

## **Macclesfield Harriers and Athletics Club - Plan for T&F training on Macclesfield Athletics Track - updated October 2020**

In line with current government guidance around COVID-19, England Athletics training guidance (23 September 2020) continues to permit coaches to work with groups of up to 5 athletes or with groups of up to 12 athletes in a **Covid secure environment**. 2m social distancing must be observed in all situations. 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 on a private site. Phase 2 allowed limited return to training for all age groups at Macclesfield Track from 21st July with a ratio of 1 coach per 5 athletes. Phase 3, which started on 17 August, allowed expansion of training groups to one coach working with up to 10 athletes in a Covid secure environment. The increase in numbers remains at the coaches discretion and approval of the Covid coordinator and is only permitted where this can be done with 2m social distancing. Some groups continue to operate with a ratio of 1 coach per 5 athletes. 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**

- 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.
- 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
- Groups will be of 1 coach and up to a maximum of 10 athletes. Ideally, athletes should belong to one group.
- 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. 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 must arrive changed and ready to train (no changing permitted in Club House)
- 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 5 athletes under direct supervision of an Athletics Coach who would retain overall responsibility
- Coaches will have access to first aid equipment located in the green cabinets

- Leisure centre staff member is first aid qualified and available to assist and access first aid room in club house

### **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
- First aid equipment will 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:

