

Track and training protocols

UKA have recently (1st June) issued new guidelines for all clubs and athletes regarding training during the current C-19 lockdown (these are posted on the website. Can all parties please take time to carefully read) At the same time - largely thanks to the sterling efforts of Hemant Desai - the club has worked hard to negotiate the re-opening of the track facilities at KEVI with the school.

It is clear that there remains some confusion, however, around protocols in place for the use of this facility, so the club would like all athletes (whether Junior or Senior), all parents and all coaches to be absolutely clear of what these rules are. Please can you take time to read the information below carefully.

- The track is situated on the KEVI site and we need to follow their reasonable requests to the letter.
- No one should be on the track from Monday to Friday during the school day until 5.45 pm at the earliest.
- All vehicles must be parked in the same place: the new car park to the **right** of the main entrance beside the new music block. Please do **not** drive around the site to gain closer access to the track. This is the school's reasonable request and needs to be followed. It is only a short walk!
- It will be track & field only use – there will be no use of the pavilions/toilets/changing areas/ indoor gym etc at the current time.
- All coaching sessions at the track must be conducted by a qualified / approved MH&AC Coach, who will be responsible for ensuring track is securely locked on departure or will have arranged with another coach who will be using the track after them.
- **NO ATHLETES SHOULD BE TURNING UP AT THE TRACK EXPECTING TO TRAIN WITHOUT PRIOR ARRANGEMENT WITH THEIR COACH.** Both coaches and athletes have a responsibility **IN ADVANCE** of training sessions to communicate about their possible attendance. This is because of the need to a) operate a booking system

at the track and b) maintain social distancing. (For further clarification, see below)

- Athletes should ensure they have washed hands before leaving home and if necessary, take sanitiser with them.
- Coaches need to have communicated the dates and times of their sessions IN ADVANCE with Hemant Desai, who is keeping a spreadsheet of these bookings. (Contact details for Hemant: hemant800@hotmail.com or 07540 412089). Failure to do so may well result in you not having a session allocated to you as required!
- Athletes must follow UKA guidelines: athletes must train in a group of no more than 6, or 5 plus coach. Where there is more than this number in a training group – as will happen – athletes need to communicate with coaches about staggering times, and the coach may need to run consecutive sessions. Coaches should NOT coach more than 5 athletes at any one time.
- Before, during and after training sessions, athletes must maintain social distancing of 2 metres and resist the temptation to congregate closely in groups together or, for example, jog round the outside of the track and warm down shoulder to shoulder. Please note: the guidance makes very clear a one lane gap is NOT socially distanced.
- Participants should ideally use their own equipment. If not, then in accordance with UKA guidelines, equipment needs to be used by one athlete and thoroughly cleaned afterwards, and not shared, however inconvenient this may be. This applies e.g. to hurdles, hammers etc. Athletes should carry their own bag.
- Finally, can all athletes and parents please resist turning to social media to vent possible frustrations: this is rarely, if ever, helpful.

Clearly, there will be some teething problems around these protocols initially, but there is a clear need for give and take with priority given to those whose discipline requires the use of the facility and cannot be met elsewhere, e.g.

throwers, hurdlers and sprinters. So do consider whether training at the track is a necessity, and consider the locations that you have managed to use and get through lockdown so far with. Where requests cannot be accommodated we expect all our members to respect this fact; but with organisation and time, we should all be able to meet at least some of our training needs.

As a club, we need to respect and work around these protocols. We would remind all members, whether athletes, parents or coaches, of our responsibilities: to the club, to each other and not least to the community of which we form a part during the ongoing situation. Thank you for taking the time to read this.