

Bournemouth Athletic Club

Club Activity 2021

Covid 19 Plan and Guidance

Approved by Committee on 24th March 2021.



Version Control – 2021 Edition

Version	Date	Status
1	24 th March 2021	Approved by Committee

1. Introduction

- 1.1. This plan has been approved by the Committee of Bournemouth Athletic Club. It sets out plans for a return to activity following the 2021 Covid 19 lockdown.

The decision on whether to take part in any club activity is up to each individual, or their parents or guardians.

The plan has been prepared in good faith. It will be updated from time to time in accordance with guidance, including that from the Government, England Athletics and BCP Council.

Government and England Athletics guidance supersedes information and guidance contained in this Plan. We recommend that you always stay up to date with the latest government guidance and any subsequent guidance produced by England Athletics.

Please note the disclaimer contained in Section 3 of this plan.

2. Background

- 2.1. It is planned to resume club activities on 29th March 2021.

Should club members / participant(s) fail to follow Government, England Athletics, BCP Council and Club guidance club activities may immediately be stopped without notice.

This action may be taken by any three of the Chair, Vice-Chair, Secretary, Treasurer, Membership Secretary, Coaching Coordinator or President.

- 2.2. This plan was developed in response to guidance from England Athletics.

See:

- General guidance: <https://www.englandathletics.org/athletics-and-running/news/guidance-update-2021/>

including

- Four Step Road Map: <https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2021/02/Athletics-and-Running-Roadmap-v5.pdf>
- EA guidance for athletes, coaches and clubs: <https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2021/02/EA-Covid-Operations-Guide-for-Training.pdf>

- 2.3. Review

This Plan and the supporting Club Covid 19 Risk Assessment will be reviewed when new guidance is issued or as necessary.

- 2.4. Communication

This Plan, the Club Covid 19 Risk Assessment and the EA Guidance will be published on the club website and Facebook page.

All members for which the club has an email address shall be emailed the Plan and Club Covid 19 Risk Assessment.

Signage advising of existence of plan and requirement for any without email to check club website regularly or ask in the office.

3. **Disclaimer**

- 3.1. The information contained in this guidance is given in good faith but any liability of Bournemouth Athletic Club to you or any third party which may arise out of the reliance by you or any other party of the contents of this guidance is hereby excluded to the fullest extent permitted by law.

We would strongly recommend that you consult professional advisors on specific issues before acting or refraining from action on any of the contents of this guidance.

4. **Responsibility**

- 4.1. This Plan and the Club Covid 19 Risk Assessment has been approved by the Club's committee.

- 4.2. This Plan and the Club Covid 19 Risk Assessment is based on a 'Quadruple Lock' principle:

- 4.2.1. The partners in the Quadruple Lock are the Council, the Club, the Coach and the Athlete.

This means that the **Club** accepts its responsibility to use its best endeavours to ensure that club activities take place in a safe environment.

However, a role is also played by the Council, the coach and the Athlete.

See: <https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2021/02/EA-Covid-Operations-Guide-for-Training.pdf>

The Council has published their own risk assessment and has received a copy of this plan and the club's risk assessment.

- 4.2.2. **Until Step v4 of the Covid-19 Roadmap is reached (at 6th March this is anticipated to be from 21st June 2021), the Club has made it a condition of participating, in any role, in any club activity that:**

1. **Any person using track, other facilities or equipment follows current England Athletics guidance, see section 2.2 (above)**
2. **Any person using track, other facilities or equipment must carry out a risk assessment before the activity begins. Think twice > Not safe - too busy or not clean > Head Home**
3. **Any person using track, other facilities or equipment brings their own supply of sanitiser and other necessary cleaning material to the Kings Park Athletic Centre and is prepared to undertake cleaning as appropriate;**
4. **Any person using track, other facilities or equipment cleans their hands before any activity in accordance with government guidance;**
5. **A person may not take part in any club activity if:**
 - **You have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)**
 - **You have tested positive for coronavirus – this means they have coronavirus**
 - **Someone you live with has symptoms or tested positive**
 - **Someone in your support bubble has symptoms and you've been in close contact with them since their symptoms started or during the 48 hours before they started**
 - **Someone in your support bubble tested positive and you've been in close contact with them since they had the test or in the 48 hours before their test**
 - **you've been told you've been in contact with someone who tested positive**

