RHEDEG CYMRU RUN WALES

GUIDANCE FOR CLUBS & GROUPS FOR A RETURN TO GROUP RUNNING

GUIDING PRINCIPLES

The safety and well-being of all athletes, runners, coaches, officials, volunteers and the wider community is at the heart of any guidance that Welsh Athletics is distributing.

The guidance that follows provides sport specific advice. It is important to say that any return to activity must take account of local conditions and any risk assessment for normal activities should be undertaken as well as ensuring that all government guidance around Covid-19 is taken into account.

It is the responsibility of each athlete, coach and facility to make that assessment based on their local environment. Risk assessment must take into account mitigations and plans for when activities do not go as expected. Planning scenarios around, for example, an injury occurring to an athlete andthe need to support that athlete while social distancing should be undertaken.

Health First	If you have any doubts or concerns about the risk to your health or that of others, stop and re-assess
Stay up to date	How will you make sure you, and those you're with, are following the latest guidance? Check the latest Welsh Government Guidance here.
Think ahead: Before, during, & after	What do you need to do before taking part? Have you assessed the risks? How will you get to and from where you're going?

When lifting restrictions please consider the following at a local level:

- ·Can the measures be implemented effectively in practice?
- ·How will you clearly communicate the changes to all without disadvantaging any parties?
- ·Will you need to provide extra encouragement or incentives to bring people back to the sport?
- ·Ensure you consider any consent issues – any decision to participate should be voluntary and informed.

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INTRODUCTION

Welsh Athletics and Run Wales have been working to develop guidance on how group running can be resumed now that the government has decided it is safe to ease some restrictions.

It covers five main areas:

1. Before the Run
2. Route Planning
3. Session Set-Up and Design
4. During the Run
5. After the Run

It is being provided to give transparency and clarity on current thinking about how the sport might resume in Wales in these extremely challenging circumstances, as well as give groups and leaders areas to consider when planning their future activities. This plan will naturally evolve further as restrictions and government guidelines change.

It is your responsibility to keep up to date with the latest government guidelines and COVID-19 associated restrictions – in line with the other 'guidance' documents.

If you have experienced any symptoms associated with COVID-19, it is your responsibility to act responsibly for your own health, the health of others and to protect the others…

Disclaimer:

Please note that the subject matter covered in this guidance is in no way exhaustive and the material does not stand on its own nor is intended to be relied upon as a substitute for obtaining specific legal advice. Individual circumstances will differ. The information contained in this guidance is given in good faith but any liability of Welsh Athletics Ltd or its professional advisors (including their respective members or employees) 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. Welsh Athletics Ltd and its professional advisors accept no duty of care or liability for any loss occasioned, whether caused by negligence or otherwise, to any person acting or refraining from actions as a result of any material in this guidance. 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.

This guidance has been prepared by Run Wales and Welsh Athletics Ltd

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GROUP RUNNING IN WALES UNDER COVID-19 RESTRICTIONS

There are many different types of Run groups and facilities, requiring “safe group running” procedures to be finalised and implemented locally. However, the fundamentals are the same throughout the sport. These procedures will include all aspects of the group running experience, from arrival at the facility / meeting point, to departure immediately upon completion of the session. Runners will be required to comply with rules on social distancing at that instance in time.

While each group will need to adapt its procedures to ensure compliance with government restrictions, the following aspects of group running, will need to be considered:

1 - Before the Run
2 - Route Planning
3 - Session Set-Up and Design
4 - During the Run
5 - After the Run

