

# Bournemouth Athletic Club

## Club Track and Field Activity

### Covid 19 Plan and Guidance

**[Applies from 3<sup>rd</sup> December 2020]**



#### Version Control

Version	Date	Status
1 - 5	June 2020	Pre-publication drafts
6	5 <sup>th</sup> July 2020	Approved by Committee
7	9 <sup>th</sup> July 2020	Addition of 'Stay Alert' logo. Amendment to 4.2.1 re Council RA and cleaning, 4.2.2 re spitting and positive test, 8.4 Cleaning Materials, 8.9 Toilets and new 8.10 First Aid.
8	16 <sup>th</sup> July 2020	Sections 2 amended. Revised Section 5 to allow for larger training groups. Old Section 7.2 deleted – it dealt with pre-resumption actions. Section 8.3 amended. New Section 8.11 (and renumbering of subsequent sections) Gym.
9	8 <sup>th</sup> August 2020	Revisions taking into account EA advice released c.4th August 2020. Major changes to Sections 4.2.2, 5.1, 8.2, 8.3, 8.7, 8.13 to 8.18.
10	8 <sup>th</sup> September 2020	Significant revisions to sections 2.2, 6.1, 8.9 and 8.13 to 8.17.
11	15 <sup>th</sup> November 2020	Significant changes to sections 2.2, 2.5, 8.8, 8.13 to 8.16 and 8.19.

## 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 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 Club agrees with BCP Council's advice:



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.

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

## 2. Background

- 2.1. Club activities resumed on 7<sup>th</sup> July 2020 with the agreement of the Council and the pre-commencement actions identified in this plan and associated risk assessments completed. Regular communication with the Council will take place.

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.

**Current second lockdown guidance can be found here:**

<https://www.englandathletics.org/athletics-and-running/news/new-guidance-announced-for-athletics-and-running-following-latest-national-lockdown-restrictions/>

**IT IS TO BE FOLLOWED UNTIL 2<sup>nd</sup> December 2020. It takes precedence over the guidance in the rest of this plan. The rest of this plan will apply post-second lockdown – this will apply post lockdown**

Post second lockdown guidance can be found here:

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

and here:

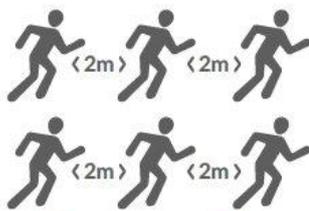
Account has also been taken of England Athletics statement published on 10<sup>th</sup> September 2020:

*England Athletics is pleased that club and group activity as well as competitions for athletics and running will not be affected by the new restrictions on the number of people allowed to meet up. The Government has now confirmed to Sport England that organised sports and activities which have been through return to play protocols will be allowed to continue as before.*

2.2.1. Health and Safety Guidance, published 19<sup>th</sup> June 2020, states:

*Resuming club activity will always carry a degree of risk associated with transmission of Covid-19. The risk cannot be eliminated unless you decide not to resume activity until there is an effective vaccine or cure, or the disease is eliminated from the UK. As a club you need to consider what are the key generic, operational and site-specific risks and how you can mitigate these risks by specific actions you take. The law does not expect you to eliminate all risk, but you are required to protect people as far as 'reasonably practicable'.*

2.2.2. In summary this advice is:



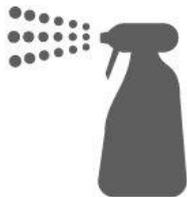
**Groups of 6  
or unlimited in  
a covid secure  
environment**



**Outdoor  
exercise only**  
(Indoor can open 25th July)

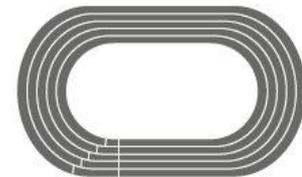


**Maintain  
2 metres at all  
times**



**Follow equipment  
hygiene  
procedures**

**Athletics and  
running for  
everyone**



**Follow  
venue  
guidance**



**Virtual challenges  
& competitions  
still available**



**Follow public  
guidance for health**



**Do not take part  
in activity if self  
isolating**

EA guidance to clubs is:

- A Covid-19 co-ordinator identified in each club to take responsibility for club plan and undertake the relevant risk assessments. These risk assessments and club plans must be in place before any activity can take place in order for insurance to be valid.
- In order for a club's insurance to be valid, the club needs to be affiliated to England Athletics.
- Clubs should consider, as an alternative, virtual options for large group training / coaching and committee meetings.
- Clubs should continue to liaise with venue operators for updates and guidance.

Club activity can then begin as per each individual club's plan based on government and England Athletics' advice.

2.3. This is the Club Plan referred to above.

The Club Covid 19 Risk Assessment has been completed and complements this plan.

2.4. Review

This Plan and Club Covid 19 Risk Assessment will be reviewed when new guidance is issued or monthly.