Source: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

6. Any person using track, other facilities or equipment who tests positive for Covid 19 shall advise their coach quickly in order that the club may notify others with whom they may have been in close contact. They must also complete the UKA Covid 19 tracking form. <https://www.uka.org.uk/governance/health-safety/covid-19-form/>
7. Any person using track, other facilities or equipment must be willing to complete an on-site health check, which may involve a non-contact thermometer check
8. Anyone (and particularly athletes and runners in the higher risk groups) using track, other facilities or equipment must should follow any medical guidance they have been given about ensuring good health and welfare. They should consider consulting with their medical or national organisation for support and best practice.
9. Finally, participants are required to refrain from spitting.

5. Return to Athletics and Running - Timetable

- 5.1. Government guidance has been interpreted by England Athletics. The Club has interpreted the guidance as follows:
 - 5.1.1. 29th March 2021 - outdoor sports facilities can reopen and limited Club activity resumes:
 - Organised outdoor athletics and running activity that is Covid-secure restarts for children and adults – with no limit on numbers
 - Outdoor within-club competition can take place without a licence
 - Outdoor competition can take place with a licence
 - No spectating permitted other than parent / carer supervision (one per athlete)
 - 5.1.2. Plus, no earlier than 12th April 2021:
 - Organised indoor group training for under 18s and disabled people resumes
 - 5.1.3. Plus, no earlier than 17th May 2021:
 - Spectating permitted
 - Organised indoor group training for all resumes
 - 5.1.4. Plus, no earlier than 21st June 2021:
 - Club and competition activity returns to normal – no legal limits on social contact

5.2. Covid Secure

This plan aims to comply with the government's guidance on managing the risk of Covid-19. The club has:

- Carried out a Covid-19 risk assessment and shared the results with the people who work here
- Cleaning, handwashing and hygiene procedures in place
- Encourages everyone to maintain a 2m distance and where people cannot be 2m apart, has issued guidance seeking to manage transmission risk

6. Coaching

- 6.1. Until Step 4 of the Covid-19 Roadmap is reached (at 6th March this is anticipated to be from 21st June 2021) anyone running an activity must capture pre-activity health information including participant contact details. They must also ensure that the participant understands and meets the requirements detailed in section 4.2.2 above.

6.2. From 29th March 2021:

- organised athletics and running activities can take place in unlimited numbers if it is within a Covid-19 secure environment;
- non-coached activity and activity not within a covid secure environment is limited to groups of six.

Each coach is able to train 12 people at one time so in an organised group setting, multiple coaching/training groups can be run if the requisite number of coaches/leaders are present.

Sessions that include children and young people under the age of 18 should be meticulously planned to ensure their needs are catered for. If there are more than 12 young people in any group there must be at least 2 coaches/ leaders to meet 1:12 coach/ leader ratio.

6.3. Until Step v4 of the Covid-19 Roadmap is reached (at 6th March this is anticipated to be from 21st June 2021):

- Coaches and leaders should not be working with multiple groups across different areas of a facility. However, they may work with one group after another;
- Coaches should ensure that an appropriate time buffer is built in between training sessions. The appropriate time should be determined based on enabling social distancing as well as allowing for adequate cleaning to take place;
- In order to lessen the likelihood of large groups congregating, coaches should encourage athletes to arrive just before their session and leave promptly afterwards.
- Social distancing and hygiene is to be maintained and is key within a Covid-19 secure training environment.

6.4. From the resumption of Club Activity on 29th March 2021, in order to allow organised athletics and running activities to take place in unlimited numbers, the club aims to provide a Covid Secure Environment.

Key requirements for a COVID Secure environment

1. Covid-19 Officer is in place
2. A venue must develop a COVID action plan and risk assessment
3. All activity must comply with Government guidance around social distancing before, during and after an activity.
4. All clubs and coaches must capture pre-activity health questionnaires, including participant contact details which can be shared upon request with the government's Test and Trace initiative
5. Clubs, coaches and event managers must ensure everyone at the session maintains good hygiene and that provisions are in place to allow for this
6. Sessions that include children and young people under the age of 18 should be more meticulously planned to ensure their needs are catered for

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

7. Social Distancing / Spectating / Safeguarding

7.1. Section 7 applies until Step v4 of the Covid-19 Roadmap is reached (at 6th March this is anticipated to be from 21st June 2021).