Appendix 1 - Test, Track & Protect
Appendix 2 - Group Covid-19 officer

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1 - BEFORE THE RUN

- Group to organise a system of communication and registration that ensures the safety of group leaders. Registration of ALL runners is a mandatory requirement to enable contact tracing (see appendix 1 - Track & Trace).
- From Monday 17th May, Wales moved to Alert Level 2 therefore the numbers permitted to take part in organised activities has increased to 50 people in outdoors and 30 people indoors. This will allow for a wider return to club and group activity in both indoor and outdoor settings. Those organising training sessions should follow this guidance and communicate clearly with participants what to expect and encourage compliance with any and all risk mitigation measures put in place.
- Whilst 30 is the maximum number outdoors, consideration of smaller groups to allow for safe delivery of group running activities should be considered. The ratio of 12:1 runners to leaders must be adhered to.
- It should be noted that multiple groups operating independently within an area is permitted however consideration will need to be given (via risk assessment) to the use of space available and ensuring that; within the area / areas being used, numbers do not exceed those outlined in Welsh Government guidance and are operating safely, independently with social distancing measures in place where applicable). Further information can be found in the 'Welsh Government: Sport, recreation and leisure: guidance for a safe return' (version updated 10th May).
- In relation to social distancing; guidance states that wherever possible efforts should be made to socially distance, and the numbers in attendance should always reflect the space available. Note: Adults should always social distance from one another. Further information can be found by visiting the Welsh Government guidance and FAQ's related to organised children's outdoor activities.
- The maximum number of runners in a group to be confirmed by the groups lead and must be in accordance with government requirements and their local risk assessment. Depending on this number it may be required to break the group into suitably sized 'subgroups'.
- Subgroups to be arranged prior to meeting and start times allocated.
- There is to be a minimum of 10 minute intervals between run subgroups, but longer intervals may be more appropriate depending on the facilities being used.
- Any changing facilities should be closed. Limited essential access (for example to use the toilets) may be allowed by the facility. This should operate in a one-in-one-out fashion with social distancing maintained at all times.
- Groups to communicate in advance with runners to advise on social distancing requirements that are being applied on arrival at the facility/meeting place, for example not leaving cars until a certain time before they are due to start.
- Runners should arrive changed and ready to start their session at their allocated time.
- Groups to have procedures in place to ensure social distancing requirements in

advance of runners setting off, in line with government requirements.

- No equipment should be shared or distributed i.e. leaders vests, first aid kits, etc. unless safe sanitising practices can be guaranteed.
- Groups should have procedures in place for the safe warm-up and cool down of participants, again in accordance with government guidance. For example giving priority of use to the runners in the next sub group or designating distinct areas of meeting space for each sub group.
- Runners should not greet each other physically and must maintain social distancing regulations at all times.
- Runners should be encouraged not to sit down and should not use communal seats, benches, etc.
- Runners should be encouraged to wash their hands immediately before the run and use hand sanitising gel if available.

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2 - ROUTE PLANNING

- Route should be pre-planned with careful consideration to any government requirements.
- The speed / ability of each subgroup should be considered and any possibility of groups meeting on route should be minimised. This may include separate routes for each subgroup or setting off quicker groups before slower groups. Out and back courses should also be avoided wherever possible.
- Routes should avoid narrow paths and/or pinch points which make social distancing difficult.
- Routes should avoid already busy areas or areas associated with increased public footfall.
- Where possible it may be useful to communicate with other local groups and stagger venues / times to avoid multiple different groups running in the same area(s).
- Careful consideration should be given to the terrain used during sessions and any unnecessary risks minimised.

3 - SESSION SETUP & DESIGN

- No equipment should be used, unless essential. If equipment is deemed essential, only one individual should keep, set-up and clear away the equipment.
- Drinks should not be shared or handled by any individuals other than the owner.
- Warm-up and cool down should be designed in a way that all runners can practise adequate social distancing from other runners and other (sub) groups.
- All areas should be clearly defined and communicated to runners to avoid confusion.

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4 - DURING THE RUN

- Remind runners to maintain social distancing during all aspects of the run.
- Remind runners to stay 2 metres apart during all elements of the warm-up and there is to be no physical contact between runners unless they are from the same household
- Remind runners to not touch any equipment or clothing that is not their own.
- Remind runners not to touch anything with their hands / bare skin wherever possible i.e. gates, handrails, etc.
- All runners should be encouraged to communicate with each other with specific reference to maintaining social distancing with members of the public.
- Runners should be encouraged to keep ICE (In Case of Emergency) cards on their person whilst running. You can download a template here
- The type of first aid provision run groups provide will depend on the risk assessment. However, consideration must be given to ensure social distancing is maintained where possible and that the safety of the first aider is put first.
- Run Groups might consider access to a fully stocked first aid kit and protocols to allow for safe delivery of first aid. This may include self-administration for minor injuries where appropriate.
- The preservation of human life will always take priority over social distancing. Therefore, if a runner is at risk of loss of life, a first aider should respond quickly and where required.
- For further guidance on COVID-19 CPR protocols from the UK Resuscitation Council please visit https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/

