

Alnwick Harriers Policy Statement

Coaches and Runners Guidelines for club sessions during Covid 19 restrictions

The safety of runners, coaches and the public is paramount, social distancing guidelines will be followed at all times.

Coaches will only be able to run sessions in outside spaces

Unlimited athletes can train in a session, with 12 athletes to one coach and/or run leader.

Coaches will plan their session in advance and undertake a risk assessment of the meeting venue and route to ensure social distancing can be maintained.

Routes will be chosen to ensure there is no impact on the general public. Routes using public pavements will be avoided wherever possible and the centre of Alnwick and residential areas will be avoided **as much as possible**.

Coaches will liaise with each other to ensure running groups do not impact on each other.

Changing and toilet facilities will not be available.

Coaches will:

- Ensure all participants are not suffering cough, temperature symptoms or loss of taste or smell prior to commencement.
- Take a register of all participants for Track and Trace purpose.
- Ensure all participants are aware of the need to remain 1+ metres apart during the session
- Brief participants on the route and any hazards to consider.
- Ensure all participants have read and will abide by the code of conduct as stated below

Athletes will:

- Only attend if they have **no** symptoms to suggest they may be suffering from corona virus
- Ensure strict social distancing and maintain a distance of at least 1+ metres separation from other participants
- Listen carefully to the coach's briefing
- Be considerate of any members of the public whom they encounter during the session
- Disperse from the venue at the end of the session in a safe and considerate manner as quickly as possible