7.2. Whilst recognising this will not always be possible, it is important to be aware that the risk of infection increases the closer you are to another person with the virus, and the amount of time you spend in close contact with them.

The government recommends that you keep two metres away from people as a precaution or one metre when you can mitigate the risk by taking other precautions in this list.

Source: <https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home>

7.3. In order to minimise risk, spectating is not allowed.

SAFEGUARDING – The attendance of a parent or guardian or a carer may be necessary, for instance, to risk assess whether they wish the person for whom they have responsibility to participate in an activity, to help ensure that social distancing is maintained. This should be limited to one per athlete where possible.

Where a parent / carer needs to stay at a training session for safeguarding reasons, they should use the space outside the fence around the running track but within the security fence.

Otherwise, those not participating in or facilitating a training session should not enter Kings Park Athletics Centre. For avoidance of doubt this means inside the security fencing which surrounds the entire venue.

8. Training Sessions

8.1. Major work is underway improving the facilities at Kings Park Athletic Stadium. This is planned to be complete by 12th May 2021.

Until it is complete coaches will need to making alternative arrangements for training sessions. The Coaching Coordinator, Tim Ward, can advise on options. **Coaches must ensure that they have risk assessed activities and have supplies of cleaning materials.**

8.2. From the reopening of Kings Park Athletic Stadium:

- Tuesday Evening
- Thursday Evening
- Sunday morning

Wednesday Development Night will resume in stages from the reopening of Kings Park Athletic Stadium.

Coaches must work with the Coaching Coordinator to stagger sessions to ensure that social distancing is maintained.

9. Covid 19 Mitigation Measures

9.1. BCP Council

The Covid 19 Coordinator will liaise with the Council to seek to ensure that appropriate measures are taken by both Council and Club.

9.2. Key People

- England Athletics requires that the club appoint a **Covid 19 Coordinator** – this is the Club Chair, Robin James. Email: secretary@bournemouthac.co.uk
- The Covid 19 Coordinator will be supported by on track **Duty Covid 19 Coordinators** (DC19Cs). Their role is to monitor this Club Plan and Guidance and the complementary Risk Assessments. They will liaise with club members regarding compliance and will report concerns to the personnel listed in section 2.1.

At 29th March 2021 the Duty Covid 19 Coordinators are Hazel Bates, Dave Pain, Dani Marshall and Paul Dowson. Email: secretary@bournemouthac.co.uk

- **Coaches** – licenced by England Athletics and required to follow EA guidance. Coaches shall keep a register of attendees to enable contacts to be tracked and traced if an attendee subsequently tests positive for Covid 19.
- **Welfare Officers** – Fiesta Matthews and Simon Hearn. email: bacwelfare@hotmail.com

9.3. The role of the Covid 19 Coordinator

The COVID-19 Coordinator role is not expected to take full responsibility for all health and safety, or risk assessment protocols implemented by the club. It is the responsibility of the club committee and key officers/volunteers to ensure protocols are implemented and reviewed across the club with the COVID-19 Coordinator acting as the key point of contact for related matters.

- Liaising with the facility manager/landowner in relation to all matters concerning COVID-19.
- Producing site-based risk assessments ensuring that the club is compliant with government guidelines. These will need to be updated when guidance or club activity changes or evolves.
- Ensuring all necessary levels of risk mitigation are in place prior to training.
- Clubs 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 ensuring compliance of social distancing measures during training sessions.
- Ensuring that volunteers, coaches/leaders, athletes, and parents/guardians are adhering to this guidance.
- Ensuring that the club complies with the facility restrictions and guidance.
- Ensuring the club has a process in place for capturing details of all members / participants who take part in every club session to ensure they are able to support the UK government track and trace programme.

(Source: EA Guidance for Affiliated Clubs, published July 2020.)

9.4. Risk Assessment

A Club Covid 19 Risk Assessment has been completed.

Coaches undertake a risk assessment of every activity and can produce this upon request to the Coaching Coordinator.

Anyone considering participating in a club activity must carry out their own risk assessment before undertaking any activity. The overriding principle must be:

Stay Safe > Protect yourself and others

9.5. Cleaning Materials

The club will keep stocks of the following:

- PPE – Visors, Plastic Aprons, Gloves and Masks
- Hand Sanitiser
- Antiseptic surface wipes
- Paper Towel (or similar)
- Anti-bacterial / virus spray
- Gloves
- Bins and liners for disposal of used material

These will be available in the office and in the vicinity of Container No.1

Stock level checks and ordering will be carried out by the Duty Covid 19 Coordinators working with the Treasurer.

