



Strategy for returning to club runs June 2020

Main Points:

- ✓ EA Guidance & Requirements
- ✓ First Aid
- ✓ Club plan for returning to group running

England Athletics have provided guidance to affiliated clubs on how they can return to running in small groups, the committee have been working hard on a plan to implement this. We want to ensure that we are always doing everything possible to keep our members safe, this is even more important now as the country tackles the Covid19 pandemic. This 'new normal' is expected for the foreseeable future so we have done our best to develop a club covid plan that has our members and coaches best interests at heart, and will allow us to return to club running in the safest way possible.

Current EA Guidance

The guidance is likely to change over the following months depending on rate of infection and we will always adhere to current EA regulations in relation to club activity. We hope that the strategies put in place now will allow us as a club to adjust quickly as and when new guidance is issued by the Government/England Athletics.

Current Guidance



* Although 6 athletes can now run together members will only be able to run with a coach on club nights, there will not be any group leaders for the time being.



EA Requirements

Covid coordinators – Scott Parfitt & Mike Fleck

Club Plan: Scott

Risk Assessments: Mike

First Aid

To mitigate the risk to everyone, should an injury occur, all coaches will be required to carry a first aid kit and mobile phone with them during club training sessions. Members will also be asked to give their ICE contact details when they sign up for each run.

If someone does sustain an injury during a club run then the following items have been added to the first aid kits to provide extra protection; fluid resistant masks, antibacterial hand sanitizer & extra gloves.

Club Plan

Please remember that if you are self-isolating or showing any symptoms of Covid19 you must not attend club sessions!

Coaches: For the time being only coaches will be permitted to take group runs with up to 5 other members at any one time. We are doing this to make sure that all EA requirements are met on our return to running. We will review this as and when guidance changes.

When: The group runs will take place on our usual club nights – Tuesday & Thursday

Where: To avoid congregating in large numbers runs will be arranged from several locations. Routes will be coordinated to avoid cross over.

Tuesday night – Training locations and activities

1. Meet at Poole Park at the Arc car park – Suggested Activity: Various around Cricket pitch track
2. Meet at Ashley Cross Green – Suggested Activity: Hill session on Springfield Road
3. Meet at Poole Park Car Park Opposite water fountain- Suggested activity: Hill, steps & or relays on Park Lake Road.
4. Meet at Sandbanks Hotel or Shore Road – Suggested activity: Promenade run.
5. Meet at Whitecliff Car Park – Suggested activity: Social run around Poole, or Fartlek session
6. Meet at Upton Park Car Park – Suggested activity 5k – 10k runs.
7. Meet at Lytchett Recreational Ground – Suggested activity: Various

Thursday night – Training locations and run route

1. Lytchett Minster School – Horseshoe car park – For Lytchett run 1 TBC
2. Lytchett Recreational Ground – For Lytchett run 2 TBC
3. Bakers Arms – For Holton Heath run
4. The Clay Pipe car park – For Wareham Forest
5. Broadstone Leisure Centre – For Castleman Trailway



6. Upton Park Car Park – For Upton park & heath
7. Willet Arms car park – For Canford Magna & Wimborne
8. Hamworthy Sports & Social Club, Canford Magna – For Canford Heath

This is not an exhaustive list and more may be added as the weeks go on. Availability of all runs are dependent upon the number of coaches we have available. Coaches will have the chance to take sessions from all the above locations.

Staggered Timings: In the unlikely event 2 groups are setting off from the same location the session start times will be staggered by 30minutes to avoid the situation mentioned above re location.

First Come First Served: Due to the restrictions on numbers we will have a first come first served system to make it fair for all, we will of course try to accommodate everyone but coaching constraints may make this difficult.

Where to look for weekly run info: Over the weekend, once coaches have confirmed their availability, a post will be put onto the clubs main Facebook page with a list of the locations and times for the following weeks club runs.

Who to Contact: If you would like to sign up please contact **Mike Fleck** via Facebook messenger.

Please let Mike know via Facebook messenger by 6pm on Monday night which club nights you want to sign up for. You can give your location preference, but we are keen to move coaches/runners around so that everyone has a chance to do different sessions and locations. Do not fear, you will be joined by runners of similar ability and coaches will make sure the session suits everyone in the group. If you make a special request to run with fellow running buddies Mike will do his best to make sure you are in a group together.

Cancellation: If you cannot make a session for any reason, please let Mike know so that he can give your place to another member on the waiting list.

Further Information

The distance/duration of the run will be the same as our usual club nights; but we are not focusing on pace groups for now. All members, regardless of running ability or speed are encouraged to sign up and will be accommodated for.

Our aim is to make the return to running as simple but as safe as possible for everyone. The committee is grateful to have your support as we try to navigate back to some normality, but please bear with us as we get this up and running (excuse the pun). This is very much trial and error to start with.

Any questions please contact Scott or Mike. Happy Running!