



Club Rules during the COVID-19 Pandemic

Written 27th July 2020

The club is following the guidance issued by England Athletics which will be updated from time to time in line with government advice. The latest guidelines are:

<https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/>



Rules for Everyone, athletes, coaches and parents/carers:

- When using the University of Cambridge's facilities, their rules must be followed
 - Their staff's instructions are to be followed
- Only those with confirmed places may attend a training session with a coach, regardless of location
- All athletes register their interest in a training session using the club's website booking system or a coach's system
- Turn up for your training session on-time and leave quickly afterwards when there is a follow-on session
- Do not turn up more than 10 minutes early when there is an earlier session
- Any queries regarding training sessions other than Monday's Junior Academy, email: trainingbookings@cambridgeandcoleridge.org.uk
- Any queries regarding training at Monday's Junior Academy, email Ric Park: Monday@cambridgeandcoleridge.org.uk



Parents/Carers

- For U13s at all sessions and U15s on Mondays, we strongly request that you stay at the track, waiting somewhere socially distanced in case there are any accidents.
 - In the case of First Aid being required, it will be much safer if someone from the same household is able to administer the necessary help.
- Please help to provide a strict non-overlap between the early and late sessions by taking athletes promptly at the end of the early session and not arriving more than 10 minutes before the later sessions

Minimising Risk of Infection Spread

- 1) NO INDIVIDUAL (COACH, PARENT, ATHLETE, VOLUNTEER) SHOULD ATTEND A SESSION IF THEY HAVE REASON TO BELIEVE THEY MAY HAVE COVID-19 OR HAVE RECENTLY COME INTO CONTACT WITH ANYONE WHO HAS.
- 2) Everyone should wash their hands, following government guidelines, before arriving on-site and again after leaving
- 3) Anyone who needs to touch any equipment (e.g. hurdles, starting blocks, throwing implements) should thoroughly clean the equipment before handling and again before returned to the stores or allowing another person to handle the equipment.
- 4) The covered seating at the start of the 100m and near the throwing areas should not be used for sitting, only storage of belongings and should not be touched.
- 5) Everyone should follow the procedures laid down by the university with regards to entering the building to use the toilets
- 6) It is everyone's responsibility to avoid any actions or behaviours that could increase the risk of transmission, for example touching other people's belongings or equipment; or coming within 2m of another person.
- 7) When breathing heavily during a training session, athletes should increase social distancing as much as possible

First Aid

Where a trained first aider is available on the Wilberforce Road site, to minimise risks the following procedure will be used wherever practicable:

- a) The First Aider will assess whether it is possible for the individual or someone present from their household to administer the necessary actions under instruction
- b) If this is not possible, the First Aider should put on the provided PPE before coming closer than 2m and contacting the individual in need to assistance

Special notes

- There will be no access to indoor changing facilities, so athletes will need to arrive or leave in their training clothes. PLEASE DO NOT USE THE TOILETS AS CHANGING ROOMS.
- There will be no High Jump or Pole vault available due to the cleaning requirements between jumpers.