Once training at Kings Park Athletics Stadium resumes, cleaning materials must not be taken from the stadium. Doing so risks the need to stop all club activities.

Used cleaning material must be placed in the bins provided. The Duty Covid 19 Coordinator will seek to ensure that bins are kept safe and emptied regularly by the Council.

9.6. Signage

The club will produce signage for:

- Equipment Storage areas
- Office

The club will monitor signage provided by the Council for:

- Toilets
- Cages / Beds / Pits / Stand
- Front Gate
- Track

and provide additional signage if necessary.

9.7. Access to Kings Park Athletic Centre

The front pedestrian gate should be kept open during the session.

The office, club room and equipment storage areas shall be out of bounds to anyone not needing to enter.

The café and stand are currently shut.

Cleaning materials shall be kept in the office and in Storage Container No.1.

Any surfaces that may be touched, for instance door handles, shall be regularly cleaned using antiseptic wipes or spray. Used materials shall be placed in the bin provided.

9.8. The Office / Clubroom

There is a limit on the number of people who should be in the office at one time. This is 1 person per 100 sq. feet of floor area. The usable space in the office / clubroom is 324 sq. feet. The maximum number of people who may be in the office / clubroom at one time is therefore THREE (3)

A rota will be arranged by Hazel, Juliet and Wynne detailing who is staffing the office during opening periods - no one else should be admitted without the approval of the person staffing the office.

The following guidelines shall apply:

- Where possible enquiries be dealt with at the doorway - without the enquirer entering the office.
- Face masks should be worn;
- Signs detailing these restrictions be displayed;
- Use Hand Sanitiser before entering area;
- Any surfaces that may be touched, for instance door handles, should be regularly cleaned using antiseptic wipes or spray. Used materials should be placed in the bin provided.

A First Aid kit and associated PPE including gloves and masks are available.

9.9. The Stand and Equipment / Storage Areas

Access is limited to people who need to be there.

Use Hand Sanitiser before entering area.

Any surfaces that may be touched, for instance door handles, should be regularly cleaned using antiseptic wipes or spray. Used materials should be placed in the bin provided.

Equipment must be cleaned before and after use.

9.10. Toilets

Initially two toilets will be open – the downstairs men’s and women’s toilets. It is expected that other toilets will reopen later.

These toilets now have a soap dispenser and the Council will provide bin, liners, soap stock, cleaning material and disposable gloves.

Everyone using a toilet has a duty to keep the facility clean.

The Duty Covid 19 Coordinator will keep an eye on the toilet during club sessions but is NOT a toilet cleaner. The toilet will be closed if considered unsafe.

9.11. First Aid

There will be first aid incidents at the track. The Club will follow the spirit of Resuscitation Council UK guidance: <https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19>

This acknowledges that, whenever first aid is carried out, particularly on an unknown victim, there is some risk of cross infection.

For instance, associated with giving rescue breaths during CPR (but see below). Normally, this risk is very small and is set against the inevitability that a person in cardiac arrest will die if no assistance is given.

There will be other less serious first aid incidents at the track. It is not practical to prescribe the action to be taken in each case. First aiders should risk assess each case and take appropriate action given the type of incident.

The Club will provide PPE in the office including visor and plastic apron.

9.12. Gym

The gym will reopen in stages:

- From Step 2 of the Covid-19 Roadmap (at 6th March anticipated to be from 12th April 2021) for individual or household groups and for organised group training for U18s and disabled people;
- From Step 3 of the Covid-19 Roadmap (at 6th March anticipated to be from 17th May 2021) for individual or household groups and for organised group training for adults and children.

The following rules will apply to use of the gym. If it becomes clear that users are not following the rules the Committee can have no alternative but to close the gym.

In order to reduce the risk of spreading Covid 19:

- Access to the gym is limited to pre-booked groups. One-hour sessions will be bookable. A booking sheet will be available in the gym. Coaches will be able to book for their group as soon as the list is posted. Individual members can book a maximum of 7 days in advance. Coaches must liaise with colleagues to ensure fair access for all. The Gym Manager and the Coaching Coordinator may reallocate sessions if it is considered that a coach or member is not acting reasonably.
- Users must practice social distancing.

