



# Kilmarnock Harrier & A.C - Covid-19

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## Covid Exit Plan

supporting a return to club training



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## 1. Scottishathletics Guidance

### Age 11 and under :

- no physical distancing at all times

### Age 12 - 17:

- Physical distancing prior to training
- No physical distancing during warm up/training/cool down

### 18 plus (including adult coaches):

- Physical distancing at all times



### PHASE 3 GUIDANCE

Scottish Athletics are pleased to publish advice for athletes, coaches, clubs and facility operators as the Covid-19 exit plan continues to make progress.

Thanks to Scottish Government and sportscotland for help.

<https://www.scottishathletics.org.uk/56510-2/>

This guidance covers a return to (small) groups as follows:

From Monday -

Age 11 and under - groups of 1 coach and 8 athletes (no physical distancing)

Age 12 to 17 - groups of 1 coach and 10 athletes (with physical distancing)

From Today -

18 plus - groups via five households together (maximum of 15 people) with physical distancing

**Group sizes**

<https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>



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## 2. Timeline - main milestones

- Planning activities (*Phase 1/2/3*) : 1<sup>st</sup> June -27<sup>th</sup> July ●
- Seek trustee approval for plan to return to training : 23<sup>rd</sup> July ●
- Initial communication of return to training to members : 24<sup>th</sup> July ●
- Walk through at AAA : 28<sup>th</sup> July
- Embody any amendments due to walk through : 28/29<sup>th</sup> July
- Distribute final details to members : 30/31<sup>st</sup> July
- Return to Training : 3<sup>rd</sup> August
- Guidance given on arrival : 3<sup>rd</sup>- 27<sup>th</sup> August
- Amend plan and communicate if required based on: Ongoing
  - Live return to training
  - Revised scottishathletics guidance
  - Revised scottish government guidance



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## 3.1 Before you train

### General Guidance

In this phase you must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas to a country on the quarantine list or exposed to someone with COVID- 19 in the last 14 days.
- Have COVID-19 symptoms (self-isolate for 7 days) or are feeling unwell.
- Have been told to self-isolate as part of the contact tracing measures in place.
- You may be subject to a symptom check by the club prior to training.



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## 3.2 Before leaving home

### Athletes

- Pack all kit into your hold all/ bag
  - Towel
  - Water bottle
  - Change of clothing, waterproofs if needed and available
  - Hand sanitiser
  - Personal event equipment
  - Any PPE you wish to bring, not mandatory (mask, gloves etc.)
- Use toilet facilities
- Wash your hands



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## 3.3 Physical distancing & good hygiene behaviours

- Follow Scottish Government advice on physical distancing at all times
  - 11 years and below - no physical distancing required
  - 12-17 years - 2m distancing until warm up starts and after cool down finishes
  - 18 years + - no more than five households, 2m distancing always
- Do not share food, towels, and drinks
- Clean your hands and equipment frequently
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and take it home with you. Wash your hands for 20 seconds or sanitise afterwards
- Avoid spitting unless into a tissue which you should take home and dispose of
- Avoid touching your face
- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on
- There will be hand sanitiser stations at the trackside



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## 3.4 Arrival/Leaving - Athletics Arena

The following movement and general restrictions will be in place:

