



Kilmarnock Harrier & A.C - Covid-19

Covid Exit Plan

(version02)

supporting club training



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1. Sottishathletics Guidance

Age 11 and under :

- No physical distancing at all times

Age 12 and over:

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

Groups Sizes

- **Age 11 and under** - groups of 1 coach and 8 athletes
- **Age 12 to 17** - groups of 1 coach and 10 athletes
- **18 plus** - groups of 1 coach and 12 athletes



Follow physical distancing
at all times



Follow public health guidance



Follow facility guidance



Follow jumps guidance
at all times

scottishathletics 



Follow the group size guidance
laid out by **scottishathletics**



Follow equipment hygiene
and cleaning guidance

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

Scottish Charitable Incorporated Organisation Reg (SC046169)



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2. Timeline - main milestones

- Planning activities (*Phase 1/2/3*) : 1st June -27th July ●
- Seek trustee approval for plan to return to training : 23rd July ●
- Initial communication of return to training to members : 24th July ●
- Walk through at AAA : 28th July ●
- Embody any amendments due to walk through : 28/29th July ●
- Distribute final details to members : 30/31st July ●
- Return to Training : 3rd August ●
- Guidance given on arrival : 3rd- 27th 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 upwards - 2m distancing until warm up starts and after cool down finishes
- 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

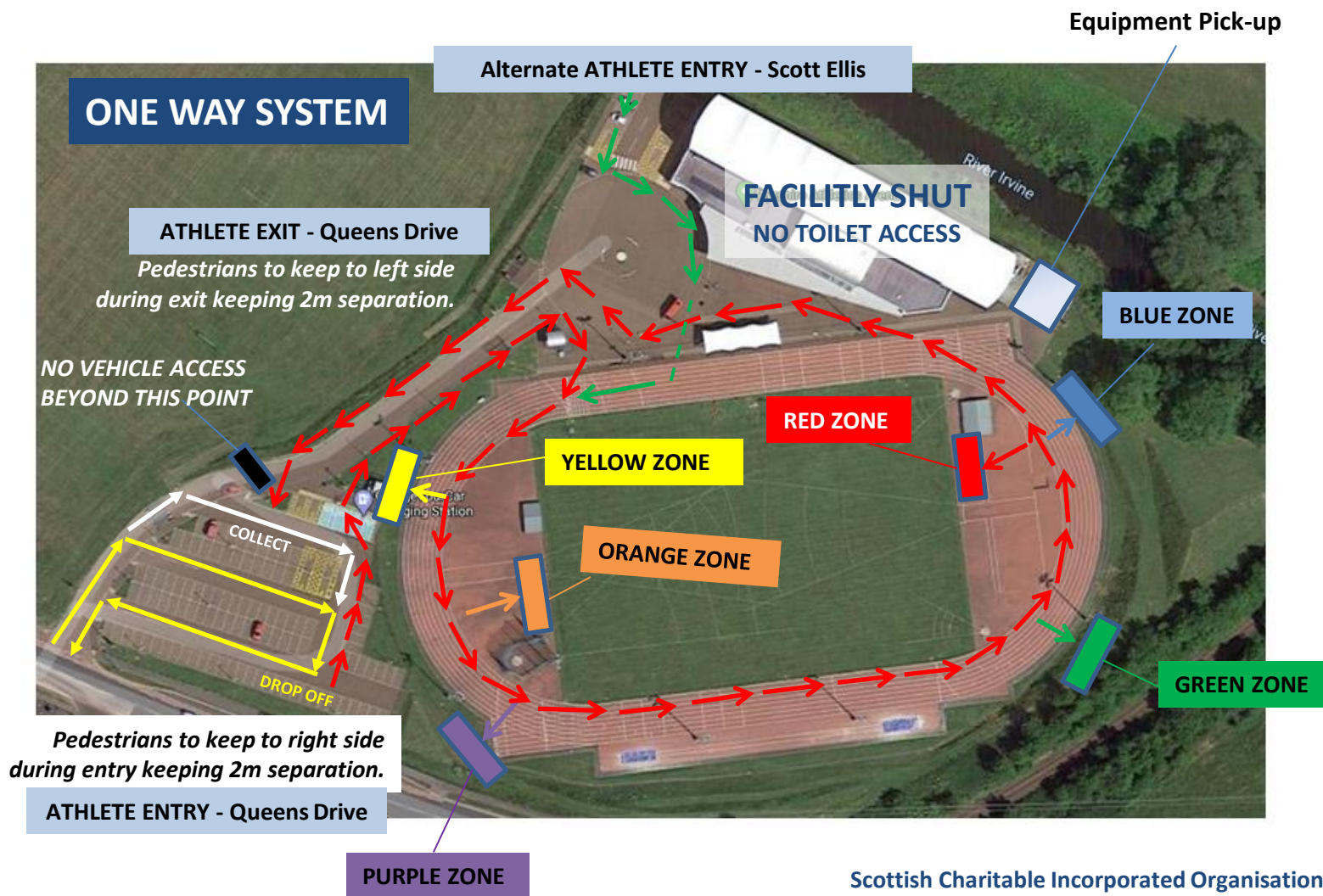
The following movement and general restrictions will be in place:

