

Metros Running Club

COVID-19 Event Framework

Monday Evening Core Session

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COVID-19 Event Framework

This Document relates to the Monday evening core training session based at Mountside, Harrow Weald, near the Duck In The Pond public house.

The guidelines set out below represent our COVID-19 Framework, and apply to metros training events operating in communities where there is an underlying level of COVID-19 infection and/or social distancing requirements are in place as set by public health bodies.

This Framework sets out the Covid Secure Environment procedures which allows us to increase the number of participants per sessions from 6 to 30.

Current Custom & Practice (Background information)

Monday evening sessions, pre-COVID, operated as follows.

The location for start and finish is Mountside, near the Duck in The Pond pub by the roundabout at the junction of College Hill Road and Kenton Lane, Harrow Weald. The runners congregate from 18:50 for a 19:00 start for a session that lasts 1 hour.

For their own safety and that of the group, all runners are requested to wear bright tops. Fluorescent strips and the carrying or wearing of bright lights are recommended and encouraged in the winter months.

The group starts with a run of approximately 1 mile down to the local park as a warm up.

At the park the session is a Core session including Cardio and Strength exercises.

The session ends with stretching and a group jog back to the Duck in the Pond, where people disperse.

COVID-19 Operating Framework for Metros events

Please note that whilst we consider this COVID-19 Framework complete, it is based on the Government rules as of 30 August 2020. Which allow for a MAXIMUM of 30 runners to meet, providing the sessions take place in a COVID Secure Environment.

Currently, there are no metros events operating under this Framework, and this Framework is to be used for the **initial** sessions to be held post lockdown until further notice. The situation may change, and the rules may change. If so, this framework may change. The latest “rule of 6” to

be enforced from Monday 14th September does not affect this, as Sporting activities are still allowed up to 30 people, in a Covid secure environment. These sessions come under that definition.

Current EA 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/>

Background

1. Metros is a small locally based running club with 200+ members. Typically 10 – 30 runners turn up at a training session.
2. In order to understand the risks associated with reopening Metros Training sessions where there remains an underlying level of COVID-19 infection, it is critical to understand three key issues:
 1. **Droplet transmission:** Respiratory droplets carrying infectious pathogens can transmit infection when they travel directly from the respiratory tract of an infectious individual to susceptible mucosal surfaces of a recipient, generally over short distances. This can be in the form of expiration, sneezing, coughing, spitting or speaking.
 2. **Fomite transmission:** A fomite is defined as an object that becomes contaminated with infected organisms and which subsequently transmits those organisms to another person. Examples of potential fomites in a running context are stopwatches, scanners, laptops, finish tokens. Essentially transfer by contact.
 3. **Participant characteristics:** COVID-19 has been shown to impact different groups of people in differing ways and as such it's vital to understand the type of people likely to be in attendance.

Strengths of Metros training sessions

1. Evidence suggests that outdoor environments are significantly less likely to contribute to the transmission of COVID-19 than indoor environments. All Metros sessions take place entirely within areas of open space and do not require any closed environments, with the exception of assembly before and after.
2. Walking and running are non-contact activities that do not require any prolonged face-to-face contact.
3. Metros events require very little in the way of equipment and have always followed a simple operating model requiring minimal event infrastructure.
4. All participants are members of Metros, and do not need to collect any items (such as race numbers) in order to participate.
5. Runners are asked to provide email addresses as part of their Membership process, and as a result in accordance with our privacy policy, we are able to accurately and quickly contact people in attendance on any given day in order to facilitate contacting tracing such as the [UK's NHS Test and Trace](#) programme if needed.

Training Sessions During COVID-19

1. The guidelines set out below represent our COVID-19 Framework, and apply to our sessions
2. Each Session must have a nominated COVID coordinator. who must record all attendees at the session. This will, for preference, be done using the SPOND app.
3. All Participants should be Metros Members. If not they must still pre-register and provide sufficient contact information to allow track and trace.
4. All participants must undergo a self-assessment for any [Covid-19- symptoms](#). No-one should attend a Metros event if they, or someone they live with, has any of the following: A high temperature (above 37.8°C), a new, continuous cough, a loss of, or change to, their sense of smell or taste. This check should be done prior to each session. Should an individual have demonstrated any such symptoms, they must not participate and should follow relevant NHS/PHE guidance.
5. Anyone who has already been instructed to self-isolate should continue to follow this advice and may not participate.
6. Everyone should comply with public health restrictions and avoid high-risk behaviour outside these training sessions to reduce the risk to fellow participants

and other attendees.

7. In the event of the local lockdown of a particular area, relevant Metros events will be closed with immediate effect and registered Metros from that area will be advised appropriately.
8. In line with Government Guidelines, the maximum number of runners taking part must be limited to 30.

Arriving at events

1. Participants should be encouraged, where possible, to travel to their events by foot, bicycle, or private transport, without breaking social distancing guidelines

Gathering before sessions

1. There shall be a session coordinator, who must identify if there is a requirement for sub-groups (if more than 10 runners)
2. He/She must identify suitable sub-group assembly points
3. He/She must co-opt and brief sub-group leaders
4. The Session Coordinator must be familiar with these operating guidelines.
5. The Session Coordinator must make themselves obvious to the assembling runners, direct them to the appropriate group and confirm people have registered.
6. The runners should identify themselves to the coordinator and confirm their attendance.
7. The sub groups should be limited in size to 10 runners per group.
8. Participants are required to socially distance prior to the event.
9. The coordinator must confirm that attendees have pre-registered on SPOND
10. The coordinator shall set the sub-groups off with suitable gaps (30s/100 metres).

