

Macclesfield Harriers and Athletics Club - Plan for T&F training on Macclesfield Athletics Track - updated 29 March 2021

In line with current government guidance around COVID-19 and England Athletics training guidance (25 March 2021), formal outdoor athletics activity that is Covid secure can take place for both children and adults. This document sets out the MHAC plan for formal T&F training in a Covid secure environment. All participants in club training sessions (athletes, coaches, parents and helpers), must follow this guidance. These plans are subject to change and are dependent on Government and England Athletics guidelines. At all times MHAC will abide by these guidelines.

Main Points

- All training at the track during club hire times will be led by Club Coaches in line with government and EA guidelines
- Access to training will be restricted to pre-booking via coaches who will operate closed groups
- Ideally groups will consist of 1 coach and 6-8 athletes, with a maximum of 10 athletes per coach. Ideally, athletes should belong to one group.
- Athletes must arrive and leave promptly to avoid mixing of groups. There must be no socialising between groups. Athletes must arrive changed and ready to train (no changing permitted in Club House)
- Access to Club House toilets are restricted. Leisure centre regulations must be followed, these include face masks to be worn inside the building and only one person allowed in Ladies/Gents room at a time.
- Most club Sessions will be 50 mins long in order to leave 10 mins at end of each session for changeover. Session times are: Tuesday and Thursday 5pm - 5.50pm (Tues only), 6pm - 6.50pm and 7pm - 8pm. Wednesday 6pm - 6.50pm and 7pm - 8 pm if required. Equipment can only be used by coaches complying with EA guidance for specific events.
- In line with EA direction, athletes and coaches must complete a brief health questionnaire with contact details that can be shared upon request with the government track and trace initiative
- Athletes and coaches **MUST NOT** attend training if they or any of their household are suffering from COVID-19 symptoms, have had a positive test, have recently returned from a high risk country or are required to self isolate
- If athletes develop symptoms of COVID-19 they should inform the coach of the last session attended, follow government guidelines and not return to training until clear to do so. Athletes and coaches who test positive for COVID-19 must complete the [UK Athletics COVID-19 tracking form](#)
- Only fully paid up members of EA and MHAC are eligible for training

Risk Assessments

- A COVID-19 risk assessment has been produced covering training at the Macclesfield Athletics Track by MHAC
- For coaching at any other location a risk assessment must be submitted to the committee for review prior to sessions starting
- Coaches will also 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
- All persons participating in sessions must familiarise themselves with the latest EA guidance and abide by this guidance and government guidance

On arrival

- Athletes must go direct to the specific location of the track where they will meet up with their coach, maintaining social distancing at all times
- Spectators are discouraged, but if parents need to be present at training they can stand on the grass banking around the track and must maintain 2m social distance. Please do not stand near the club house or lean on the railings
- Hand sanitiser 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 10 athletes in their group
- ensuring athletes understand the constraints on training, remain in their allocated zone and maintain social distancing
- cleaning any used equipment between sessions
- pre-booking athletes into their sessions (if possible groups should be made up of the same athletes) and keeping a record of who attends each session

Coaches

- Coaches will be provided with hand sanitiser, cleaning spray and disposable tissues
- Coaches must work within the limits of their qualifications, for example those with Coaching Assistant qualifications can coach under direct supervision of an Athletics Coach who would retain overall responsibility

Track Zones

- The track and infield will be divided into zones (see map) and signs posted to define these zones.

- Each group must remain within their zone until the end of the session, unless there is agreement with the Covid co-ordinator. Social distancing from the other groups must be observed at all times, including exiting the track

First Aid

- At least one qualified first-aider will be present on site. Leisure centre staff member is first aid qualified and available to assist and access first aid room in club house
- First aid equipment will also be stored in the green cabinets and coaches will have access to the cabinets
- 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 maintaining social distancing at all times
- Hand sanitiser will be available for all coaches and athletes before they depart
- Exit the site without delay
- Coaches to clean own training area ready for next session or before departure

Links to additional documents:

[Return of athletics and running \(updated 25 March\) - Athletics & Running \(englandathletics.org\)](#)

[EA Operations guidance for athletes, coaches and facilities](#)

[UK risk assessment for outdoor jumps, throws and track](#)

Track Zones (colour on track map)

- Zone A (blue): home straight lanes 1-5, use gate near 1st LJ pit
- Zone B (red): javelin run up and infield, use gate near 200m start
- Zone C (purple): back straight lanes 3-8, use gate near 1500m start
- Zone D (orange): throws cage area and infield, use gate beyond clubhouse
- Zone E (yellow): LJ pit nearest club house, use gate near timekeeper stand
- Zone F (green): Endurance group and Seniors will use grassed area adjacent to overflow car park (see second map) or perimeter trail
- Coaches only to use gates by the cabinets
- In addition, at certain times (Tues and Thurs 7-8pm) or by agreement with the Covid co-ordinator, circuits of the track can be used - for example lanes 1-3 by endurance groups and lanes 6-8 by sprinters.

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