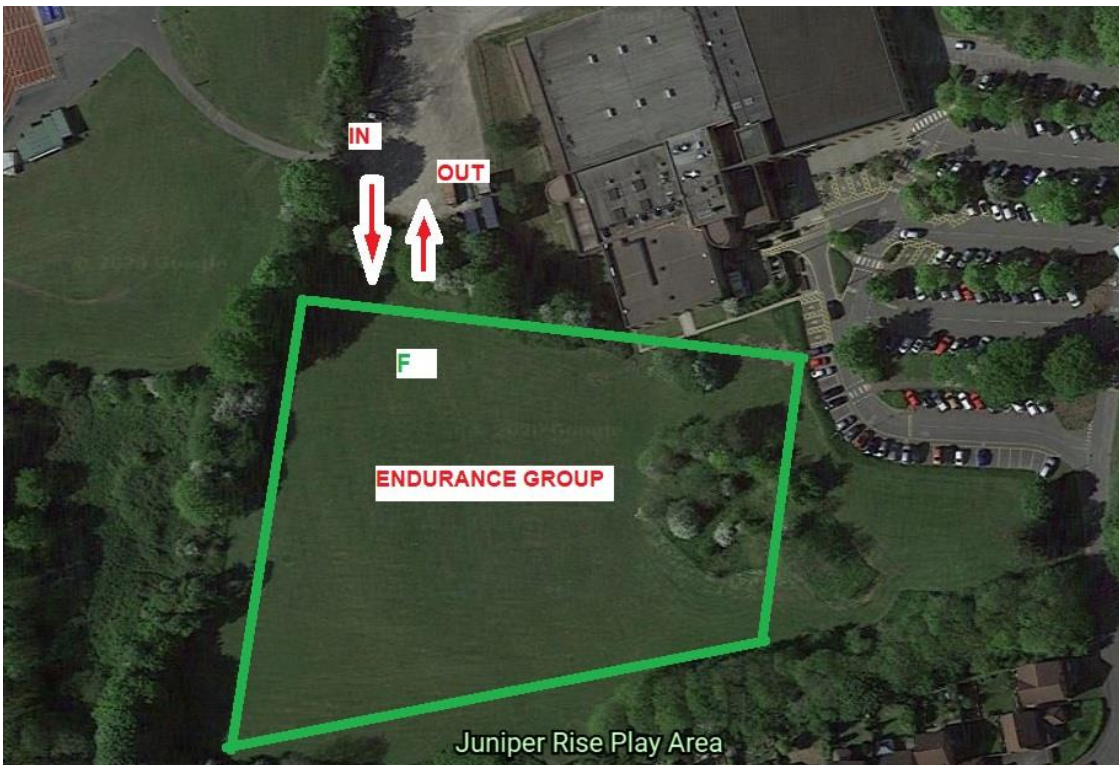
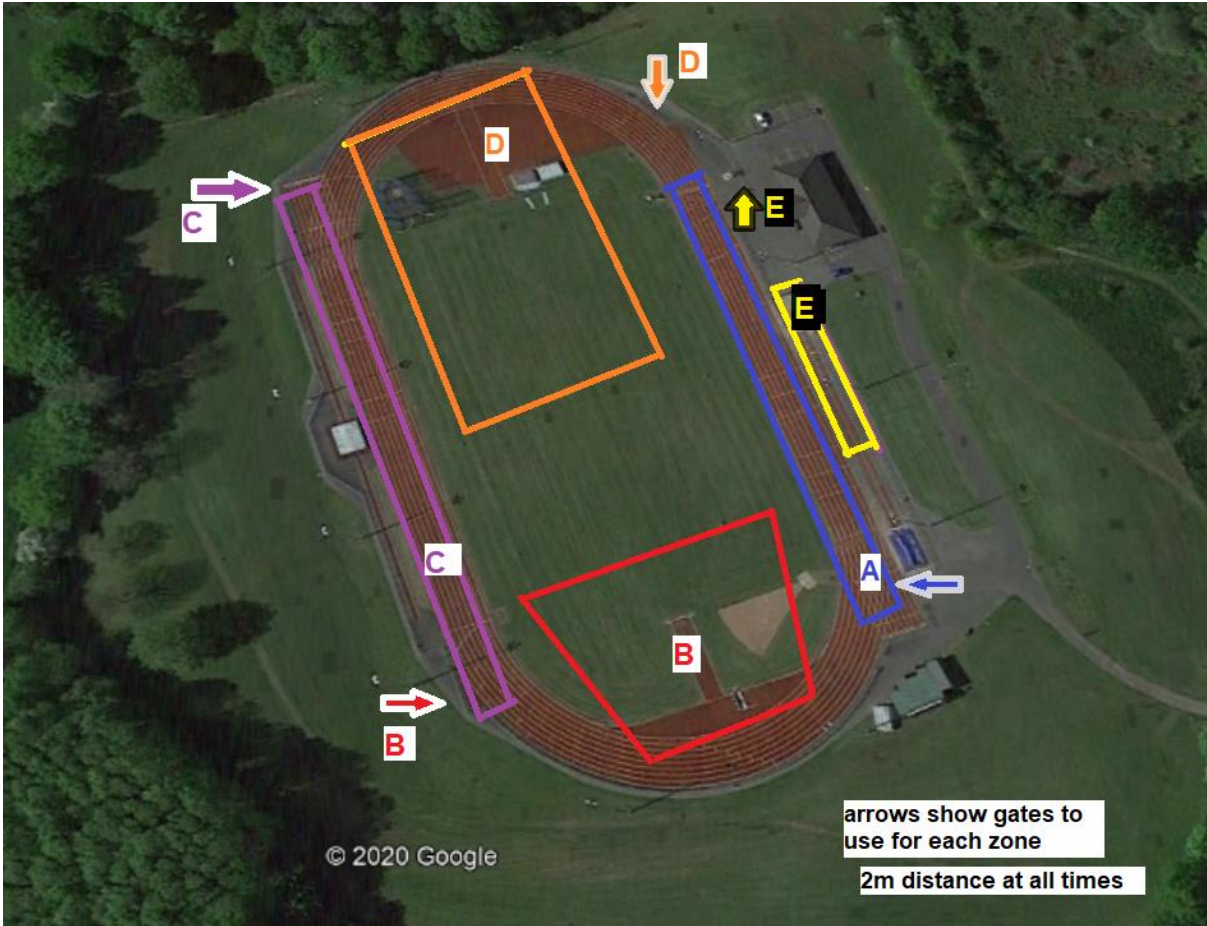
<https://www.englandathletics.org/athletics-and-running/news/guidance-update-step-2/>

[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
- 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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