



Derby Athletic Club guidance for members on restarting activities in a COVID-secure manner and in line with the current Government, EA and Derby City council regulations

Introduction

Our training sessions and activities largely take place in the fresh air, in an outdoor environment at Moorways Stadium. With social distancing measures and controls, Derby AC believes that the club is well-placed to offer a safe and responsible athletics experience.

We have produced these guidelines for club coaches, volunteers and athletes to provide reassurance in the way that the club will be compliant with the current Government, England Athletics and Derby City Council guidance and to ensure members can enjoy our sport safely.

Restrictions may or may not be eased in the future. If they are, Derby AC will adapt accordingly. It is essential everyone is clear about the restrictions and works together to manage social distancing and strong hand hygiene.

This guidance outlines how Derby AC can resume small-scale training and activities at Moorways. We hope that this will be a step towards resuming activities on a larger scale as and when further relaxation of the current restrictions allows gatherings involving larger numbers. The guidance includes measures to maintain hygiene and minimise unnecessary interactions with others. Athletics clubs across the country are all different and clubs operate in different local contexts with different facility ownership. An assessment of whether a safe environment can be provided will depend on a range of factors, and some apply specifically to Derby AC. Please be assured that the club committee is doing all it can to make an assessment based on the local environment and situation.

Derby AC coaches and athletes should be ready to cancel any activity or training session at short notice, should changes to local or national guidelines dictate.

What can take place and who can take part?

Training at Moorways can take place from Tuesday 25 August as long as coaches and members strictly follow the protocol outlined in this document. This includes:

- Small training or coaching sessions currently 1:6 in a group. There will be more than one group at Moorways at the same time, provided the groups remain separate
- Members cannot turn up on the night. They must be booked in in advance by their allocated coach.

Allocated time slots

Coaches will be operating a booking process and indicate a time window during which athletes should be at the track ready to train.

Layout

A one-way system will be used, with separate routes from the parking area to the start and from the finish back to the parking area. Derby City Council will be responsible for this one-way system and signage.

Considerations

Training should be planned to enable social distancing and reduce the risk of face-to-face meetings between athletes.

Social Distancing

All participants and officials must comply with the social distancing guidelines set out by the government advice: two metres, or one metre with risk mitigation where two metres is not viable.

Health, Safety and Hygiene

Coaches are required to:

- Carry out a full risk assessment, taking into account the current environment and conditions.
- Ensure any athletes who develop symptoms of COVID-19 during the activity are immediately sent home and records are made of whom they have been in contact with and for how long.
- Inform anyone who develop symptoms of COVID-19 prior to the session to stay at home.

If someone who has taken part in a training activity later develops symptoms of COVID-19, it is not the role of the club to communicate this to their volunteers or other participants, and doing so has the potential to create issues under data protection law. The club will, however, keep records of all participants and volunteers at an activity, and share these records with NHS Test and Trace if requested by them to do so.

Equipment: It is a decision for coaches whether or not they lend out equipment. If they do so, they must take sensible precautions and clean equipment in between users, in line with government advice. It is recommended that we limit the sharing of equipment as far as possible.

Hand washing: Each athlete, coach or volunteer should be responsible for supplying their own hand sanitiser and should there be any contact points when people arrive at leave the activity do please exercise common sense and judgment. Guidelines on further increasing the frequency of hand washing, and on surface and equipment cleaning are available [here](#).

Toilets: Changing and toilet facilities are not likely to be available in our first phase of opening – cleaning and use of these will be managed by Derby City Council.

Catering: Catering will not be provided in our first phase of reopening as we work to understand how it can be arranged in a COVID-secure manner and in line with the [relevant Government guidance](#).

Athlete bubbles: Where possible, coaches should reduce the number of people each person has contact with by using fixed teams, partnering or creating athlete bubbles (so each volunteer works with only a few others).

No one is obliged to train or volunteer if they do not feel comfortable to do so.

Membership of Derby AC

All athletes must register by returning their renewal form and paying their membership for the remainder 2020/21 season if they wish to return to Moorways for track training. Click here for the [2020 renewal form](#).

From 25 August we will be operating one-hour training sessions on a Tuesday, Thursday and Saturday morning. We asked on your renewal form which group you were in and who your coach was. This will be your contact person and should be in touch with athletes directly. Their names are below. Anyone who doesn't have a set group or coach or would like any further support regarding sessions should contact our volunteer officer Natalie – volunteer@derbyathleticclub.co.uk

Group	Coach	Other comments
Sprints 1	Paul Blakey	
Sprints 2	Keith Bullock	
MD 1	Paul Martin	
MD2	Gerry Hall	Likely grass sessions
MD3	Damon Chambers	
MD4	John Rouse	
Multi	Steve Palmer	
Throws	Barry Hawksworth	Cage use not approved yet
MD/Distance	John Simmons	
Snr Women	Natalie Weir	Or anyone else!
Snr Men	Chris Jordan	
Induction	No Coach	N/A no coach/COVID restrictions

*Not returning w/c 25 Aug

Remember, if you have symptoms of COVID-19, are living in a household with a possible COVID-19 infection, have been asked to isolate by NHS Test and Trace or are classified as extremely vulnerable on health grounds, you should remain at home.