- The usable space in the gym is calculated to be 760 sq. feet. The maximum number of people who may be in the gym at one time is therefore SEVEN (7). Equipment will be spaced to optimise use of space.
- During use the door to the gym should be left open and windows opened.
- Athletes are encouraged to take equipment outside the gym and train in the open air
- Surfaces that may be touched, including equipment, must be cleaned before and after each use.
- The athletes own Hand Sanitiser should be used before and after use of each item of equipment
- As Social Distancing cannot be maintained, spotters and others supporting an athlete must wear a face mask
- Do not spot bench press from behind unless by a member of the same household or a support bubble. This avoids potential close 'face to face' contact
- Where possible, use 'fixed teams or partnering' (so each person works with only a few others)
- Senior athletes training as individuals and coaches must keep a record of who has attended the gym and when.
- The shower will not be available for use.
- In order to reduce potential contamination of surfaces, athletes are encouraged to commence training in clean kit
- Do not leave clothing or water containers in the Gym - they will be thrown away

The following will be provided for gym users use:

- Surface wipes
- Paper Towel (or similar)
- Anti-bacterial / virus spray
- Bin and liner for disposal of used wipes

9.13. During Competition

Event Guidance and Rules; for athletes, officials and spectators, must be produced by meeting manager in consultation with the Covid 19 Coordinator and Track / Field Referee. Examples are available from Robin James, Janet Dickinson or Tim Hughes.

See event specific issues below. Plus

- Require pre-competition completion of health questionnaire by competitors (and any one attending with them) and officials.
- Collection of Test and Trace data by Meeting Manager - to be kept for 21 days.
- On the day verbal check of competitors and officials – any symptoms / any contact with anyone with Covid 19. Non-contact thermometer check
- Athlete to have temperature check on arrival.
- No spectating, however, under 18 and Vulnerable Adult athletes may be accompanied by one other person – a parent or guardian
- Athletes to maintain social distancing from one another during warm up.
- Athlete to keep personal belongings within a small area to reduce contamination risk.
- Athletes not to share water or food.
- Only competitors or officials in event area

- Accredited coaches may stand in designated area
- All to social distance.
- Officials and organisers to monitor behaviour of anyone in vicinity of competition
- Athletes and officials to use hand sanitiser as necessary – including before touching an item of equipment.
- Site supply of surface wipes, hand sanitiser, anti-bacterial / virus spray, paper wipes and gloves at competition area..
- Site bin with liner for waste.

9.14. Track

- All users must maintain Social Distancing.
- Access to the track is limited to coaches and athletes training on track or accessing the infield.
- Any straight-line races or training must be limited to number of participants recommended by England Athletics.
- Surfaces that may be touched must be cleaned before and after use, for instance, starting blocks, barriers or hurdles.
- The club will provide stocks of Surface wipes, Paper Towel (or similar) and Anti-bacterial / virus spray. Council Bins and liners shall be used for disposal of used materials

During Competition

- Lead officials to ensure that hard surfaces are cleaned regularly and between users, for instance: starting blocks, starters stand, track judges stand, timekeepers stand.
- Officials and organisers to encourage athletes to use their own equipment, e.g. starting blocks.
- Stadium starting blocks to be cleaned between athletes.
- Hurdles to be cleaned if knocked by an athlete.
- Barriers to be cleaned between groups of races
- Consider having marshals at start and finish areas responsible for cleaning, to encourage athletes to social distance and to leave finish area promptly.
- Officials to practice social distancing – consider moving stands back so that more officials can stand on the ground
- In the case of races where athletes start in a straight line (e.g.100m), to call up athletes just before race and start the race as quickly as possible.

9.15. Cross Country and Road Running

Pre-run

1. Meeting point to be in area where social distancing can be maintained.
2. Different groups will have different meet points.
3. All Members will be encouraged social distance and maintain a 2-metre gap.
4. Hand gel will be available.
5. Start times of the different runs will be staggered to reduce number of people in same area.
6. Group leaders will record participants for test and trace purposes.
7. Participants to be encouraged to turn up just in time for group run they taking part in.

- Members will be told not to turn up if they have a high temperature or any symptoms. Government guidance about self-isolating must be followed at all times.

