

# **BRADFORD AIREDALE AC COVID GUIDELINES**

## **FOR TRAINING AT HORSFALL STADIUM**

Effective from 5 January 2021 until further notice.

### **INTRODUCTION:**

1. The staff of Horsfall stadium are responsible for the safety of all participants on the stadium's premises. All runners and athletes must cooperate with and follow any instructions by the stadium safety officer or other stadium staff. Any questions or observations about safety must be raised with them or the Club's own Welfare Officer.
2. The guidelines of Horsfall stadium and must be followed and take precedence over BAAC and England Athletics rules.
3. Car parking is available on the stadium premises from 5.30 to 9.30pm on Tuesdays and Thursdays and should be used by Club members. The gate at the top of the Cemetery Road end to the stadium will be opened and closed during these times. If it is not, please contact stadium staff.
4. Those training, e.g., for road or trail running, from Horsfall stadium must take special care when crossing Cemetery Road. We strongly advise that no runs cross Cemetery Road but start and finish at the gates of the cemetery proper or at Harold Park, with a start and finish along the road through the cemetery or the park.

### **GUIDANCE FOR ATHLETES AND RUNNERS BEFORE LEAVING HOME**

1. Follow all hygiene guidance including washing your hands.
2. Ensure that all arrangements have been made prior to leaving home so that any government advice on social distancing, as an example, can be maintained at any facility. This may mean prior coordination of activities with the Club, stadium staff, or your coach or leader.
3. Athletes and runners should ensure they are prepared and have planned for circumstances where injuries or other accidents occur, and they have mitigating procedures and plans in place to resolve the issue while maintaining all government guidance.
4. Ensure you have enough food and hydration for the session.

### **GENERAL RULES FOR ATHLETES AND RUNNERS IN TIER 3:**

1. You must register with the designated Club Coach on attendance at a Tuesday or Thursday evening session under club auspices. This enables Track and Trace.
2. No socialising is allowed before or after training.
3. Changing rooms and toilets are likely to be closed.
4. Within Horsfall Stadium (a Covid-secure environment): groups larger than six are permitted but must adhere to a ratio of 1 coach to 12 athletes for any groups of Under-18s.

5. Outside Horsfall Stadium (road or off-road): running is permitted in groups no larger than six.
6. Maintain social distancing at all times.
7. Any athletes or runners in high-risk groups or those with disabilities should follow any medical guidance they have been given about ensuring good health and welfare. If there are further concerns, athletes should consult their medical or national organisations for support and best practice.
8. Disabled athletes and runners requiring support are permitted to bring one carer with them to training provided this person is part of their normal 'family' unit. This includes athletes with an intellectual impairment, athletes needing support tying shoelaces, changing, stretching etc.
9. Coaches and run leaders must pay attention to and take responsibility for social distancing in their groups. If training groups are working around bases (different activities), ensure that there is a time buffer so that groups do not congregate.
10. Be considerate of emergency services at this time; built in precautions, mitigations to avoid injuries or accidents, and be consciously cautious.

#### SPECIFIC GUIDELINES

1. If you are likely to use any equipment (shots, hurdles, etc.), bring hand sanitiser and use regularly after touching any equipment.
2. Ensure that any such equipment has been cleaned before and after use.
3. Do not congregate in groups and maintain social distancing of two metres with other athletes or coaches.
4. Track events:
  - a. Hurdles can be used by a coach and athlete provided the equipment is thoroughly cleaned according to guidance before and after each session.
5. Field events:
  - a. High Jump: the mat must be cleaned after every 12 jumps
  - b. Long/Triple Jump: the sand pit must be turned and raked after every group has jumped, and raked after each jump. Rakes and measuring tapes must be managed by one person
  - c. Throws: equipment should be used by one athlete, i.e., not shared, and thoroughly cleaned after the session.
6. Road and off-road running: be considerate of emergency services and undertake a risk assessment of the route, to minimise the possibility of accidents or injuries. Ensure that each group has a mobile.

The Club Secretary

with the agreement of the committee of Bradford Airedale Athletics Club.