



COVID-19 (Coronavirus) Return to Club Activity Policy

BACKGROUND:

Emersons Green Running Club is committed to the health, safety and well-being of its members, their families and members of the public and has undertaken an extensive Risk Assessment with respect to restarting Club activity. EGRC also receives regular updates and guidance from both England Athletics and the Association of Running Clubs with whom the running club is affiliated.

As part of a phased re-commencement of our training sessions (aka Club Nights), this Policy has been put in place to ensure that all members know what is expected of them and the steps the club has taken to minimise the transmission of COVID-19. This approach is commensurate with guidance from government, health authorities and running's governing bodies.

“Social distancing” is a public-health protection measure meant to reduce and slow transmission of disease and relates to any environment, both indoors and outdoors. This policy applies to all members (including the Committee and Run Leaders) and aligns with guidance from Public Health England. It is important to note that the measures are equally important, before, during and after all training sessions hosted by the running club.

POLICY:

Social distancing means keeping space between yourself and other people outside of your home by maintaining a safe distance, not gathering in groups, staying out of crowded places and avoiding mass gatherings. The social distancing measures that have been put in place as a means of minimising contact include:

- All members, bar those from the same household or part of a support bubble, maintaining a 2 metre (6 foot) distance between themselves and others wherever possible.
- Not hiring the changing facility, Changing Room 4, at Pomphrey Hill Pavilion.
- Limiting the number of persons at any training session to 12 plus a Run Leader as per EA guidance.
- Requiring those members wishing to attend a training session to make an advance booking to control numbers and maintain an attendance record should there be a need to track and trace.
- Limiting training sessions to members-only initially.

Emersons Green Running Club will require all members to sign a declaration to state that they understand this policy ahead of making a booking for a training session. In addition, it is also imperative that:

- Any members with any symptoms of COVID-19 should not attend a training session.
- Any members from a household with someone with any symptoms of COVID-19 should not attend a training session.
- Any members who are self-isolating should not attend a training session.

This policy will remain under constant review and will be updated based on any changing advisories from government, health authorities and the sport's governing bodies and will advise members of any changes.

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Appendix

Days: Training Sessions will be held on Mondays, Tuesdays and Thursdays as per pre-COVID-19 arrangements.

Timings: Each training session will be split into three sub-groups who will meet at 6.50pm, 7.00pm and 7.10pm respectively.

Meeting Points: To aid social distancing, the meeting points for each sub-group will be as follows:

6.50pm = The Start of Pomphrey Hill parkrun

7.00pm = Outside Changing Room 4

7.10pm = The Pomphrey Hill sign

Capacity: Each sub-group will be able to cater for up to 12 members in addition to the Run Leader.

Bookings: Bookings for each sub-group must be made in advance using the Club's preferred booking system (currently Eventbrite). Bookings for each week (beginning on a Monday) will open on the preceding Friday at 8.00pm.

Fair Use: Members are expected to follow a "fair use" policy which sees them only book into one training session per week but where vacancies exist in a session "on the day", members are welcome to book additional session. For the purposes of this policy, a week is defined as Monday through Sunday. A Run Leader leading a training session in a given week is permitted to book into one further training session as a member within the same week. In addition, members are requested to not book into sessions that are not suited to their running abilities. Members are expected to cancel bookings that they cannot fulfil in order that other members have the opportunity to take their vacated place. No-shows may result in the loss of booking privileges.

Abilities: The training benefit for all session attendees is maximised when sub-group attendees are all a similar ability. To facilitate this and to guide members as to which sub-groups would best suit them, we have created the following classification – members will self-classify and opt for the group which suits their ability:

Group A – Advanced, Experienced and Fast-paced Runners (for 5k this equates to 8min 30s/mile and faster)

Group B – Intermediate and Medium-paced Runners (for 5k this equates to 8min 30s to 10 min miles)

Group C – Novice and Inexperienced Runners (for 5k this equates to 10 min to 12 min miles)

Group D – Walk/Run Group working towards C25k achievements (for 5k this equates to 12 min miles plus)

| | Monday | (Loopy) Tuesday | Thursday |
|----------------------------------|--------|-----------------|----------|
| 6.50pm (PH parkrun Start) | D | C (Short) | C |
| 7.00pm (Outside Changing Room 4) | C | B (Medium) | B |
| 7.10pm (Pomphrey Hill Sign) | B | A (Long) | A |

We appreciate that this structure may not suit all members but our resources (Run Leaders) are stretched such that a wider spread of sessions and times is not possible at this time. However, we will continue to review the manner in which we have recommenced activity and take feedback from members with a view to improving our offering to the membership.

The Emersons Green Running Club Committee

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