

Springburn Harriers

Return to senior training guidance



INTRODUCTION:

Phase 3 of the Scottish Government route map out of lockdown allows a return to organised contact sports for all ages from 24th August. This document details the approach that Springburn Harriers will take when returning to formal club training for senior members. Our approach is based on the guidelines from Scottish Athletics and the Scottish Government. Guidelines may change and therefore this document may be revised from time to time.

This document describes the changes that will be made to our training sessions. It is important that everyone complies with these guidelines as we have a collective responsibility to keep each other safe.

From 24th August, physically distancing during the session is not required. However physical distancing is required before and after the session. During the session each group will form a “sporting bubble”. It is important that groups or bubbles do not mix with other groups.

BEFORE EACH SESSION:

Members must not attend a training session and should stay at home if they:

- Have been in contact with someone with COVID-19 in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 days
- Have COVID-19 symptoms (self-isolate for 7 days) or are feeling unwell; these include: a dry cough, a high temperature or loss of the sense of smell or taste.
- Have been told to self-isolate as part of the contact tracing measures in place

Sessions must be booked in advance. Available sessions will be published on our Facebook Memberzone and our website and will be bookable via EventBrite. Session times have been changed to ensure that congestion at Huntershill is kept to a minimum. Each session will be split into smaller groups led by a group leader, each group will be treated as a sporting bubble and groups must not mix or come within 2m of other groups or members of the public.

Parking at Huntershill Hub will be limited. Please park nearby and arrive on foot and warmed up ready for the start of the session. When arriving at Huntershill Sports Hub, please make your way to your group’s designated meeting point. Groups should not mix before, during or after the session. Physical distancing is required before the session. Please be mindful to give other users of the sports hub at least 2m space.

DURING THE SESSION:

Please note there will be no access to changing facilities, toilets or lockers. Please arrive appropriately dressed, warmed up and ready to begin the session.

The group leader will:

- Explain the track session, plan or road run route
- Explain how physical distancing will be maintained from other groups and members of the public

Springburn Harriers

Return to senior training guidance



- Take an attendance before the session (required for track and trace) and remind athletes of the symptoms that would prevent them from taking part
- On road runs the group leader should encourage the group to stay together, ensuring that everyone arrives back at Huntershill safely. Remember that everyone in the group has a duty of care over all other group members to ensure that the group operates safely and no one is left behind

WE ASK OF CLUB MEMBERS:

- Maintain physical distancing before and after the session
- There are no end-of-session handshakes
- Spitting is strongly discouraged
- Be mindful of members of the public and ensure the physical distancing is maintained with anyone outwith your own group
- No shared equipment will be used during the initial phase of our return negating the need for equipment cleaning protocols. If a stray football finds its way onto the track, please do not pick it up and return it. Instead keep well away and allow a footballer to safely retrieve the football and return to their own training area

The wearing of masks, gloves or other forms of personal protective equipment is not required. If members wish to wear them, please safely dispose of the PPE at the end of the session.

AFTER THE SESSION:

At the end of the session physical distancing must be resumed and groups must not mix. Please disperse from Huntershill as soon as the session concludes.

If, after a training session you develop any symptoms of Covid19, please follow Scottish Government guidelines. Go online to www.nhsinform.scot or call 0800 028 2816 to book a test.

If you are asked to provide details of recent contacts for the purposes of contact tracing, this should be done by providing the club welfare officer's contact details (welfarespringburn@gmail.com) to trace and protect. The club welfare officer will hold a record of who attended each session and their contact details.

A NOTE ON GENERAL WELFARE:

Please keep in mind that the last 6 months have impacted us all in a number of different ways. Our focus during our return to formal training sessions is to provide a safe environment for everyone, pace and distance are less important in these exceptional times.



Springburn Harriers

Return to senior training guidance

FORMAL CLUB PLAN TO RESUME TRAINING FOR SENIOR MEMBERS

	Scottish Athletics Guidelines	Pre-Pandemic Practice	Covid19 Solution
Club activity	Organised outdoor non-contact sporting activity can be undertaken by all ages with no physical distancing required on the field of play.	Club held formal training sessions on Tuesday and Thursday evenings at Huntershill Sports Hub. No limit on number of athletes training. Track training sessions and road runs delivered in line with club periodisation plan.	Smaller training groups each led by a group leader. Maximum group size will be in line with Scottish Athletics guidelines. Athletes must pre book before attending a session. Group leader will provide a pre session brief and oversee the session. Session plan/road run route will be planned in advance by a club coach.
Facilities	Gyms (including indoor sport spaces) will not open before 31st August.	Toilets, lockers and changing facilities available within the pavilion at Huntershill. Parking at Huntershill available to members during session times.	Access to pavilion will be limited. Toilet access will be available however there may be a queue. It would be advisable that athletes did not rely on ready access to toilet facilities. There will be no access to lockers or changing rooms - Please come to sessions suitably dressed. Due to a one way system implemented to ensure physical distancing drop off and pick up for children (footballers and our own junior section) parking will be extremely limited. Senior athletes are encouraged to park elsewhere and arrive on foot already warmed up.

