



East End Road Runners Covid-19 Policy for Track Sessions

East End Road Runners Club takes its duty to prevent the spread of Covid-19 and to protect the health of its members and of its local community very seriously. We have put in place the following policy measures with clearly defined responsibilities for both runners, coaches and club administrators in respect of our training sessions in the Terence McMillan Stadium at Newham Leisure Centre (NLC). The measures enable EERR to operate activities in a “Covid secure environment” as defined by England Athletics.

We will operate road runs only in line with guidance from government (national and local) and England Athletics. We will update our practice by regularly checking into this guidance. However, we may choose to err on the side of caution and implement policies that are stricter than those set out in the official guidance.

This document should be read alongside the club’s Risk Assessment for Track Sessions.

Runners

- Runners who currently have Covid, or have any symptoms associated with Covid-19, however mild, should stay at home and not attend sessions. The main symptoms to note are a fever, a persistent cough and loss or change in sense of taste or smell.
- Runners who should (for whatever reason) be self-isolating must stay at home and not join the session.
- Pay by bank transfer (£3) in advance of attending the session.
- Refrain from sharing cars to/from the session and wear masks on public transport.
- Wash hands before leaving home.
- Bring no spectators to the session (member participants only).
- Bring own sanitiser to track sessions and sanitise hands upon arriving at track.
- Bring your own mask (carry in pocket) in case required in certain circumstances (e.g. receiving first aid).
- Access the track directly through the gate in the carpark and not through NLC.
- Consent to names being recorded for track and trace purposes.
- Come ready to run! The clubhouse/changing facilities won’t be accessible.
- Note that we are trying to limit the use of toilets so please use before arriving. But, if using toilets sanitise touchpoints after use.
- Do not share equipment or water bottles with other runners.
- Label water bottles clearly names.
- Leave belongings in designated area; separate from other’s belongings.
- Refrain from spitting!



- Adhere to the pre-advised social distance rule at all times. Only run in specified lanes.
- Do not stay and socialise after the track session has ended.
- Wash hands when upon return to home.

Coaches

Coaches must adhere to the rules as set out above for runners, and additionally:

- Be aware of the general risk assessments for track sessions and the protocols for first aid (inc the new Covid 19 specific ones) and actions assigned to them.
- Remind runners of all Covid 19 policies at the start of the session. Including a reminder that anyone with the symptoms, or anyone who has been in contact with someone with known symptoms, must return home.
- Will assist club administrators in taking a register of session attendees for track and trace purposes and ensuring members keep their belongings apart.
- Plan training sessions that maximise distance and eliminate any close contact between runners and/or the sharing of equipment between them.
- Use their own whistle and stopwatch for sessions and not share with others.
- Post details of session content on social media in advance of the session to minimise the time taken to explain the session in person.
- Check the track before the session for hazards (to reduce risk of accidents and the need for first aid).
- Know the location of the club's first aid kit (in clubhouse). Coaches will additionally carry their own hand sanitiser, mask and disposable gloves to deal with any accidents in as safe a way as possible. If the coach is not first aid trained, any first aid should be administered by a trained first aider from the session's participants or the next most appropriate person (those administering first aid should not be from a "high risk" group).

Club Administrators

Club administrators must adhere to the rules as set out for runners, and additionally:

- Ensure an accurate register of all session participants is taken and recorded and provided to NHS Track and Trace if necessary.
- Will use the clubhouse for limited operational reasons only. Will otherwise keep it closed to runners. Will help ensure members' belongings are kept apart.
- Direct members to pay via bank transfer and handle no cash.
- Ensure usual access to first aid and emergency equipment is maintained.
- Sanitise parts of clubhouse (inc. toilet areas) or equipment used (using gloves).
- Make sure hand sanitiser is available for use at entrance/exit to track (although members are encouraged to bring their own sanitiser).
- Help the coach to enforce all of the rules set out above – especially re social distancing and members not socialising after sessions have finished.



- Help maintain the no spectator rule by asking non-members to leave.

Last updated 23 March 2021 by Jamie Zucker (Covid Officer and Club Chair).