

CMRC Covid-19 Action Plan:

Risk Assessment has been completed and shared.

<https://drive.google.com/file/d/1OE4ID6RHp7YhXOc-Q9SeXU1r5ZtEiHQZ/view?usp=sharing>

Covid Officer/coordinator (Andie Ford) appointed.

All members contacted and asked to update their personal information on the members portal with particular attention to their health and emergency contact details.

Initial return to training to focus on Tuesday evening's, Monday and Friday mornings only. Thursday evening social runs suspended until all coaches are available to fulfil a roster.

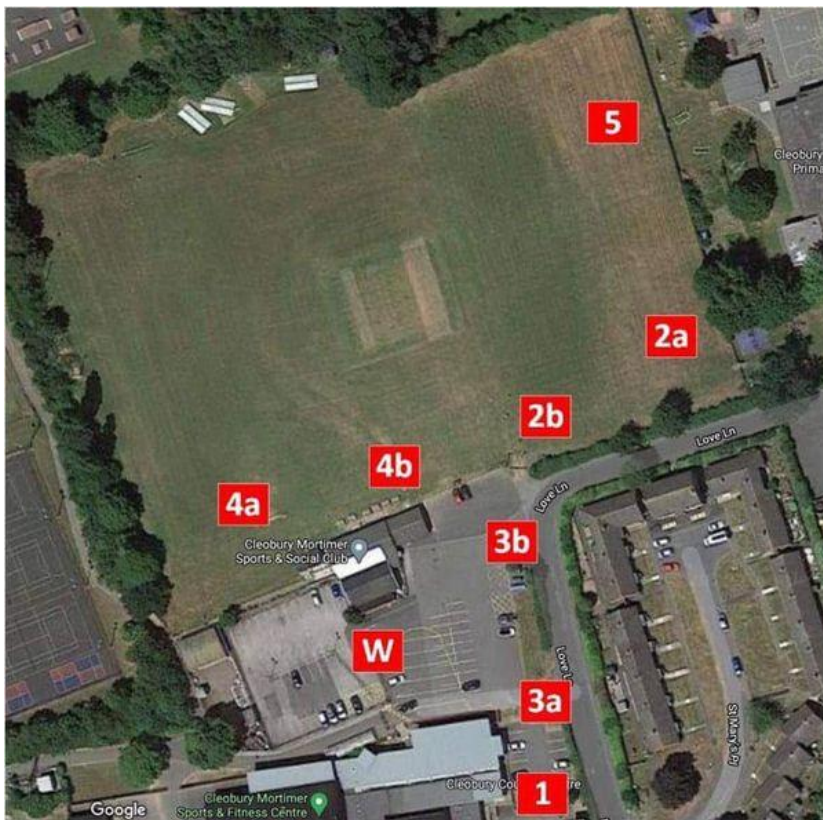
The following leaders/coaches are available and happy to lead: Jo W, Andie, Ade, Ian, Pauline, Jo H, Lisa G, Lindsay, Sian, Rachel and Lisa B.

Tuesday evenings:

There are now 9 groups as 4,3 and 2 have split into two to cope with demand. This makes:

