

Bingley Harriers restarting activities – Mar 21

25 Mar 2021 Becky Weight / Covid Co-ordinator, Bingley Harriers

Summary of England Athletics Guidance 22 Mar 21.

Following the issue of the UK Gov roadmap for easing Covid-19 lockdown restrictions on 22 Feb 21, England Athletics (EA) issued guidance on 24 Feb and an update on 22 Mar. In general, from 29 March, outdoor sports facilities can re-open and formal organised outdoor athletics and running that is Covid-secure can take place for both children and adults. There is then a stepped approach to easing lockdown restrictions, including the re-introduction of indoor athletics, with the earliest date that activities can 'return to normal' being 21 June. As a result we have a minimum of three months where any group activities need to take place with appropriate Covid Security measures in place. EA is the Sport Governing Body for Bingley Harriers and provides guidance and athletics related insurance for club activities and registered members. It is important we comply with their guidance.

Details

A link to the full EA text and a precis of key points are below:

<https://www.englandathletics.org/athletics-and-running/news/guidance-update-2021/>

England Athletics : Return of athletics and running following UK Gov roadmap 22 Mar 21



EA confirm that clubs, groups, coaching and competition can return outdoors from 29 March for both adults and children, in line with the UK Gov's roadmap for easing lockdown restrictions announced 22 Feb. An outline 'Roadmap' for athletics and running is below. Each step is subject to the roadmap conditions being met. EA will provide more guidance when available from Sport England and Dept for Digital, Culture, Media and Sport (DCMS).

COVID-19 Roadmap 2021
ATHLETICS & RUNNING



Step 1 8 th March	Step 2 No earlier than 12 th April (At least 5 weeks after Step 1)	Step 3 No earlier than 17 th May (At least 5 weeks after Step 2)	Step 4 No earlier than 21 st June (At least 5 weeks after Step 3)
<ul style="list-style-type: none">• Athletics & running can take place for educational purposes (schools, childcare clubs, colleges, and universities). <p style="text-align: center; margin: 5px 0;">29th March</p> <ul style="list-style-type: none">• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor unorganised activity (non-coached) can take place in groups of 6.• Outdoor intra club competition can take place (without a license).• Outdoor competition can take place (with a license and subject to confirmation from DCMS).• No indoor training for children and adults.• Disabled people can take part in organised outdoor and indoor sport without being subject to social contact limits.• Spectating not allowed.• Parent/carer supervision permitted (one per athlete/runner).• Travel permitted (training and competition).	<ul style="list-style-type: none">• Athletics & running can take place for educational purposes (schools, childcare clubs, colleges, and universities).• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor unorganised activity (non-coached) can take place in groups of 6.• Outdoor intra club competition (without a license).• Outdoor competition can take place (with a license and subject to confirmation from DCMS).• Indoor training for organised group training for children, for individual training (children and adults) or for household bubbles.• Disabled people can take part in organised outdoor and indoor sport without being subject to social contact limits.• Spectating not allowed (TBC).• Parent/carer supervision permitted (one per athlete/runner).• Travel permitted (training and competition).	<ul style="list-style-type: none">• Athletics & running can take place for educational purposes (schools, childcare clubs, colleges, and universities).• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor competition can take place (with a license and subject to confirmation from DCMS).• Accommodation/hotels are open allowing for two-day events and larger scale events are allowed with spectators.• Indoor leisure facilities open for use individually or within household groups.• Disabled people can take part in organised outdoor and indoor sport without being subject to social contact limits.• Indoor organised group training for children and adults.• No restrictions on travel.	<ul style="list-style-type: none">• No legal limits on social contact.• Club and competition can return to normal.• Individual activity can return to normal.

PLEASE NOTE: The UK Government may update guidance as we progress through the four steps of the roadmap. To stay up-to-date with England Athletics guidance visit www.englandathletics.org. To stay up-to-date with the latest UK Government guidelines visit www.gov.uk/guidance.



Other information for athletes, runners, coaches, leaders, clubs and venues is available and a Sport England general Covid Back to Play FAQs was added on 22 Mar :

Guidance FAQ document : <https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2021/03/Guidance-FAQs-2021-v3b.pdf>

COVID-19 Operations Guide for Training (precis on pgs 3&4) : <https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2021/03/EA-Operations-Guide-for-Training-v2b.pdf>

Track and field competition

Original calendar released by UK Athletics (UKA) and the other Home Country Athletics Federations (HCAFs) is, to a large degree, intact, within the Roadmap.

EA working with competition providers, BA, HCAF's, officials' groups and facilities to confirm dates, including National Championships, within Roadmap. Also

15 March – Licensing opens for T&F comps. 22 Mar Competition update – calendar and Operations Guide added. All fixtures dependent upon officials, facilities and no future change to the UK Gov roadmap.

Road running competition

EA, runbritain and the larger road race organisers working with Sport England and DCMS. Need confirmation from DCMS to give dates as to what type of races will be permitted at each stage.

Clubs and race providers can apply for licences now via the runbritain website www.runbritain.com

Further information available via the COVID-19 pages on runbritain <https://www.runbritain.com/covid-19-uk-road-race-guidance>

Trail, walks, fell and mountain competition

Working with the Trail, Fell and Walks Associations. Seeking clarity on the definition of 'formally organised events' and travel restrictions.