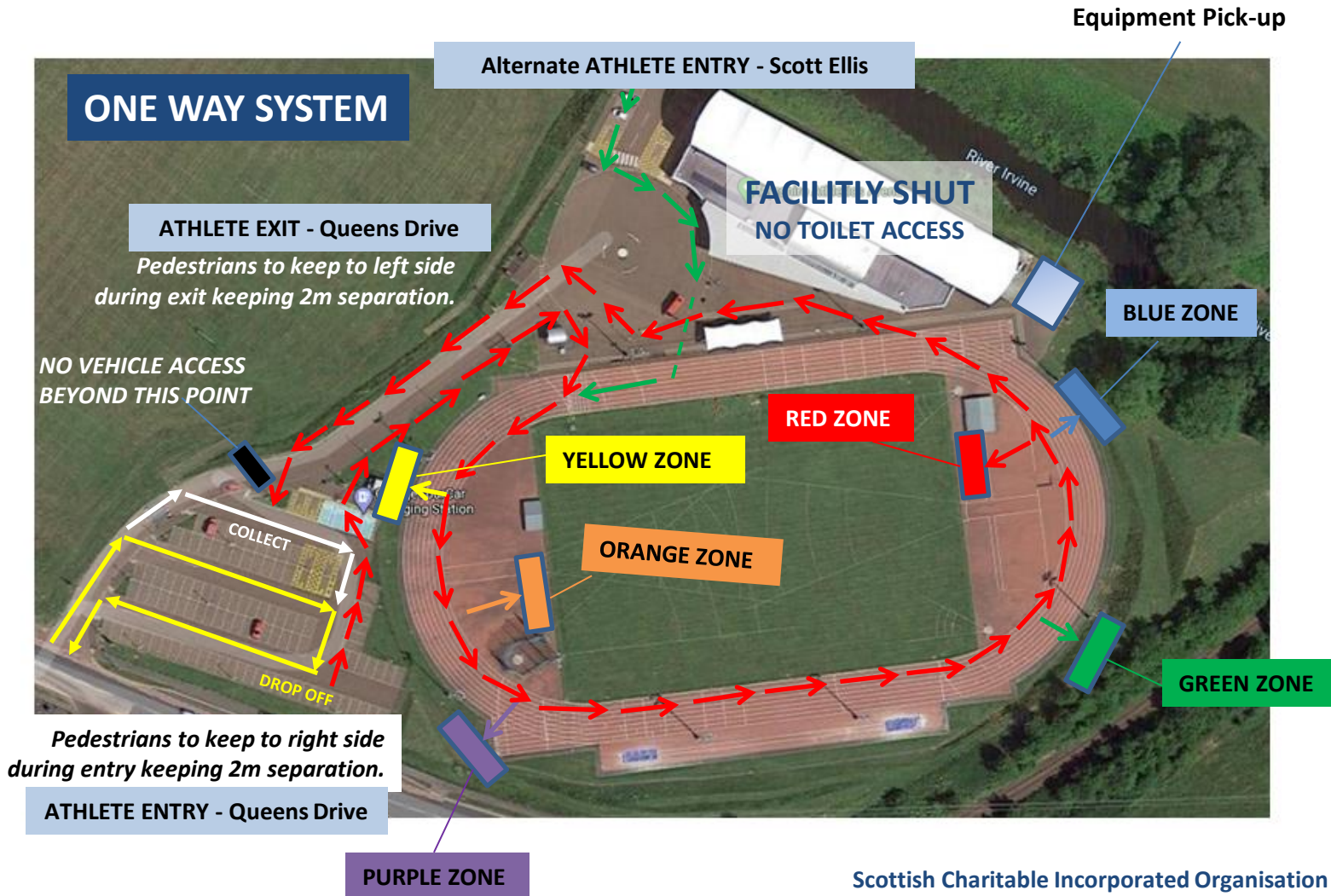
- No access to the arena turning circle
- Restricted parking in the main car park, a one-way system will be operational for collection/drop off. Scott Ellis recommended as an alternative for the safety of athletes
- No spectating within the arena boundary
- Parents and Guardians should follow the one-way system for drop off and pick up of athletes
- When entering the arena in a car, please enter from the Asda side, this will save traffic congestion on Queens Drive
- When leaving the car park, please turn left at and use the mini roundabout to turn back towards Asda
- Parents will not have access beyond the main gate upon arrival
- Some groups have been allocated different start times, please be aware of these and arrive for your scheduled start time
- Arrive a maximum of 15 minutes prior to the start of your session





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## 3.4 Arrival/Leaving - Athletics Arena