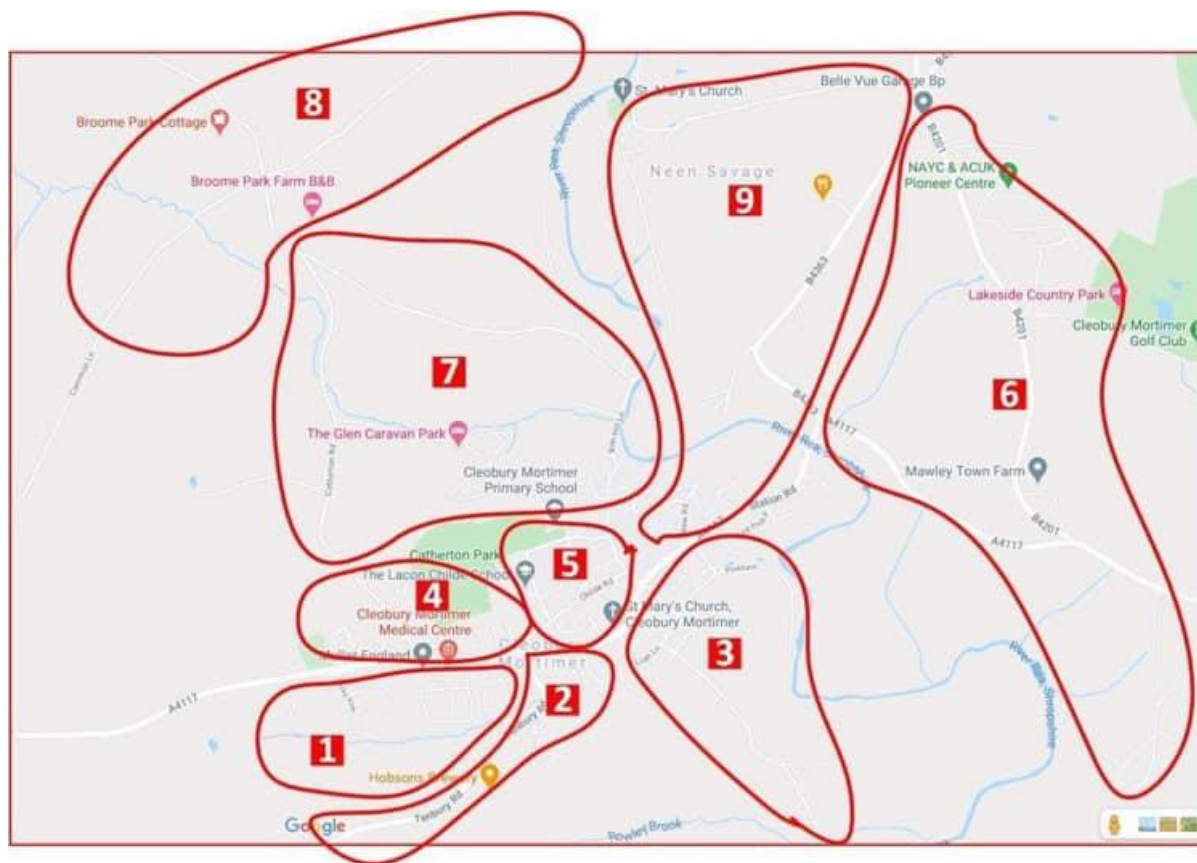
Group 1, Group 2 and b, Group 3 a and b, Group 4 a and b, Group 5, walkers (if required). Groups may be split further or merged depending on attendance.

We will meet at different locations around the Sports Hall car-park and playing field as follows to avoid mixing:



There will be a maximum of 12 runners per group as we are a Covid-Secure Environment.

Each leader will choose an area to train their group in, in advance of the session. Training Zones are as follows:



Everyone must pre-book using the following link: www.bookwhen.com/cmrc Walk ups are not permitted. The booking form will ask them to declare themselves fit to run and to stay away if unwell. Anyone unwell will be turned away.

Booking for the Tuesday sessions must be made before 5pm that day so that leaders can be allocated and groups merged or split if necessary.

Runners will be advised to park away from the meeting points to avoid congregating before and after the session.

No toilets or changing available as Sports Hall is closed. Runners emailed to let them know where the public toilets are.

Coaches and leaders will carry hand sanitizer in their first aid packs and masks.

Equipment should not be shared. Avoid using it if possible. If necessary, clean it before and afterwards.

Runners must carry their own possessions and not pass things between themselves or to leaders.

No one is obliged to carry out first aid - it will be at the leader's discretion. This will be made known via the risk assessment which is shared with all members.

Coaches/leaders to ensure social distancing within groups at all times.

Monday and Friday Social Runs

These will also re-start with members booking in advance. Two groups will run different routes on a Friday. One group on a Monday as before. 12 runners maximum per leader.

Further information regarding Covid-19 can be found here:

<https://www.gov.uk/coronavirus>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

And information regarding running and Covid-19 can be found here:

<https://www.englandathletics.org/athletics-and-running/news/coronavirus-statement/>

Should anyone have any signs/symptoms of Covid-19 after running with the club, or receive a positive test they must notify us immediately and follow the government guidelines on isolation and Track and Trace. They must also complete this form <https://www.uka.org.uk/governance/health-safety/covid-19-form/> and submit to UK Athletics.