

Leamington Athletics Academy (LAA)

Transition Back-To-Track - July 2020

Implementation

LAA will make every attempt minimize risk for coaches, athletes and parents who return to train on site at Edmondscote track

Assign a COVID Officer who will be responsible for all things regarding the safety of those attending sessions. The Officer will also be responsible for knowing, sharing and implementing the latest restrictions and regulations, as advised by government guidelines and that of the governing body.

COVID officer - Role & Responsibilities

- Manages all issues around COVID
- Ensure indoors is closed and only used in emergencies
- Ensure members adhere to regulations
- Posters for COVID regulations in place
- Operate booking system
- Keep a session tally of on track numbers
- Ensure social distancing on entrance & exit
- Ensure social distance of athletes during rests/breaks in training
- Ensure a 'one in : one out' Policy on outdoor toilets
- Maintain records of all those attending the facility, not just athletes
- Monitor and ensure social distancing is observed in the sessions
- Ensure contact details of those attending are correct
- Ensure any indoor facility is closed and only used in emergencies
- Anyone NOT following the directives must be asked to leave the club

LAA – Club Access

One way system to access and exit with 2m distances applied

No Toilets

All entrants recorded by COVID Officer

Enter via large gates which must be tied securely back so there is no need to touch handles

No spectators permitted

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LAA - Club **Organisational** Safety

Session time and instructions booked and organise in advance
Only athletes living within 5 km radius from the track can attend
Coach:athlete ratio remains within COVID guidelines from our NGB
Cycling and walking to the venue are encouraged for all
Athletes must bring but not share water bottles
Car parking – 2m distances applies to occupants getting in and out of vehicles
'One in one out' policy for the toilets on site
No spectators
Any first aid was administered to any athlete/coach must be accurately recorded.
Athletes stay with one coach and rotate to designated training zones
No training groups to be in the same zone at any one time

LAA - **Coach** Safety

Arrive 15 minutes before session to clean and prep area
Coaches must have hand sanitizer on them at all times
Only touch equipment if required and clean after use (unless COVID officer on site)
Know the session plan and adhere to designated zones
Instruct and inform athletes of social distancing
Remind athletes not to adjust to touch any equipment
Ensure athletes are running in single file with 2m distance
Ensure their coach group does not share zoned workout areas
Ensure overtaking with any runner in lane 1 must passing another in lane 1 by using lane 3
Organise athletes - setting off faster athletes first, to avoid unnecessary passing
Inform COVID Officer if first aid was administered to any athlete.

LAA **First Aid**

Ample gloves and masks in case of any incidents
Any athlete showing symptoms of COVID must leave immediately and this recorded.

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Session Layout

Coach 'Meet n Greet': Numbers denote zoned meeting points with the social circles already laid out. Athletes to be sent to their coach in designated zoned area.