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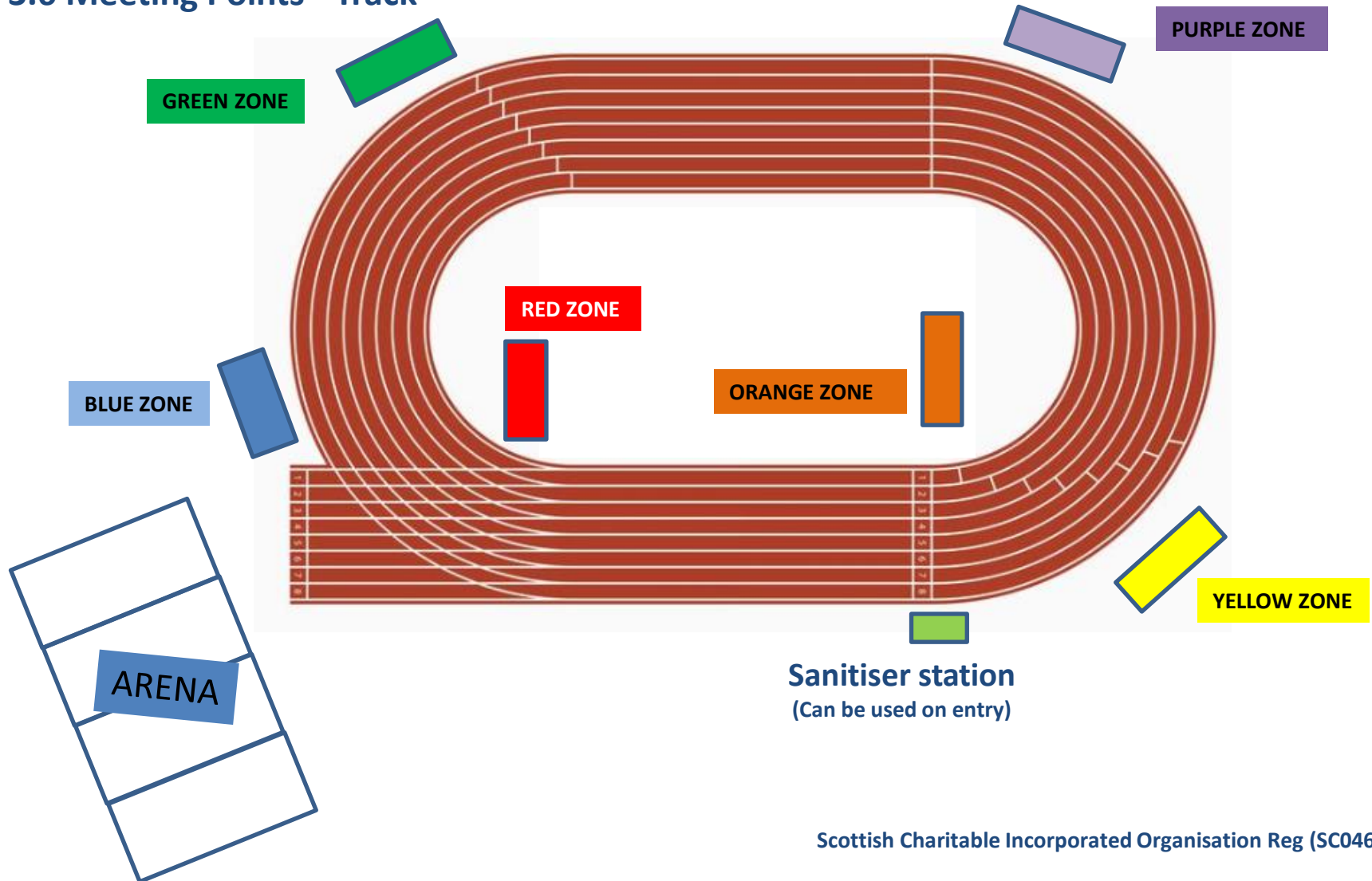
## 3.5 When at the Athletics Arena

- Follow one-way system to your group colour section, see map provided
- Wait in your coloured area
- 12 - 17-year-old athletes should maintain 2m social distancing, staying within their group
- 11 years and below, should stay within their areas and maintain distance from other groups
- All athletes 18 years plus, must always maintain a 2m distance
- Adult athletes must not be in a group larger than five households, this includes the coach
- Do not enter the arena building without permission
- After the session, make your way around the track to the main car park, await collection
- Always follow the one-way system