- 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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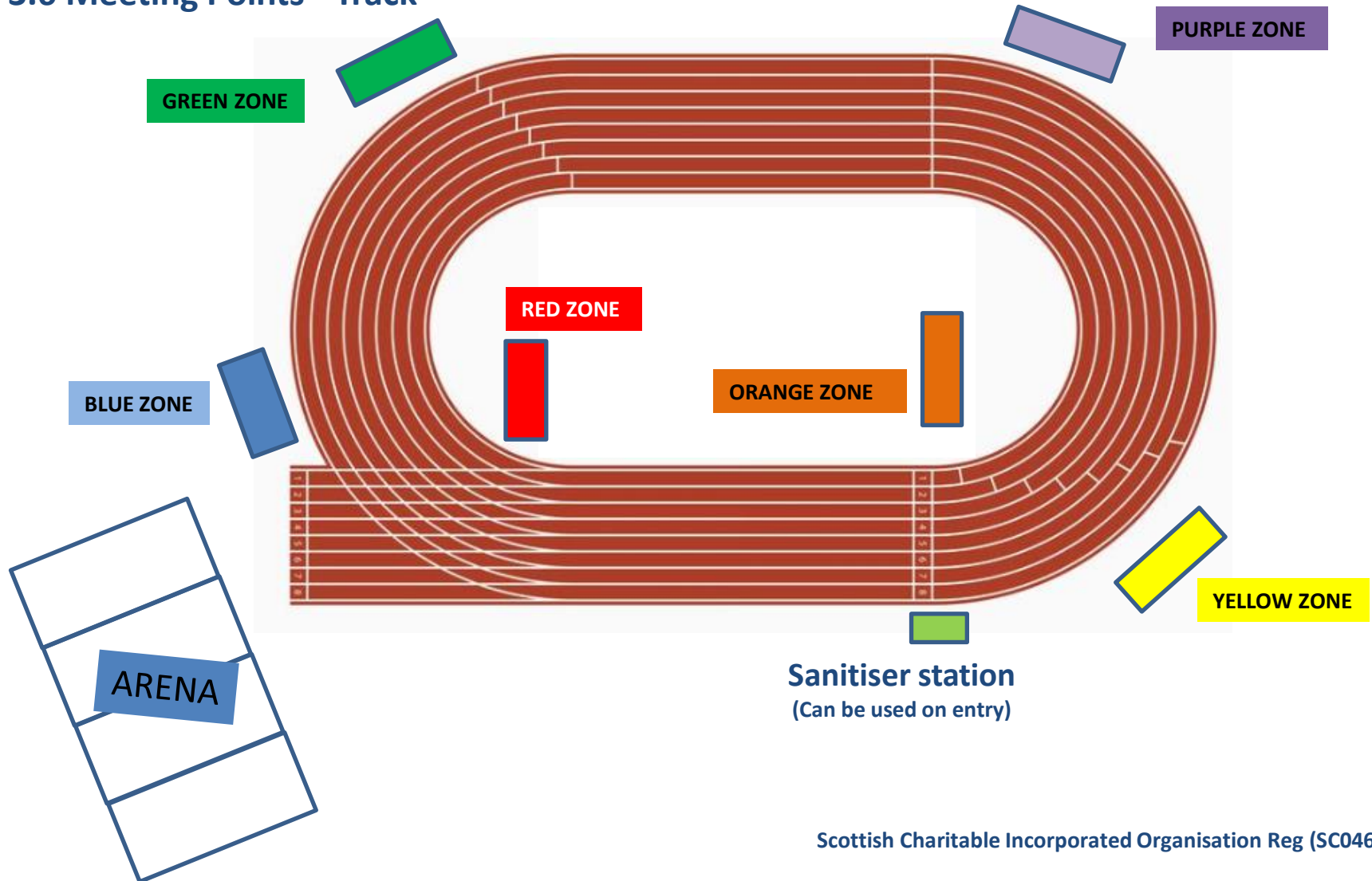
3.5 When at the Athletics Arena

- Follow the one-way system to your group coloured section, see map provided
- Wait in your coloured area
- 12 year-old athletes and upwards should maintain 2m social distancing, staying within their group
- 11 years and below, should stay within their areas and maintain distance from other groups
- 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 is in force for 12 years plus
- During the training session athletes of all ages do not need to socially distance within their own groups (groups to be within recommended ratios)
- Remain in your own group at all times
- Listen to instruction and follow restrictions set out by the club



