



## Introduction

This document is based upon guidance required for a Covid Action Plan provided by English Athletics (EA Covid Operations Guide for Training) available in order to comply with LFR providing a Covid 19 secure environment prior to 19<sup>th</sup> July 2021.

It has been updated to reflect the position from 19<sup>th</sup> July and incorporates plans for Return to Play (RTP) by Leighton Fun Runners.

The COVID 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)

## Return to Play (RTP)

By return to play, this is taken to mean to return to “normal” club arrangements as they existed prior to the pandemic. Although it is recognised some changes may always be in place

- We will take a gradual approach to returning to normal activities
- We will retain the ratios run leader/ runners
- We will Require runners to confirm they are not suffering from symptoms or required to isolate for all club activities
- We shall continue to capture data of runners/groups, not just for track & trace purposes but to help with understanding popular activities and from a H&S perspective of knowing who is attending.
- We will retain the booking system, but look to phase out for Tuesday Club nights and replace with an alternative way of capturing runners’ names
- We will trial capturing data using QR codes for data capture and phase out pre booking
- We shall continue to meet outside (rather than the club house) until such time that advice to meet outside where possible is withdrawn
- The club house may be used for occasional purposes such as serving tea/ cakes but additional measures to avoid crowding shall be put into place
- Keep Covid Coordinators, but review from time to time if this is still necessary
- Retain the covid risk assessment, but will incorporate in the overall risk assessment in the future

## Action Plan

### 1. Booking Systems:

- Members will be required to register using either the website or use of the QR code system
- The pre run booking system will be retained for non-club night (Tuesdays) activities but phased out for Tuesday nights
- An alternative registration method using QR codes will be introduced, and used on Tuesday nights

## Covid 19 Action Plan for Group Running

- Members will be required to declare they do not have Covid symptoms or required to isolate on the registration systems.
- The online booking system may be accessed [here](#)
- Instructions and further guidance on procedures will be shown on the website
- 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

### 2. Approved Routes

Run leaders shall be responsible for selecting the route taking into account the standard risk assessment and Covid Risk assessment, and continue to consider the following factors:

- Local authority guidance regarding use of certain areas
- suitability of narrow paths and alleyways and canal towpath for group size and how busy that route is
- Avoidance of particularly busy areas

However, there is no longer a requirement to submit routes for approval and to only selected approved routes.

### 3. Available Runs

- The Captain (or VC) will continue to publish plans of available runs for the week and this will move to a more regular pattern of:
- Tuesday Night Club Runs – meeting at Club Park and registering using QR codes
- With other nights retaining the booking system but fall into a more regular pattern (as before ) of Fartlek, Improvers, Trail runs etc.

### 4. Run Leader Responsibilities

- Do not participate if suffering from COVID symptoms or required to isolate
- Check latest government and NHS guidance
- Check on latest EA guidance
- Check the associated Risk Assessment and follow guidance
- Ensure members are registered (Either website or QR code)
- Report any issues to the Captain
- Normal Run Leader guidelines also apply

### 5. Members Responsibilities

- Do not participate if suffering from COVID symptoms or required to isolate
- Check latest government and NHS guidance
- Check on latest EA guidance
- Check the LFR Risk Assessment and follow guidance
- Use the booking system/QR code to register
- Follow guidance relating to confirmed or suspected cases detailed in the EA guidance as set out in Appendix C and summarised below.

# Covid 19 Action Plan for Group Running

## 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

### **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 4<sup>th</sup> March 2021

Reviewed and updated 3rd August 2021