

Macclesfield Harriers and Athletics Club - Plan for return to T&F training on Macclesfield Athletics Track

In line with current government guidance around COVID-19, England Athletics latest training guidance (June 2020) permits coaches to work with groups of up to 5 athletes with 2m social distancing being observed. This document sets out a plan for a phased return to T&F training by MHAC. Phase 1 of this plan started on 16th June 2020 with 2 coaches providing training sessions on a private site for the Sprints group as the Macclesfield Track is still closed. This document sets out Phase 2 of the MHAC plan for limited return to training for U15 age groups and above once the Macclesfield Track is open (estimated 21st July). Due to the limited number of coaches available and the large number of athletes in the U11 and U13 groups, we anticipate we will not be able to provide these groups with training during this phase and possibly not until further relaxation of the lockdown rules.

Main Points

- Club House will remain closed, therefore there will be no toilet facilities
- 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 5 athletes. These groups will remain for the duration of the COVID 19 pandemic
- 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, 6pm -6.50pm and 7pm - 8pm. Use of HJ and PV 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 and leave promptly to avoid mixing of groups. There must be no socialising between groups
- Athletes and coaches MUST not attend training if they or any of their household are suffering from COVID-19 symptoms
- 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 (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 or return at the end of the session
- 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 5 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 (and if at all possible, these groups should be made up of the same athletes)

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 5 athletes under direct supervision of an Athletics Coach who would retain overall responsibility for the session
- Coaches will have access to first aid equipment located in the green cabinets

Track Zones

- The track and infield will be divided into 5 zones (see map) and signs posted to define these zones. Initially only 4 zones would be used at any one time.
- Each group must remain within their zone 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 green cabinets and coaches will have access to the cabinets
- If LC staff member leaves the site, lead coach must be given cabinet keys

- 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 sanitiser 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 ready for next session or before departure

Links to additional documents:

<https://www.englandathletics.org/athletics-and-running/news/guidance-update-step-2/>

[EA guidance for athletes](#)

[EA guidance for coaches](#)

[EA guidance for venues](#)

[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
- Gates near cabinets only to be used by coaches

Zone F (green): Endurance group and Seniors will use grassed area adjacent to overflow car park (see second map) or perimeter trail

Initially propose only 4 zones in use at any one time and coaches will coach for a maximum of 2 hours. Athletes will only be permitted to belong to one group.

