

Metros Running Club

COVID-19 Event Framework

Thursday Evening Track Session

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COVID-19 Event Framework

This Document relates to the Thursday evening track training session based at Harrow School Athletics Track.

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. It is a Covid specific document and does not look at non covid related issues

Current Custom & Practice (Background information)

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

The Location is Harrow School Athletics Track Harrow School Sports Centre, Garlands Lane, Harrow on the Hill, Harrow, Middx, HA1 3GF

The Session is a track running session and for members either preferring to walk or returning from injury to use the track

The format is : one group of runners, (numbers can really vary from under 10 to over 30 depending on weather conditions and time of year) run distances totalling between 5k and 8k at various speeds. Various reps, sets, distances and recovery time on the track - this is dependent on who turns up but the track session is set ahead of the date

Runners are advised this is a challenging and demanding session

It is one group of runners but for those not wishing to run the full distance of the reps can reduce the number of laps

It is lead by one person supported by other runners taking runners times

The runners congregate trackside for an 18.30 start. Those who drive to the session park at sports centre car park

Session lasts approx 1 hour

Runners are encouraged to complete a couple of warm up laps clockwise around track when they first arrive

18.20 leader of group undertake a number of track drills and stretches

The session leader will announce the session

Runners during session run anti clockwise around the track

All runners start on the start/finish line or another point around the track depending on the distance being run

The leader will record everyone's name on the track times sheet, at the end of the session this is emailed to every participant with their average 5K time calculated (this also provides the session leaders with a register of attendees and their contact details)

Once session finishes runners are encourage to run a couple of warm down laps clockwise then stretch and then disperse

The club has purchased portable lights which are used around the track when clocks go back to provide additional light

A check is made with the runners to see if anyone is unwell or carrying an injury we should be aware of

A check is made to see if anyone has a key race at the weekend and then advised to perhaps take the session easier

A check is made who has mobile phones with them

A check is made to see who has the club bumbag first aid kits with them and where located

Any first time runners to the session, or runners looking to join the club are welcomed and the group will introduce each other by name

Leader encourage runners when clocks go back to wear bright/high vis clothing

When clocks go back recommend head or body torches, reflective gear

during extreme cold weather runners are advised to bring suitable clothing for the conditions

Additional clothing is really important for the warm up and warm down, as track temperature is always a few c colder

During extreme warm weather the session is tailored accordingly, Harrow School playing fields/track/sports centre has water fountains if needed

With snow,ice, thunder and lightening the sessions are either cancelled or curtailed

Runners advised Harrow School Sports Centre has a defibrillator/AED,

A check is made to see who is first aid trained and received training on AED

Should a runner become unwell/injured the group will stop, congregate and ensure the person is suitably looked after and if required professional help sought

should a runner need to use a toilet facilities at Harrow School Sports Centre

safeguarding no runner is left to return to their vehicle or to public transport on their own

Runners under the age of 18 are always with their parent(s), nominated guardian runners are advised when participating in the sessions to give suitable distance to the person in front especially when the clocks have gone back and limited light

Runners are advised to pass a slower runner at distance on their right and not to shout track (normally if someone shouts track the slower runner in front has to step out of lane to the right to let a faster runner past)

track session leaders have in past organised a 5k open track race for members on Thursday night

COVID-19 Operating Framework for this Session

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 changes of the 14th September do not affect this framework, as formal exercise in a Covid secure environment is still allowed in groups of 30.

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 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 confirm their attendance with the session coordinator at the start of the session
5. 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.
6. Anyone who has already been instructed to self-isolate should continue to follow this advice and may not participate.

7. 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.
8. 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.
9. 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 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. This session is inherently socially distanced – it is not a mass jog/run of large number of people – rather, it is small groups or even individual runners running at their own pace round the track. As such, the formation of formal sub groups is not specifically required.
3. This session takes place on a closed track away from the general public.
4. Participants should not spit anywhere on the track, 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.

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 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 session, and not turn up too early Meeting point and assembly to be out of doors.
Runners in close proximity at start time.	Droplet.	In general this is not a problem, there is no mass start as such to this session.	All participants to be reminded of the need to socially distance before and after the session, and not turn up too early
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

Risk	Type	Comment	Mitigation
runners in close proximity at end of run	Fomite and droplet.	In general this is not a problem, there is no groups as such in this session Runners tend to chat for a brief period only before departing	respect each other's space. All participants to be reminded of the need to socially distance before and after the event. Any end of run socialisation to be kept to a minimum and to be out of doors.
Runners in close proximity inside prior to the session	Fomite and droplet.	Not applicable to this session	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 Harrow School Athletics Track , Thursday evening

The session format remains much the same; unlike other sessions there is no specific need to form sub groups

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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 maximum number of runners allowed per session is 30.
- 6) There is no specific requirement in this Session/Run for subgroups as the session is of itself inherently socially distanced, and closed to the public
- 7) The session coordinator is responsible for confirming who is in attendance using the SPOND app.
- 8) Runners attending should not turn up excessively early, and pre-run, not congregate in large groups, and maintain good separation
- 9) Staggered starts are to be encouraged – a small time gap (5/10metres) between runners should be adequate.
- 10) During the session, keep a good separation, even when re-grouping at pauses**
- 11) 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, and the Government 1m+ guidance can be used.