

Kilmarnock Harriers AC

Attending Sessions during Phase 3 Exiting Lockdown

We all must follow the Government Guidelines

1. Before you train

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.

2. 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.

3. On Club Nights

The following movement and general restrictions will be in place:

- No access to the arena turning circle
- There will be restriction in the main car park, a one-way system will be operational.
- 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 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

We will be keeping the use of equipment to a minimum. Only coaches will touch equipment, e.g., cones which we use to mark our areas. All our equipment will be sanitised before the session starts and after it finishes and at required times during the session.

It may be worth refreshing all athlete's memory of the codes of conduct, especially given the current pandemic, these are particularly important to the safe return of athletics at Kilmarnock Harriers AC

Please do not bring a young person to the club if they are injured or ill in any way.

Contact details for our Covid Coordinator: pdo@kilmarnockharriers.com or 07910 869003

Contact for any Child Protection of Welfare issues: welfare@kilmarnockharriers.com or the number above

PLEASE ENSURE THAT YOUR PERSONAL CONTACT DETAILS ARE UP TO DATE ON THE HARRIERS ADMIN SITE – [LINK](#)

Athletes Responsibilities

All athletes are reminded that training can only take place if we all adhere to the restrictions set out by the Scottish Government and scottishathletics. All training will be outdoors at first, athletes must remember to dress for the weather conditions. Where possible a change of clothing should be packed

The club will provide hand sanitiser stations at the track, but athletes should bring their own supply if available. A 2m distancing rule will apply at the arena, please adhere to this rule.

If an athlete is ill or injured, they should not attend training. If an athlete appears unwell at a session, the parent/ guardian will be called to collect the athlete immediately. This is a normal rule, but it will be mandatory, given the pandemic.

Before Leaving Home

- 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.)
- Wash your hands
- Use toilet facilities

When at the AAA

- 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
- Toilet facilities are not available at the arena
- After the session, make your way around the track to the main car park, await collection
 - Always follow the one-way system

During 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.

Can all athletes ensure that their contact details are correct and up to date on Love Admin? This is essential, should there be a Covid 19 case at the club.

ALL CODES OF CONDUCT REMAIN, WITH THE ADDITION OF THE COVID 19 RESTRICTIONS

<http://www.kilmarnockharriers.com/policies/>