

*Metros Running Club*

*COVID-19 Event Framework*

*Monday Evening Running Session*

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# COVID-19 Event Framework

This Document relates to the Monday evening training session based at Melbourne Avenue, at its junction with Headstone Lane

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 Melbourne Avenue, at its junction with Headstone Lane

The Session is a road running – distance – session

The format has tended to be: a small group of moderate[y-paced runners (up to 6), setting off ahead of the main group, with both taking the same route, with some variation, of distances between 4.25 to 5.5 miles. The first group tends to stay together whilst the second will go at a pace preferred by each runner, generally behind the leader of that group, who will call for stops at 'pause points', allowing the group to reform, before setting off again. Some of the quicker runners may, on reaching the PP, loop back to the rear of the group, for more distance, but also to encourage those at the back. There might also be a self-appointed, and much appreciated 'back marker' who will ensure that no one is left behind, unaccompanied.

The size of each group depends on how many turn up on the night which, in aggregate, might fall between 15 and, exceptionally, 30. It just depends on who comes.

As noted above, the runners congregate in Melbourne Avenue, at its junction with Headstone Lane, arriving from 19.45, for a 20.00 start.

All runners are encouraged to wear bright tops and fluorescent strips, and carry a bright light

# 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.

## 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. The Session Coordinator must be familiar with these operating guidelines.
2. The Session Coordinator must make themselves obvious to the assembling runners, direct them to the appropriate group and confirm people have registered.
3. For preference, the sub groups should be limited in size to 10 runners per group.
4. Participants are required to socially distance prior to the event.

## 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**

## 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. 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.

# **Pre-Run Assembly**

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 sub group leaders
4. The session coordinator shall identify themselves
5. As people arrive the coordinator shall direct them to their assembly point
6. The coordinator must confirm that attendees have pre registered on SPOND
7. The coordinator shall set sub groups off with suitable gaps.

# 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 event specific hardware for this training session	None Required
runners in close proximity before and after events.	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 event.  Meeting point and assembly to be out of doors.
runners in close proximity at start time.	Droplet.	In general this is not a problem, as the session is in smaller sub groups	The sub groups are to be encouraged to use separate assembly points outside, and stagger their leaving time.
Runners in close proximity during the session	Droplet.	Non-contact and not face-to-face, also typically not for extended periods of time.	No specific requirement for social distancing while running, however, participants are to be reminded to respect each other's space.
runners in close proximity at end of run	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 still Melbourne Avenue, at its junction with Headstone Lane . Same time, same day.

The basic session format remains much the same – small groups, with the following additional requirements:

- 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) The maximum number of runners allowed per session is 30.
- 5) 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.
- 6) The Session coordinator is to identify if more than 10 are attending and set up sub-groups, and co-opt sub group leaders as necessary.
- 7) Runners attending should not turn up excessively early, and pre-run, not congregate in large groups, and maintain good separation
- 8) A staggered start is to be encouraged – a small time gap (30s/100metres) between each sub group starting should be adequate.
- 9) During the run, keep a good separation, even when re-grouping at pauses\*\*
- 10) 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 maintain good distancing while doing so.