Springburn Harriers

Return to senior training guidance



	Scottish Athletics Guidelines	Pre-Pandemic Practice	Covid19 Solution
Health and safety	Clubs should have access to first aid and emergency equipment. If there is no access to indoor facilities allowed, consideration should be made to first aid equipment externally	Access to first aid equipment via our own container at Huntershill and at the front desk of Huntershill. Access to a medical room within Huntershill.	Access to the pavilion at Huntershill will be extremely limited. Additional first aid kits will be issued to coaches/group leaders hosting track sessions. Each group leader will carry a mobile phone when leading a road run.
	Clubs and Coaches to conduct and record a symptoms check with athletes/coaches to and/or on arrival at training	n/a	Athletes will declare they are symptom free as part of the booking process. Each group leader will include a symptom check during the pre-session brief.
Booking, arrival and etiquette	Clubs using an athletics facility should agree with the operator the maximum capacity. Limits on the number of participants using outdoor facilities should be risk assessed to physical distancing can be maintained	No limit on athletes attending sessions. No booking required.	EDLC have not set a maximum number of athletes however they have requested that only coaches park in the car park. Instead athletes are requested to park elsewhere and arrive on foot already warmed up. Session times have been changed to ensure that congestion at Huntershill is kept to a minimum.
	Highly recommended clubs have a booking system, will assist with test and protect should it be required subsequently	n/a	Athletes must book into each session in advance. Booking system will capture contact information, this information will be held by the club for 21 days to aid with contract tracing.

Springburn Harriers

Return to senior training guidance



Scottish Athletics Guidelines	Pre-Pandemic Practice	Covid19 Solution
Clubs using public spaces should risk assess the training environment and activity to ensure that numbers attending are appropriate for maintaining physical distancing	n/a	Routes will be risk assessed to ensure that athletes can physically distance from members of the public (e.g. pavements are wide enough to allow passing, etc).
Instruct all attendees to ensure their club has their up-to-date contact details (phone and email)	n/a	Club has a contact details form which must be completed ahead of booking onto a session. Booking form will also capture telephone number and email address.
Attendees should: - arrive at the location at a specific time - always observe physical distancing - arrive in training kit - utilise toilet facilities in their own home	n/a	Members should arrive on foot, warmed up and meet their group at the agreed muster point. Members should arrive at training session individually (no car sharing) changed and ready to start training. Spitting to be strongly discouraged No end of session handshakes Wearing of masks or gloves is not mandatory. Members who wish to wear masks and gloves are responsible for ensuring safe disposal at the end of use.
Any attendees repeatedly not following the club directives should be asked to leave training and familiarise	n/a	Club will share guidance document with all members ahead of sessions resuming. Athletes booking onto sessions will agree to abide by guidance.

Springburn Harriers

Return to senior training guidance



	Scottish Athletics Guidelines	Pre-Pandemic Practice	Covid19 Solution
	themselves with the guidance prior to the next session		
Event specific guidance – Track running	One lane gap is not suitable for maintaining physical distancing whilst running side by side, ideally athletes should run side by side leaving 2m between them. Athletes running in single file must maintain a 5 m distance.	n/a	Although physical distancing is not required whilst operating in sporting bubbles each bubble must physically be distanced from other bubbles. At the pre session brief athletes will be advised which lanes of the track they may use during the session.
Cleaning Protocols	Where there is a requirement for athletes to share equipment, it should be thoroughly cleaned before and after use	n/a	No shared equipment will be in use to negate the need for cleaning protocols. If a stray football finds its way onto the track please do not pick it up and return it. Instead keep well away and allow a footballer to safely retrieve the football and return to their own training area.
Off track coaching and leading inc road running	Coaches should ensure they have carried out standard risk assessment of any training space or route.	Risk assessments required for each road run route.	Each route risk assessment will be reviewed.



Springburn Harriers

Return to senior training guidance

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Sessions set by a level 2 coach then carried out by group of individuals.	Road runs set by club coaches as per club periodisation plan. On completion of road run athletes checked back in to ensure they arrive back at the hub safely.	Road runs set by club coaches as per periodisation plan. Groups led by level 1 coach where possible, or group Lead. Group lead will oversee the group to ensure that group stays together and all athletes arrive back to the hub safely.