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## 3.6 Meeting Points - Track





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## 3.7 During training sessions

- Before warming up and after cooling down, social distancing in force for 12 years plus
- During the session athletes 17 years and younger do not need to socially distance
- Remain in your own group, 17 years and below, no social distancing needed
- 18 years plus, run reps side by side:
  - Lanes 1/ 4/ 7 or 2/ 5/ 8 maintaining that distance for the rep
  - 2m social distancing at all times
- Listen to instruction and follow restrictions set out by the club



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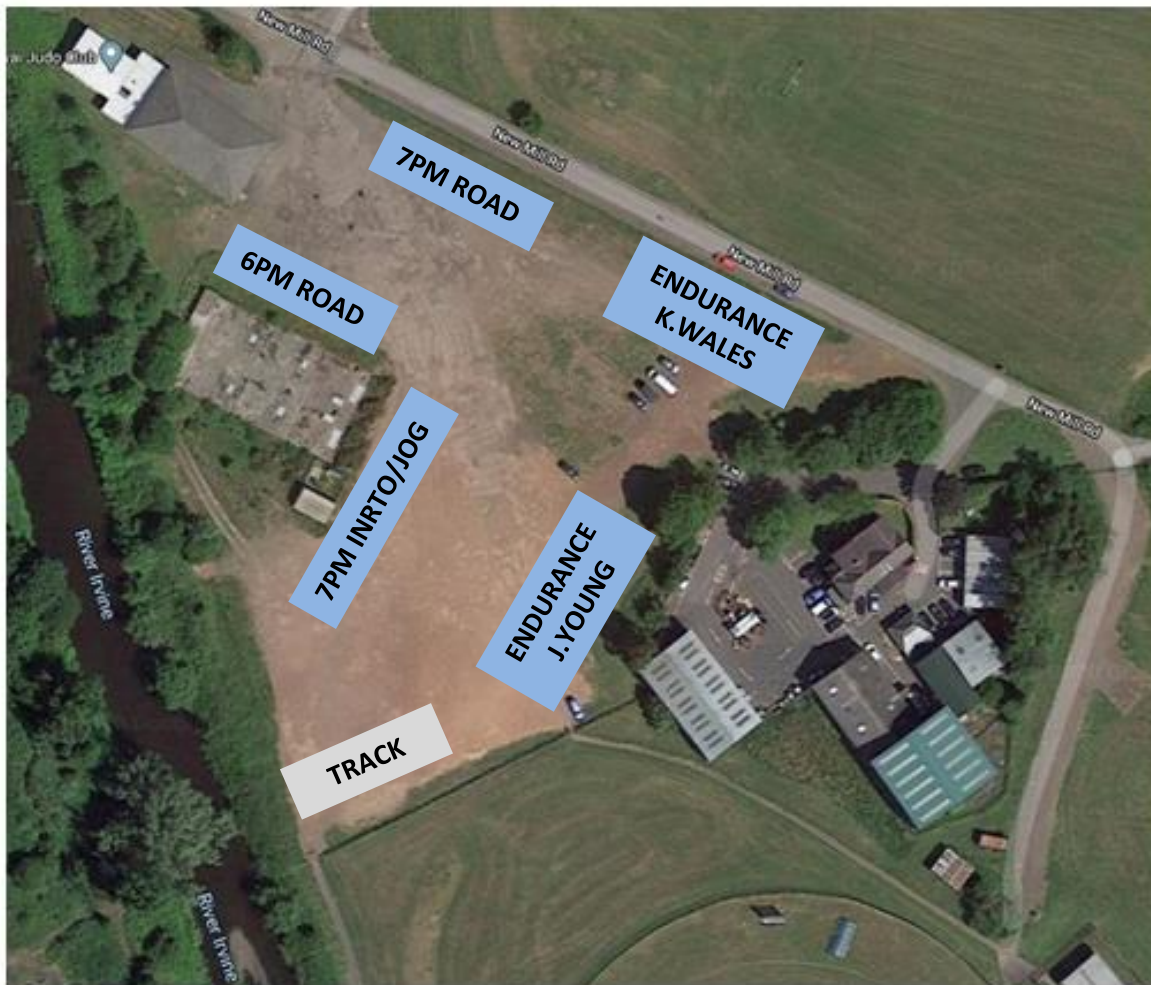
## 3.8 Meeting away from the track

