

Metros Running Club

COVID-19 Event Framework

Wednesday Hills Session

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Introduction

This Document relates to the Wednesday evening hill training session based at Harrow on the Hill

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)

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

The Location is meeting point for start and finish outside John Lyon School Middle Road Harrow on the Hill Middx HA2 0HN

The Session is a road and off road and hill running – distance – session

The format is : Two groups of runners, (numbers can vary from under 10 to over 30 depending on weather conditions and time of year) run distances between 3 miles and 5 miles at various speeds and ascent of hills. This is dependent on who turns up. With sufficient leaders the group is divided into two, first group is the quicker paced group, second group slower paced group.

Runners are encouraged to alternate between group should they wish to do so.

The faster paced group will alternate each week between either a hill rep session on Football Lane or the graveyard Hill/Roxborough Park and a fast tempo run covering numerous different hill routes on Harrow on the Hill

When the clocks go forward (the summer) both groups often run around Harrow School playing fields, and along the public footpaths that cross Harrow School Farm and Harrow School Golf Club and fishing lake

The runners congregate outside John Lyon School on the footpath from 1900 for an 19.15 start. Those who drive to the session park on this street In this period the groups form and at 19.15 leave for their run.

Session lasts approx 1 hour.

A map is not provided.

Both leaders confirm with the runners where they are running that evening

The two leaders are announced and details of the session outline route discussed

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 who has mobile phones with them and who will be running with the phone.

A check is made to see who has the club bumbag first aid kits with them and to ensure each group has a first aid kit at all times.

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.

Leaders encourage runners 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,

During extreme warm weather the session is tailored accordingly, shady routes found and routes that take in the Harrow School playing fields where there are water fountains if needed

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

Both groups are advised which runner has the defibrillator/AED, a description of their car is given, its location and in case of emergency authorisation the breaking of the car window if necessary to gain access to the AED

The groups will always top and tail and one runner takes it in turns to be at the back of the group

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 the group will stop and wait

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

Each sub group would have a leader, if not the two groups are combined if only one leader or if a regular leader is absent a volunteer leader is found from the group volunteer leader have led previously and experienced in the sessions and routes

At the end the group returns to the start point, stretch and quickly disperse – either going home directly, or meeting for a social drink inside/outside a local public house

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 new “rule of 6” does not affect this procedure as this is a formal sporting situation, carried out in a Covid secure environment, which still allows up to 30 people

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 small locally based running club with 200+ members. Typically 10 – 50 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:
 - **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 or speaking.
 - **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.

- **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.

3. 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.
4. Anyone who has already been instructed to self-isolate should continue to follow this advice and may not participate.
5. 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.
6. 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.

Arriving at sessions

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

Gathering before sessions

1. Runners should not turn up too early, and minimise socialisation before the run as far as reasonably possible.
2. Runners should identify themselves to the session coordinator, so they can be ticked off against the SPOND pre-registration list.
3. There shall be a session coordinator, who must identify suitable sub group assembly points outside
4. The Session Coordinator must be familiar with these operating guidelines.
5. 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, and

- confirm who is leading which group/route.
6. The Session Coordinator must make themselves obvious to the assembling runners, direct them to the appropriate group and confirm people have registered.
 7. The sub groups should be limited in size to 10 runners per group.
 8. The coordinator must confirm that attendees have pre registered on SPOND , and check them off to get a correct list of those present.
 9. Participants are required to socially distance prior to the event.
 10. The coordinator shall set sub groups off with suitable gaps. - 30s/100metres or so.

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. Preferably, 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, and looks 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
2. If the group decides to go on for a social drink, they must comply with the rules of the establishment, That is outside the scope of this document

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
3. The requirement for Track and Trace will be met by the use of the SPOND App, with pre-registration.
4. Participants must pre-register.

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 a session move disease from one area to another.	Fomite and droplet.	This is a local club and all runners live nearby	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. Participants are reminded to turn up promptly, not too early – to minimise the time element of exposure Meeting point and assembly to be out of doors.

Risk	Type	Comment	Mitigation
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 on the course	Droplet.	Non-contact and not face-to-face, also typically not for extended periods of time.	No requirement for social distancing on the course, 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. Any end of run socialisation to be kept to a minimum and to be out of doors.
runners in close proximity inside, pre-run	Fomite and droplet.	Assembly is outdoors. Not applicable	None 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 John Lyons Pub. Same time, same day.

The basic session format remains much the same, but in smaller groups, 10 max, 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, and on arrival, shall confirm their attendance with the session coordinator.
- 4) The session coordinator is to check off who is actually attending, using the SPOND app.
- 5) Runners attending should not turn up excessively early, and pre-run, not congregate in large groups, and maintain good separation
- 6) The maximum number of runners allowed per session is 30.
- 7) The Session coordinator is to identify if more than 10 are attending and set up sub-groups, co-opt and brief sub group leaders as necessary, and identify who is to lead which group.
- 8) There should be an agreed plan on the day of where each group is to run, to avoid congestion on any particular hill.
- 9) The maximum per sub group is to be 10.
- 10) Assembly is to be in subgroups as appropriate – a single group of 30 runners would not be advisable.
- 11) A staggered start is to be used– a small time gap (30s/100 metres) between each sub group starting should be adequate.
- 12) During the session, keep a good separation, even when re-grouping at pauses**
- 13) 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 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.