Contacts

- Club Support: clubsupport@englandathletics.org
- Road Running Competitions: Gavin Lightwood glightwood@uka.org.uk
- Track & Field and Cross Country Competition: Nichola Skedgel nskedgel@englandathletics.org

Fell Runners Association (FRA)

The FRA, which is affiliated to EA, provides race licences and hence insurance for a number of Bingley Harriers organised events. The latest FRA update is :

24th February 2021

Races are permitted from 29th March with suitable Covid-safe social distancing measures in place. Members are advised to minimise travel although there will be no restrictions on County borders. Domestic overnight stays are permitted after 12th April. Spectating in groups of no more than 6 is possible after 12th April⁽³¹⁾.

Further guidance on Activities, and for Members, Parents/Guardians, and Race Organisers of Senior and Junior Races is available on the FRA website <https://fellrunner.org.uk/covid.php>

ENGLAND ATHLETICS OPERATIONS GUIDANCE FOR ATHLETICS & RUNNING TRAINING: Updated 22 Mar 21

A precis of key points for Bingley Harriers – Becky Weight 25.3.21

<https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2021/02/EA-Covid-Operations-Guide-for-Training.pdf>

To ensure a safe return to athletics and running can take place :

Your health (all involved with athletics and running, athletes and runners)

- Follow NHS advice, including measures for higher risk groups
- If showing symptoms – see NHS website / get a test
- Returning to activity after Covid – see NHS website
- Uncertain, worried or anxious – see Mind guidance

Athletes and Runners

- Follow latest Government Guidance
- Check with club, coach or leader on policy for club, coach or leader activity
- Follow venue, event, and public health guidance
- Carry hand sanitiser and have sufficient food and hydration with you
- Maintain social distancing
- Do not take part if showing symptoms or isolating
- Let club, coach or leader know if you are returning after a Covid infection
- No socialising before or after sessions
- Additional guidance for Disability athletes and Runners – see EA Ops Guide

Coaches & Leaders

Keep up to date

- with guidance, especially re social distancing, hygiene and athletics, from Government, England Athletics, your club, facilities, and event group
- Have a valid UKA Coaching licence
- Young athletes <18 – max group size is 15 (not including the coach). This requires 2 coaches or leaders to meet the 1:12 ratio.

Before the session

- Check in with athletes – physical and mental welfare
- Carry out a risk assessment
- Follow hygiene measures
- Ensure arrangements in place that advice can be followed e.g. social distancing
- Ensure sufficient food and hydration
- Be aware changing and toilet facilities may not be open

During the session

- Ensure time between sessions for cleaning etc
- Off-track – consider other risks (risk assessment)
- Adapt activity to minimise risks to all e.g. social distancing, members of the public etc
- Keep a register of all attendees and contacts possible track & trace requests
- Do not lead or coach multiple groups in different areas of facility or public space
- Do not congregate before or after training
- Ensure hygiene guidance is followed for all equipment, facilities and venues

Affiliated Clubs (affiliation required for EA insurance to be valid)

Strongly recommend operate in a Covid-19-Secure Environment :

- can be track, indoor sports venue, or open space – park, fell, trail, road

Key requirements ;

- Covid Co-ordinator in place
- Venue / environment has a Covid action plan* and risk assessment
- Ensure activities comply with government social distancing, before, during and after
- Capture contact details for possible track & trace
- Ensure adequate hygiene provisions in place

Appoint a Covid Co-ordinator. Role & Responsibilities (along with Committee and key officers / volunteers). Ensure :

- Liase with facility managers
- Site based risk assessments in place
- Necessary risk mitigation is in place prior to training
- Plans are in place for injuries or accidents during training
- All attendees – volunteers, coaches, leaders, athletes, parents, guardians comply
- Club complies with facility restrictions and guidance
- Club collects details of all attendees at any activity for possible track & trace

*Covid action plan – outline how venue and activity is Covid Secure. Include Covid Co-ordinator, risk assessments, tracking protocol, communication plans.

Consider :

- Booking system (if implemented)
- Site access, toilets and first aid
- Arrival & departure, pick up and drop off, and avoiding large groups congregating
- Sign in, and supply contact details for track & trace
- Specific procedures and hygiene protocol for facilities and equipment
- Zoning areas to ensure separate groups can operate together within guidelines
- Spectating space for parent / carers who need to stay
- Time between sessions to enable social distancing and cleaning
- Signage to support social distancing, hygiene and cleaning
- Coaches and Leaders licences and DBS checks are up to date
- Coaches and Leaders do not work with multiple groups across different areas of facility

PLEASE NOTE: England Athletics is not imposing a limit to the number of participants that can be at a facility at any given time as part of a club training session due to the diverse nature of training facilities and will depend on the factors above. The EA recommended coach/leader to athlete/ runner ratio is 1:12 for all settings and age groups.

Venues

The EA Operations Guidance includes a checklist for Facility providers. I have not expanded on this here as Bingley Harriers does not have its own facilities and will be reliant on our facilities providers to implement these measures. We will liaise with the facilities to ensure the necessary Covid security measures are in place for our activities.

The EA Operations Guidance also includes :

- a Covid-19 Risk Assessment example
- Event Group Guidance
- Flowchart for managing or confirming suspected cases of Covid-19