- Initially it is proposed that the Scott Ellis be used as a meeting point to reduce congestion at the track. Other group meeting points may also be used if compliant with government and scottishathletics guidance
- Groups are to be split into recommended ratios on arrival with designated leads identified per sub-group
- Scottish government, scottishathletics guidance and social distancing recommendations are to be adhered to at all times
- A method of contact tracing to be used



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## 3.9 Meeting Points - Scott Ellis





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## 3.10 First Aid

- In case of first aid this can be administered with protective equipment
- A coaches bag with protective equipment will be distributed to all coach/group leaders to contain:
  - Mask
  - Gloves
  - Hand sanitiser
  - Apron
- An incident/ accident form to be raised following any incident



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## 4.1 Athletics Arena Facility - Access

- Outdoor Facilities only
- No toilet provision

## 4.2 Athletics Arena Facility - Signage

- The club will erect signage for:
  - One way system access - Entry/Exit/One way system
  - Colour coded coach athlete meeting points
  - 2m Social Distancing
  - Hand sanitiser stations





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## 5.1 Training Groups - Track

- To reduce congestion, risk of contact:
  - Groups split to maintain recommended ratios
  - Groups to be allocated a meeting point (i.e. Blue/Green/Purple/Yellow/Orange)
  - Groups to be offered at least one session on the track per week
    - Rota system agreed with coaches

## 5.2 Training Groups - Scott Ellis/Kay Park etc

- To reduce congestion, risk of contact:
  - It will be encouraged to meet away from the track
  - Groups to be allocated an initial meeting point
  - Groups split into sub-groups to maintain recommended ratios (identify leads)

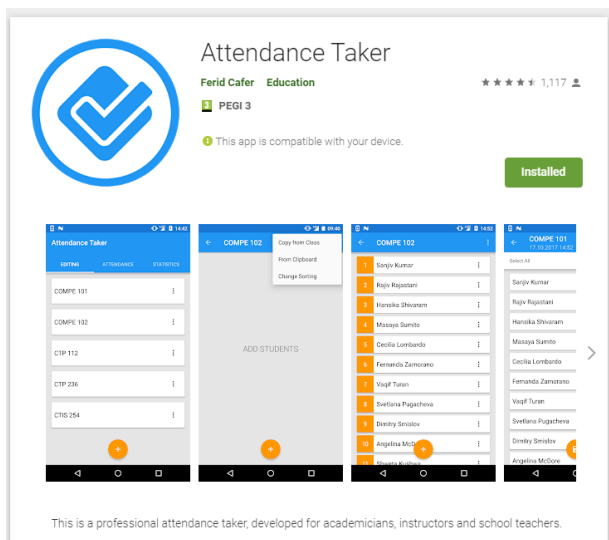


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## 6. Contact Tracing/Registration

- Simple online app - downloaded by coaches and add athletes added
  - Tracking System - timestamp added by clicking on attendee
- Alternate Google form may be used for senior groups with smaller numbers (available on website)
- If these methods cant be used by coaches/leads a record must be taken of attendees and made available on request (i.e. paper copy)

### App



[https://play.google.com/store/apps/details?id=com.ferid.app.classroom&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.ferid.app.classroom&hl=en_GB)

### or Google Form

[Google Form - Run Log](#)

### or Paper Register



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## 7. Risk Assessments

- Risk Assessments completed to include:
  - Track usage
  - Club nights - one way system, registration, arriving and leaving etc.
  - Field Events
  - First Aid
  - General assessment
  - Other venues - Dean Park, Kay Park usage



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**Thanks for your patience**

**WELCOME BACK**

***Please follow the guidance and Stay Safe!***