



Introduction

This Action Plan is drawn up using the guidance provided by English Athletics (EA Covid Operations Guide for Training) available [here](#) in order to comply with LFR providing a Covid 19 secure environment.

This Action Plan relates to LFR organised group runs whilst social distancing and Government Guidelines are adhered to.

The Risk Assessment may be found on the LFR website [here](#) and should be read alongside this Action Plan

The LFR Covid Coordinator are: Andy Stocks and Michael Dudley (aka Dougie)

Action Plan

1. Booking Systems:

- All organised club runs will be shown on the club website and must be pre booked by members.
- The booking system may be accessed [here](#)
- Instructions and further guidance on procedures will be shown on the website
- Members must confirm (using the booking site) that they do not have Covid19 symptoms or been in contact with someone with symptoms.
- Strictly no booking, no run.
- A limit on the number of places available shall prevent over booking
- Standard maximum group sizes shall be 1 Run leader plus 12 runners
- Larger groups shall be permitted providing there is also a designated tail runner and it is safe and reasonable to a maximum of 24 runners plus Leader and Tail
- The number of runners shall be agreed with the Captain, Covid Coordinators and Run Leader taking into account the planned route

2. Approved Routes

- The Captain will maintain a list of approved routes that Run Leaders may choose from
- Routes will be approved by the Captain and Covid Co-ordinator and may be submitted by any member for consideration.
- The Captains decision is final on whether a route may be approved
- Approval of routes will be subject to the considerations set out in the EA guidance, in particular:
 - Local authority guidance regarding use of certain areas
 - Avoiding narrow paths, alleyways, canal towpath
 - Suitable space at start/end of run for parking and social distancing
 - Avoidance of particularly busy areas

3. Available Runs

Covid 19 Action Plan for Group Running

- The Captain (or Vice-Captain) will decide on the list of available runs on a week by week basis for publication on the website
- The list of runs shall consider the guidance issued by EA, in particular:
 - Avoiding large groups by use of different meeting points and times
 - Routes that do not overlap too much
 - Mix of suitable pace and geographic location

4. Run Leader Responsibilities

- Check latest government guidance especially concerning social distancing and hygiene
- Check on latest EA guidance
- Check the associated Risk Assessment and follow guidance
- Only allow members that have pre booked to participate in the run
- Report any issues to the Captain
- Normal Run Leader guidelines also apply

5. Members Responsibilities

- Check latest government guidance especially concerning social distancing and hygiene
- Check on latest EA guidance
- Check the LFR Risk Assessment and follow guidance
- No socialising before or after the session
- Use the Booking system to run on an organised club run
- Follow guidance relating to confirmed or suspected cases detailed in the EA guidance as set out in Appendix C and summarised below.

Suspected Cases of Covid 19 Reporting

Please refer to the EA guidance that can be found [here](#) on page 13

Club Member develops symptoms

- Report to club Covid Coordinator when symptoms started
- Member to book test and start self-isolation
- Member may not attend any club activities
- Coordinator will inform members who have been in contact within 48 hrs and ask them to monitor own health
- Other members will be contacted by NHS T&T if required to self-isolate
- Club member may return after period of self-isolation and is symptom free

Club Member Gets Positive Test Result

- Club member to inform club COVID Coordinator with date of test
- Club member to self-isolate and follow advice from NHS T&T
- NHS T&T may contact club Coordinator and ask for details of other members
- Other members will be contacted by NHS T&T if required to self-isolate
- Club member may return after period of self-isolation and is symptom free

Covid 19 Action Plan for Group Running

One of Club Members household or support bubble tests positive or has symptoms

- Club member to self-isolate until member of household obtains test result
- Positive/ No Test – Self isolate per NHS guidelines, inform Covid Coordinator, return to club activities after self-isolation and no symptoms
- Negative result, no longer need to self-isolate may return to club activities, providing do not have symptoms

The Covid Coordinator will maintain discretion when sharing details and not specify names of those infected

Note: All government or NHS advice supersedes any information provided within this document.

Approved: Committee Meeting 4th March 2021

Reviewed and updated 16th May 2021