5 - AFTER THE RUN

- Remind runners that social distancing is as important after as it is during a run. When the run is over runners must leave the facility / meeting point immediately to avoid the gathering of groups.
- Runners should wash their hands or use hand sanitisers as soon as practically feasible after the run.
- Runners should be reminded not to help collect others clothing / equipment.
- Runners should not share lifts unless individuals are from the same household.

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APPENDIX 1 - TEST, TRACK & PROTECT

At the current time the government guidance states that only a 'Responsible Person' can organise and supervise group running sessions. For the purposes of this guidance and to ensure consistency at this time we have agreed the following definition of a Responsible Person:

> A coach/leader who has an active/up to date qualification, a group Covid officer (becomes the Group lead if the group has not elected an officer), or a member of Welsh Athletics staff who is delivering an activity.

Responsible Individuals should be aware of the following, and should look to complete COVID-19 awareness training being provided by the WSA as soon as possible:

1. Take a register of all those participating should be taken and include consent to share that information with the NHS track and trace system if an individual in that group reports positive COVID-19 symptoms or has a positive COVID-19 test. Contact information should be obtained and stored in line with GDPR regulations.

2. Members of the group will need the contact information of the responsible individual which the NHS will then ask for.

3. The NHS team will then contact you [the responsible individual] and ask for the contact information of everyone who was in the group with the person who has the symptoms/tested positive.

4. The NHS will then contact and inform everyone on the list that a member of the group has symptoms/tested positive. There are then two scenarios;

I. If you/a group member[s] broke social distancing/had close contact for a prolonged period [less than 1m for more than 1 minute] e.g. administered first aid, shared a car or indoor space in close proximity, they must then self-isolate for 14 days [See the Welsh Government's diagram].

II. If social distancing has not been broken/no close contact, group members can continue to train/attend, but should be vigilant for symptoms.

- **Welsh Government Guidance on Test, Trace & Protect information**
- **Infographic explaining when & how to contact the NHS service**
- **Welsh Athletics guidance page**

APPENDIX 2 - GROUP COVID-19 OFFICER

It is advisable that the club appoints a COVID-19 Officer. This person should not operate alone, rather work with the committee or a specific working group appointed to managing issues and enquiries relating to the COVID-19 pandemic as well as plan the return to club training/activity. The working group should also be responsible for the production of the appropriate risk assessments related to the return to activity. In addition, the COVID-19

Officer should;

- Be a key point of contact for the facility manager / operator in the case where groups operate from a dedicated facility.
- Look to ensure that risk assessments and risk management protocols are being adhered to.
- Be a key point of contact for members, if they have any group related questions/concerns relating to COVID-19.
- Ensure that the group and its members are adhering to Welsh Government and Public Health Wales guidelines.
- Ensure that the group has thorough communication with its membership and the membership are updated on a regular basis. Members should be reminded of their wider responsibilities as well as the need to undertake the necessary hygiene and social distancing procedures at all times.
- Ensure that the group (and / or the facility) maintains an accurate record of who is training. The group should maintain up to date contact details for all members, as this will assist with contact tracing should it be necessary.
- Communicate all Run Wales / Welsh Athletics updates to the club and wider membership as appropriate.
- Undertake the relevant training

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FOR THE MOST UP TO DATE INFORMATION AND TO DOWNLOAD THE CURRENT VERSION OF "GUIDANCE FOR CLUBS & GROUPS FOR A RETURN TO GROUP RUNNING" PLEASE GO TO:

www.irun.wales

OR

www.welshathletics.org

UK athletics insurance information and FAQ's for leaders and coaches

www.uka.org.uk/governance/insurance/
www.uka.org.uk/EasysiteWeb/getresource.axd?AssetID=173704&type=full&servicetype=Attachment

Welsh Athletics guides to return to running, including coaches / leaders

Welsh Athletics guidance page