



## Abbey Runners - COVID-19 Action Plan

Abbey Runners take its COVID-19 responsibilities extremely seriously and all sessions are planned strictly in accordance with both England Athletics guidelines and localised Leeds lockdown restrictions.

The club is fully aware that guidance can change quickly, and more restrictive rules may be applied in the future. The England Athletics website is regularly checked by the Club's COVID-19 Co-ordinator.

This action plan outlines the process the Club follows to run activities (organised road running, coached sessions and junior sessions) COVID secure, and details the following information:

- COVID Coordinator
- Risk assessments
- Tracking protocol
- Communication plans with all participants

Through the existing club membership forms, the Club captures pre-activity health information, including contact details which can be shared upon request with the government's Track and Trace initiative. In addition, to meet the requirements of Leeds Beckett University's track attendance policy, a 'COVID Declaration' is given by all attendees through the Club website. The declaration states:

*I declare that I will not attend an Abbey Runners training session if I have, or have had in the last 14 days, any symptoms relating to COVID-19, including:*

- *a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)*
- *a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)*
- *a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal*

*Abbey Runners training sessions include the Tuesday night club run, the Thursday Speed Sessions and weekend Long Runs.*

*I will notify the club if I present with any of these symptoms, and if I subsequently have a positive COVID-19 test.*

*I will also not attend training if I have had close contact with someone who has symptoms of Covid-19, or who is waiting for test results for COVID-19.*

*I will not attend training if I am meant to be in quarantine for travel reasons.*

*I will not attend training if I have been advised to self-isolate by test and trace or for any other reason in keeping with government guidance.*

As part of the Club's COVID Action Plan any member who has attended a session and subsequently tested positive for COVID will complete the UKA COVID-19 tracking form.



Activities are planned by a qualified Coach or identified Run Leader who carry with them a mask, hand sanitizer and mobile phone (including everyone's ICE details). In addition, runners include their ICE details on their profiles in the Spond App.

All sessions are pre-booked and controlled through the Spond App, which also allows for compliance with the Track & Trace initiative.

The key elements of a Run Leader's role are:

- Plan the route and inform runners ahead of the session (Facebook or Spond App)
- Remind runners re: social distancing and taking care when passing other users of pavements
- Stick to the planned group pace (on average)
- Carry their "COVID-19 Kit"
- Re-group every so often if the group fragments

All activities comply with Government guidance around social distancing before, during and after the activity.

The key elements of a Runner's role are:

- Complete the Abbey Runners COVID-19 Declaration
- Follow all hygiene guidance including washing hands before leaving home
- Do not congregate before or after training
- Update Spond App with their ICE details
- Maintain social distancing during the run and when approaching other pavement users
- Follow all hygiene guidance including washing hands when returning home

Club junior sessions are meticulously planned to ensure their needs are catered for and regulated coach / leader / junior ratios are adhered to. As an added measure, the minimum of 1 No parent supervisor (more when doing trail/XC) will be present. Due to the age of some junior runners, the majority of parents generally stay around during the session (they are reminded of the requirements on social distancing).

The following risk assessments have been developed to ensure that all activities have been assessed.

Risk assessments are live documents which will be reviewed as the situation develops and guidance is updated:

Abbey Runners (Juniors) Covid-19 Risk Assessment: COVID-19-Abbey-001  
Abbey Runners (Seniors) Covid-19 Risk Assessment (Coached Off Road): COVID-19-Abbey-002  
Abbey Runners (Seniors) Covid-19 Risk Assessment (Tuesday Road): COVID-19-Abbey-003  
Abbey Runners (Seniors) Covid-19 Risk Assessment (Coached - Road): COVID-19-Abbey-004  
Abbey Runners (Seniors) Covid-19 Risk Assessment (Long Runners Group): COVID-19-Abbey-005  
Abbey Runners (Seniors) Covid-19 Risk Assessment (Coached Track): COVID-19-Abbey-006

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<https://www.englandathletics.org/athletics-and-running/news/guidance-update-23-september/>  
<https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2020/06/EA-return-guidance-affiliated-clubs-23.09.2020-1.pdf>  
<https://www.gov.uk/guidance/west-yorkshire-local-restrictions>