Registration

1. Participants must pre-register for the session.
2. The preferred registration method to be used is the SPOND app.

Children, Disabled and Blind runners

1. Where children are attending, they must comply with all the rules as for adult, and be accompanied by a responsible adult.
2. Disabled runners should make themselves known to the session coordinator and confirm any special requirements or considerations for their own specific circumstances.
3. Blind runners should make themselves known to the session coordinator and confirm any special requirements or considerations for their own specific circumstances. **For further information see the British Blind Sport Website <https://britishblindsport.org.uk/covid-19-statement-and-advice-news/>**

During the session

1. During the session, participants should jog or run with an aim of making use of all available space and minimising the amount of time in close proximity to each other. 2m social distancing is not an absolute requirement in this situation. As we are outdoors, and moving, and in closer proximity only briefly, the 2m rule can be relaxed to 1m + as per Government guidance. Such activities as “topping and tailing” are not expressly forbidden, but care should be maintain good distancing while doing so.
2. The session/runners should be split into smaller sub groups as appropriate. A single group of 30 runners would make it very difficult to maintain realistic personal separation. It would also look bad to an uninformed observer.
3. Participants should not spit anywhere on the route, high-five anyone else, or engage in any other non-essential contact.

The finish and after the session

1. The jog back from the park to the Duck in the Pond to be done in the sub groups
2. At the end, the runners are expected to disperse promptly, and maintain social distancing

Track and trace

1. Participants are expected to be fully paid up members of the Metros, and are to provide email addresses as part of their membership, and as a result in accordance with our privacy policy, we are able to accurately and quickly contact people in attendance on any given day in order to facilitate contacting tracing such as by the [UK's NHS Test and Trace](#) programme if needed.
2. Only registered Metros Members are allowed to participate at this time.
3. The requirement for Track and Trace will be met by the use of the SPOND App, with pre-registration.

COVID-19 risk assessment for the return of Metros sessions.

Risk	Type	Comment	Mitigation
General transmission between participants	Fomite and droplet.	All Metros sessions are local club gatherings of people from different households.	People must not attend if they show any symptoms of COVID-19, have recently tested positive, are living with someone who has recently tested positive, or are required to quarantine for any other reason.
Participants come into contact with other people whilst travelling to a session.	Fomite and droplet.	we do not see large groups of people travelling long distances together and most people already drive, walk, run, or cycle to these sessions.	Encourage participants to observe public health guidance whilst travelling to the event. Also encourage people to drive, walk, run, or cycle to events.
Participants travelling to an session move disease from one area to another.	Fomite and droplet.	As a local club, all runners live locally.	None Required
Participants spread the virus through touching course-specific hardware.	Fomite.	There is no session specific hardware for this training session	None Required
Runners in close proximity before and after session.	Droplet.	Participants typically arrive 0-20 minutes prior to the start.	All participants to be reminded of the need to socially distance before and after the session, and not turn up too early Meeting point and assembly is out of doors.
Runners in close proximity during the jog to the start	Droplet.	Currently an issue as it is a mass jog	To be done in smaller subgroups, with distance between
Runners in close proximity during the session	Droplet.	Non-contact and not face-to-face, also typically not for extended periods of time.	Sub Groups to be used and participants are to be reminded to respect each other's space.
runners in close proximity at end of session	Fomite and droplet.	Runners tend to chat for a brief period only before departing	All participants to be reminded of the need to socially distance before and after the event.

Risk	Type	Comment	Mitigation
Runners in close proximity inside prior to the session	Fomite and droplet.	Not applicable to this session	Any end of run socialisation to be kept to a minimum and to be out of doors. Not required
Individuals at high risk from COVID-19 infection in attendance.	Fomite and droplet.	participants are typically not high-risk individuals. However, may be some runners/metros members to whom this applies	Whilst we have mitigated as many risks as possible, there is no such thing as a 100% safe environment. Metros in this category, are advised not to attend.

Summary of New Session Format

The Meeting point is Duck in the Pond, Mountside, Harrow Weald, 19:00, Monday.

The session format remains the same but with more than one group if more than 10 runners register/turn up.

Additional requirements are:

- 1) All runners should be registered members of Metros and provide their contact details*
- 2) All runners have an individual responsibility to self-assess, and not attend if they have symptoms
- 3) All runners should register using the SPOND app before the session (to allow track and trace if necessary).
- 4) On arrival the runners should identify themselves to the coordinator and get checked off on SPOND
- 5) The session coordinator is responsible for confirming who is in attendance using the SPOND app.
- 6) The maximum number of runners allowed per session is 30.
- 7) The Session/Run and assembly beforehand is to be in subgroups – a single group of 30 runners would not be advisable. A maximum of 10 per group to be used.
- 8) The Session coordinator is to identify if more than 10 are attending and set up sub-groups, and co-opt and brief sub-group leaders as necessary.
- 9) The jog down to the park must be in the separate sub groups, and the return jog also
- 10)The Core/Strength/Cardio sessions in the park should be done in the smaller subgroups.
- 11)Runners attending should not turn up excessively early, and pre-run, not congregate in large groups, and maintain good separation
- 12)A staggered start is for the initial and return jogs is required – a small time gap (30s/100metres) between each sub-group starting should be adequate.
- 13)During the session, keep a good separation, even when re-grouping at pauses**
- 14) At the end, keep the socialisation to a minimum and disperse promptly

*If not, they must provide full contact details to the session coordinator before the session.

** 2m social distancing is not an absolute requirement in this situation. As we are outdoors, and moving, and in closer proximity only briefly, the 2m rule can be relaxed somewhat. Such activities as “topping and tailing” are not expressly forbidden, but care should be to maintain good distancing while doing so.