

# **Kimberley and District Striders COVID Action Plan**

## **1. Introduction**

- 1.1.** This document outlines the measures taken by Kimberley and District Striders (KADS) to create a COVID Secure Environment for its training activities.
- 1.2.** The measures put in place will lower but not fully eliminate the risk of contracting COVID. All activities have some level of risk associated with them.
- 1.3.** Guidance from England Athletics (EA) currently allows for groups of up to 6 people to meet up in a non-secure environment but also allows for unlimited numbers to meet in a secure environment.
- 1.4.** Sport England have confirmed that organised sports and activities which have been through return to play protocols will be allowed to continue as before. As a result the “rule of 6” does not apply to club events that are in a COVID secure environment.
- 1.5.** EA published a document in March 2021 [1] outlining key requirements for a COVID Secure Environment which included a requirement to develop a COVID action plan.
- 1.6.** Advice on the contents of the action plan includes the following.

*“An action plan is a document that outlines the process you are following to make your venue and activity COVID secure, and would detail information such as the owner (COVID Coordinator), risk assessments, tracking protocol and communication plans with all members and participates.”*

## **2. Close Contact**

- 2.1.** A key phrase used in relation to Tracking the spread of COVID is “Close Contact”.
- 2.2.** The UK government define “close contact” as follows:
  - Having face to face contact with someone less than 1m away, including when wearing a mask.
  - Spending more than 15 minutes within 2m of someone
  - Travelling in a car with someone [4]

**2.3.** Should all of the control measures put in place by the club be followed, particularly maintaining a 2m separation, then a person will not come into Close Contact with another and there will be a low risk of transmission of the virus.

**3. Owner/COVID Coordinator**

**3.1.** Oliver Braybrook is the Covid Coordinator for KADS

**3.2.** He can be contacted using the email address  
[webmanager.kads@gmail.com](mailto:webmanager.kads@gmail.com)

**3.3.** Any other concerns can be raised with the Welfare Officer, Matthew Gray, using the email address [welfare.kads@gmail.com](mailto:welfare.kads@gmail.com)

**4. Risk Assessments**

**4.1.** A risk assessment has been produced to cover both 'Structured' & 'Lead' runs.

**4.2.** This is available as a separate document [2] and has been distributed to members via email.

**4.3.** Additionally, an accompanying document was written to explain the requirements of the risk assessment [3]

**5. Venues and Activities**

**5.1.** KADS Activities will take place at a variety of venues, all of which are outside.

**5.2.** KADS Activities can theoretically take place in groups of unlimited size, however the Club will be limiting numbers at one session. Allowed group sizes may vary from session to session and will be at the discretion of the Run Leader/Coach who is leading that session, but they will all be limited to no more than 12 runners with 1 run leader, per the recommendation by England Athletics given in March 2021.

**5.3.** Structured sessions will take place in a relatively small area, such as a part of a park or on a particular small stretch of public road.

**5.4.** Since the area used by these sessions can be somewhat controlled, then with the appropriate measures they can be considered a COVID secure environment and be eligible for larger group sizes.

**5.5.** 'Lead' runs take place over a much larger area, with routes typically being at least 3 miles long.

**5.6.** As a result, the routes planned for these sessions must avoid areas

where there are high-levels of pedestrian activity, such as town centers, and must predominantly follow routes where there is minimal to zero pedestrian activity. While these sessions are also eligible for larger groups, numbers may be reduced from the maximum ratio in order to remain in line with the KADS Covid Risk Assessment [2].

## **6. Transmission Prevention Measures**

### **6.1. General Principles**

- 6.1.1. People who are infected, believe they have come into contact with an infected person, are awaiting a test result or have been told to isolate by NHS Test and Trace should not attend sessions.
- 6.1.2. People who may be more vulnerable to the virus should consider not attending sessions for their own protection.
- 6.1.3. Where possible people should travel to sessions by themselves and avoid using public transport or travelling in a car with someone from outside their household.

### **6.2. Droplet Transmission**

- 6.2.1. COVID-19 can be transmitted via droplets produced by an infected person as they cough, sneeze or even talk.
- 6.2.2. To reduce the likelihood of droplets transmitting the virus all runners should stay a minimum of 2m away from other people before, during and after sessions.

### **6.3. Fomite Transmission**

- 6.3.1. Fomites are surfaces that have been contaminated by the virus.
- 6.3.2. Generally, running has little risk from fomite transmission since the sport does not have to involve multiple people handling equipment.
- 6.3.3. A run leader/coach may want to use cones for marking out an area. Should cones be required then only the coach should touch them
- 6.3.4. People taking part in activities should not share drinks.
- 6.3.5. Hand washing facilities will not be available at sessions due to the locations. Run leaders will take some hand sanitiser with them but runners may want to bring their own hand sanitiser with them.

## **7. Tracking Protocol**

- 7.1. All Club sessions must be booked in advance using Run Together.
- 7.2. If you are not booked onto a session then you will not be allowed to take part.
- 7.3. By booking onto the system you agree that the Club can pass your name and contact details to NHS Test and Trace, the Local Authority or Public Health England upon request solely for the purposes of contact tracing.
- 7.4. The information is held on the Run Together website and is not publicly available.
- 7.5. Should a member test positive then anyone who has been in close contact with them within the 48 hrs prior to symptoms developing may be contacted via NHS Test and Trace, the Local Authority or Public Health England.
- 7.6. Any tracking related to unofficial social runs organised by individual members is the responsibility of those involved in the run and not the Club.
- 7.7. As long as people maintain a 2m separation and don't travel with each other then no-one should come into close contact with another member of the club. They would then not need to be contacted using NHS Test and Trace and told to self-isolate.

## **8. Actions in the Event of Becoming Symptomatic or a Testing Positive for COVID**

- 8.1. If you are experiencing symptoms of COVID, follow the Government guidelines in relation to self-isolation.
- 8.2. If self-isolating you must not attend any club sessions until that period of isolation has ended.
- 8.3. In the event of possible transmission of the virus linked to Club events then KADS may be forced to cancel all future activities until the situation can be reviewed. Anyone who tests positive after attending a session must fill out the UKA COVID-19 Form [5]

## **9. Communication Procedures**

- 9.1. Any changes to KADS COVID procedures will be sent to members by email and will also be communicated on the Facebook group.
- 9.2. The identities of people who have tested positive will be kept anonymous to protect their privacy. Any fear of being stigmatised could dissuade them from coming forward.

## **10. References**

1. England Athletics – Key requirements for a COVID Secure environment  
<https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2021/04/EA-Operations-Guide-for-Training-v3.pdf>
2. KADS Covid Risk Assessment *Link here upon approval of Risk Assessment*
3. KADS Club Sessions During Covid-19 Restrictions *Link here upon approval of Risk Assessment*
4. NHS Test and Trace: what to do if you are contacted  
<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>
5. UKA COVID-19 Form  
<https://www.uka.org.uk/governance/health-safety/covid-19-form/>