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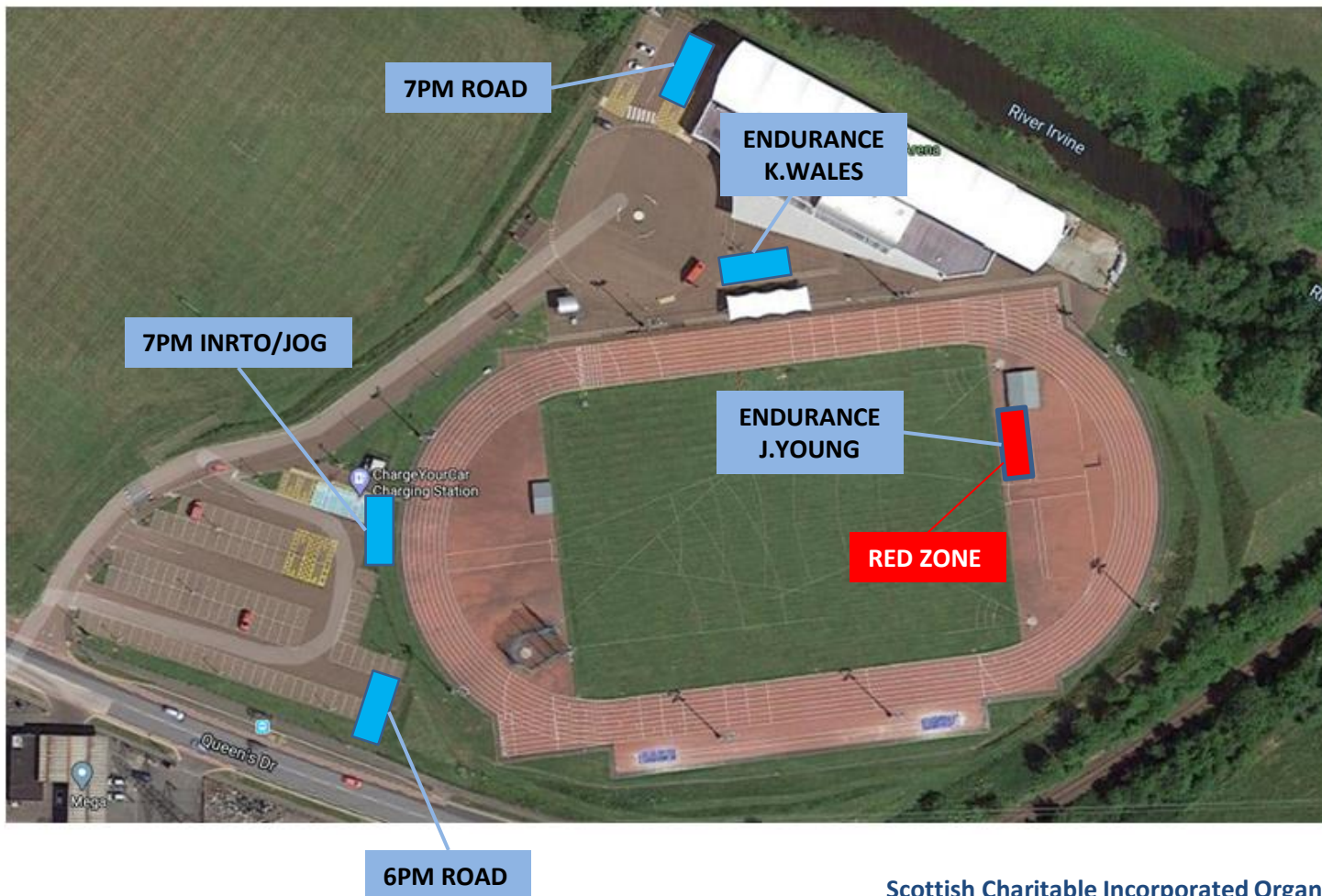
3.8 Meeting away from the track

- Due to the relaxing of restrictions and moving into the darker winter months it is proposed that groups now meet at designated meeting areas at the athletics arena. 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 (i.e. max 1 coach to 12 athletes)
- 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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3.4 Meeting Points - Senior Groups





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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 - Off Track

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

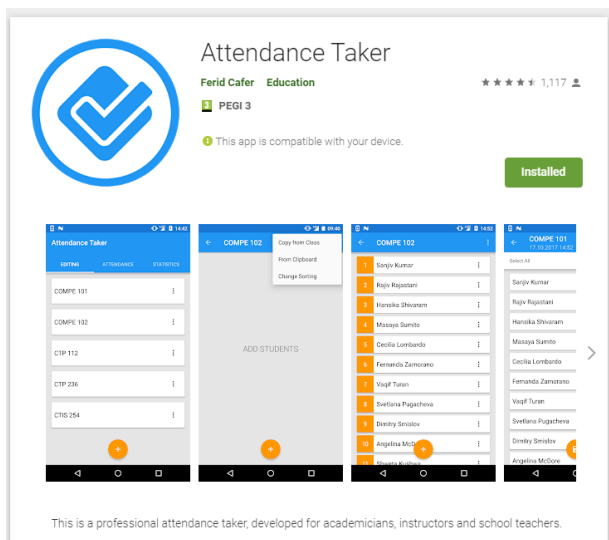


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6. Contact Tracing/Registration

- 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

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!