During Run

- Run groups to set off in staggered start times, with no more than 6 people setting off at any time. The ability of group members will be considered in order to reduce chance of different groups bunching.
- All runners will be reminded of the need to maintain a distance of 2 metres.
- Routes chosen will be pre-planned by run leaders with any potential pinch points considered for each run. Each group will have a member who knows the route to stop people becoming lost.
- Members of club will be reminded that members of the public have right of way at all times during run.

Competition

- Road Running and Cross-Country events often involve over 500 competitors.
- Any competitive event shall be the subject to the appointment of a Covid 19 Officer and a bespoke risk assessment.

Post Run

- All members shall social distance.

9.16. Vertical Jumps

At all times

- Only coaches and training athletes in training area – practice social distancing.
- Use Hand Sanitiser before entering area.
- Surfaces that may be touched must be cleaned before and after use. Clean hard surfaces that may be touched regularly. For instance, cover handles, bar and uprights.
- Pole grips must be particularly carefully cleaned. A pole should only be used by one athlete during a session and cleaned before and afterwards.
- Clean beds in accordance manufacturers and government guidance before and after each group of up to 12 athletes. The disinfectant used for this purpose must not damage or compromise the safety properties of the landing bed, or cause harm to staff, volunteers, or athletes. Milton Sterilising Liquid may be used. Advice on its use may be found here: <https://www.milton-tm.com/en/consumer/faqs>
- The club will provide stocks of Surface wipes, Paper Towel (or similar) and Anti-bacterial / virus spray. Council Bins and liners can be used for disposal of used materials.

During Competition

- Up to 12 athletes may compete in a group.
- Athletes and Officials to social distance.
- Disinfect bed between each group of up to 12 athletes.
- Athletes to bring their own markers.
- Poles should not be shared.
- Athlete should leave the bed via the nearest side to landing position.

9.17. Horizontal Jumps

At all times:

- Only coaches and training athletes in training area.

- Use Hand Sanitiser before entering area.
- Clean hard surfaces that may be touched regularly, e.g. rakes and shovels.
- The landing pit is fully cleaned by turning and raking of the sand before and after each group, and raked between individual athletes.
- A high mist spray of sterilising fluid of a suitable concentration may be used to neutralise the virus, this can be sprayed over the sand after use, as well as a turn and rake. Milton Sterilising Liquid may be used. Advice on its use may be found here: <https://www.milton-tm.com/en/consumer/faqs>
- Equipment such as rakes and measuring tapes should be managed by dedicated individuals for a particular session – i.e. one athlete or the coach and cleaned between one athlete's series of jumps or between sessions.
- The club will provide stocks of Surface wipes, Paper Towel (or similar) and Anti-bacterial / virus spray. Council Bins and liners can be used for disposal of used materials.

During Competition:

- Up to 12 athletes may compete in a group.
- Athletes and Officials to social distance.
- Disinfect pit between each group of up to 12 athletes.
- Athletes to bring their own markers.
- Lay out measuring tape along run way in order to reduce traffic up and down runway.

9.18. Throws

At all times:

- Only coaches and training athletes in training area.
- To reduce the need for cleaning implements, athletes must use hand sanitiser before taking a throw
- Coaches and athletes should ensure that, where possible, each implement is only used by one athlete and then thoroughly cleaned according to guidance before and after each session.
- Hard surfaces that may be touched must be cleaned regularly
- Chalk must not be shared by athletes
- During hammer in order to reduce need to clean gates – take groups of left and right handers together.
- The club will provide stocks of Surface wipes, Paper Towel (or similar) and Anti-bacterial / virus spray. Council Bins and liners can be used for disposal of used materials

During Competition

- Up to 12 athletes may compete in a group.
- Athletes and Officials to social distance.
- Athletes should use their own equipment or have an allocated implement they retain throughout the competition.
- Implement weigh-in must respect social distancing. Athlete should place implement on the scales.
- Clean circle between events.
- Dedicated official(s) retrieve implements – wearing gloves and using sanitiser.

9.19. Club Admin

Encourage online or Contactless Payments. Encourage paperless transactions

Meetings

- Encourage Zoom / Teams meetings. Provide support for less confident IT users.
- Committee to meet remotely.
- Face to face meetings to take account of government social distancing guidelines / regulations.

Committee members may be contacted via Email: secretary@bournemouthac.co.uk