2.5. 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.

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

The Council will clean the toilets and hard surfaces including entrance gate handles and cage uprights on weekdays before 10am.

4.2.2. **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 they:
  - a. have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to their sense of smell or taste)
  - b. has been advised by the Test and Trace service that they have been in contact with someone who has tested positive for coronavirus
  - c. are waiting for a coronavirus test result
  - d. have tested positive for coronavirus – this means they have coronavirus
  - e. live with someone who has symptoms, is waiting for a test result or has tested positive
  - f. Are clinically vulnerable, meaning they are at higher risk of severe illness from coronavirus.

(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. Coaching

- 5.1. 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.

Clubs, groups and coaching/leading activity can now take place in unlimited numbers if it is within a Covid-19 secure environment, otherwise the limit of groups of six (including a coach or leader) remains. Each coach is able to train 12 people at one time so in a club/running 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. Young people sessions should have no more than 15 athletes in attendance. If there are more than 12 young people in any group you will need at least 2 coaches/ leaders to meet 1:12 coach/ leader ratio.

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 by the club, 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.

Informal activity or that outside the Covid secure environment must still be within two household units or groups of no more than 6.

Social distancing and hygiene is still to be maintained and is key within a training environment.

In order to allow large training groups, 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/>

## 6. **Social Distancing / Spectating / Safeguarding**

- 6.1. 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. Therefore, you are unlikely to be infected if you walk past another person in the street.

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>

- 6.2. In order to minimise risk, spectating is discouraged.

**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.

## 7. **Training Sessions**

7.1. From 7<sup>th</sup> July 2020:

- Tuesday Evening
- Thursday Evening
- Sunday morning

7.2. Wednesday Development Night remains suspended until further notice.

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

## 8. **Covid 19 Mitigation Measures**

### 8.1. 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.

### 8.2. 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](mailto: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 1.1.

At 28<sup>th</sup> June 2020 the Duty Covid 19 Coordinators are Hazel Bates, Dave Pain, Dani Marshall and Paul Dowson. Email: [secretary@bournemouthac.co.uk](mailto: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](mailto:bacwelfare@hotmail.com)

### 8.3. 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.)

#### 8.4. Risk Assessment

A Club Covid 19 Risk Assessment has been completed.

Coaches undertake a risk assessment of any activity and 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.

**Think twice > Not safe - too busy or not clean > Head Home**

#### 8.5. 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.

Cleaning materials must not be taken from the Kings Park Athletic Centre. 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.

#### 8.6. 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.

#### 8.7. 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, stand is 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.

#### 8.8. The Office / Clubroom

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.

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.

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

#### 8.9. 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.

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.

#### 8.10. 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.

#### 8.11. 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.

The Resuscitation Council UK recommendation in the case of cardiac arrest is:

- Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close

to the patient's mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.

- Make sure an ambulance is on its way. If COVID 19 is suspected, tell them when you call 999.
- If there is a perceived risk of infection, rescuers should place a cloth/towel over the victim's mouth and nose and attempt compression only CPR and early defibrillation until the ambulance (or advanced care team) arrives. Put hands together in the middle of the chest and push hard and fast.
- Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection.
- If the rescuer has access to any form of personal protective equipment (PPE) this should be worn.
- After performing compression-only CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative. They should also seek advice from the NHS 111 coronavirus advice service or medical adviser.

#### 8.12. Gym

The gym was thoroughly cleaned before reopening on 25<sup>th</sup> July 2020.

**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 leaving 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

#### 8.13. 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

- Athlete to have temperature check on arrival.
- Athletes should be accompanied by one other person only (parent or coach).
- 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
- If practical, allow coaches to stand in designated area away from any spectators
- All to social distance. Signs on fence requiring social distancing
- Monitor behaviour of anyone in vicinity of competition
- 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.
- Athletes and officials to use hand sanitiser as necessary – including before touching an item of equipment.
- Site table at competition site with supply of surface wipes, hand sanitiser, anti-bacterial / virus spray, paper wipes and gloves.
- Site bin with liner for waste.

#### 8.14. 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 / Barriers to be cleaned between groups of races or if knocked by athlete.
- 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.

#### 8.15. 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.
8. 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

1. 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.
2. All runners will be reminded of the need to maintain a distance of 2 metres.
3. 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.
4. Members of club will be reminded that members of the public have right of way at all times during run.

##### Competition

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

##### Post Run

1. All members shall social distance.

#### 8.16. 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 manufacturer's 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.
- Site table at competition site with supply of surface wipes, hand sanitiser, anti-bacterial / virus spray, paper wipes and gloves.
- Site bin with liner for waste.
- Athlete to leave the bed via the nearest side to landing position.

#### 8.17. 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.

## 8.18. 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
- No spitting
- 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.

## 8.19. 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](mailto:secretary@bournemouthac.co.uk)