

PETERBOROUGH & NENE VALLEY AC

Return to the track after Covid-19 restrictions eased Athlete/Coach Guide

We are now operating as a Covid-19 secure environment under England Athletics guidelines. In order to achieve this, the club has had to appoint a Covid-19 officer, Mandy Phillips who is acting in this capacity.

Please ensure you read and adhere to all notices within the arena. Due to the numbers allowed within the arena parents, supporters and spectators will not be allowed into the arena (which is inside the track perimeter fence) while the sessions are taking place. We are also limiting spectators to just one parent/guardian per athlete under the age of 18 (unfortunately siblings who are not training will not be allowed in the permitted areas).

When are the sessions?

Monday 7pm-8pm; Tuesday 6.00pm – 7.30pm; Thursday 6.00pm – 7.30pm

When will they start?

Monday 17th August 2020

Coaching Groups

- All sessions must be booked by the coach (and no session booking will be allowed less than 24hrs before session is due to start).
- Coaches will manage and be responsible for bookings for their group (and check the athletes are fully paid members of the club), along with maintaining records of which athletes attended training sessions for a period of 48hrs after the session finished. This is for track and trace purposes.
- Coaches are required to contact the group of athletes booked for the upcoming session 24hrs before it commences, to ask each athlete whether they have had any symptoms in the last 24hrs or have had a positive Covid test. Coaches are reminded that any desired contact via social media or email with an U18 athlete, must be directed via that athletes' parent/guardian.
- Athletes should meet their coach on the grass area between car park and swimming pool before entering the arena. Coaches and athletes will only enter the arena as a specific group and only when all pre-booked paid members are present. Membership cards will need to be shown to the committee member at the entrance to the track, no membership card means no entry to the track and athletes will be unable to train.
- Once the session is over all athletes and coaches must leave the arena, promptly, and as the whole group together. There is a 30min cross-over for all equipment, toilets, zones to be cleaned before the next organisation is allowed into the arena.
- Anyone who has not booked with a coach will not be allowed to use the facilities. To take part in training, you must have renewed your Peterborough & Nene Valley AC membership (ie from March 2020).

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Social distancing

Social distancing at the level required by EA using government guidelines will be maintained between participants in each group and between the groups.

Warming up area

All warming up should only be undertaken around the grass perimeter and for a maximum of 15min only, strides can be done on the track. Following this 15min warm-up time, the grass area will be used for a specific group only.

Equipment

If you have your own starting blocks, shot, javelin, please feel free to use them but please ensure they are thoroughly cleaned and sanitised before and after each session. Please do not loan your equipment to anyone else. Arena equipment will only be signed out (and return) by the member of Vivacity staff. Any equipment supplied by the stadium (Vivacity) must be pre-booked 24hrs prior in order for it to be cleaned and made available by the Vivacity staff.

Athletes can use your own personal equipment (foam rollers etc.) but please do not share this with anyone else. Athletes must be responsible for their own clothing and must not place their clothing with any other athlete's clothing etc., all clothes must stay within the groups designated training area. Athletes are encouraged to bring minimal kit and have a plastic bag to put their belongings in.

Toilets and changing rooms

Please only use the toilets clearly marked. We would encourage all users to wipe surfaces before and after use; cleaning equipment will be provided. Please dispose of wipes in the bin provided, please do not flush down the toilet. The frequent and thorough washing of hands is strongly recommended. There is limited indoor space. There will be sanitising stations available.

You are welcome to bring your own hand sanitiser.

Drinking water/refreshments

There will be no refreshments available, athletes and coaches should bring their own drinks and not share it with other people.

Training Zones	Max Run Length	Lanes
Zone 1 – 400m start	400m	1 & 2
Zone 2 – 300m start	150m	7 & 8
Zone 3 – 200m start	400m	4 & 5
Zone 4 – 100m start	150m	7 & 8
Zone 5 – 70m straight (first bend, hurdles only) {adhere to lane separation gap}		
Zone 6 – shot put or javelin area		
Zone 7 – Outside grass area		
Zone 8 – HJ fan / PV / LJ areas		

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Covid-19 awareness

Any athlete with Covid-19 like symptoms as per NHS / Government guidelines must notify the coach and self-isolate. Any athlete who has been to a UK area that has been placed in a regional lockdown by the Government or visited an overseas country that is on the current Government quarantine list must self-isolate for 14 days and notify the coach.

Track & Trace

Any athlete or a member of their family household in contacted by Track & Trace and has been at the track within the last 48hrs, must contact their coach so athletes in the session can be made aware. The clubs Covid-19 officer will also need to be notified.

Symptoms after a training session

Any athlete / coach that shows Covi-19 symptoms within 48hrs of a training session, the athlete must contact either their coach or the Covid-19 officer, coaches must contact the Covid-19 officer.

The symptoms of coronavirus are:

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Failure to follow these guidelines could lead to a review of membership to Peterborough & Nene Valley AC