<https://www.abbeyrunners.co.uk/tuesday-club-runs/tuesday-club-runs/tuesdays-are-back/>

## Conditions of booking a session:

Invitations to run each Tuesday session are sent out via the Spond app on the Saturday evening before the Tuesday session. Please only book if you are confident you will be able to attend. So if you have signed up and not cancelled, turn up. If you can no longer attend a session, please cancel in your Spond profile as early as possible so someone on the waiting list can attend in your place. Please ensure you book only one group per session. When choosing which group to book with please choose a group that is suitable for your running fitness.

By joining the Abbey Runners Spond running groups, you are agreeing to allow the group administrators to handle your personal data. Your contact details will be visible to other members of the Spond group unless you choose to hide this information. You have a responsibility not to share the personal information of any group member without their express consent. Your data will be used by Abbey Runners to manage your attendance at club sessions, and may also be used for any legal reason including Track and Trace under COVID-19.

If you only want your contact details to be visible to administrators of the Spond Group, you can amend this as follows:

1. Go to group;
2. Click on the three dots;
3. Click on contact information;
4. Click ‘only visible to administrators’

If you have any queries regarding Spond then please contact Tony Bastin on [tony.bastin@btinternet.com](mailto:tony.bastin@btinternet.com) .

Email: [clubsecretary@abbeyrunners.co.uk](mailto:clubsecretary@abbeyrunners.co.uk)  
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