



Subject **Resumption of coach led, unlimited number, group training sessions**
From Bedford Harriers <hello@bedfordharriers.co.uk>  
To Stephen Crane <stevecrane@craneint.com>
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Resumption of coach led, unlimited number, group training sessions

Dear Member

Applicable from Wednesday 7th April 2021 Bedford Harriers AC is pleased to announce the resumption of coach led, unlimited number, group training sessions.

This follows on from the publication of Government Guidance - [Coronavirus \(COVID-19\): grassroots sports guidance for the public and sport providers](#), last updated 23rd March 2021, and as per section

3. Participation in sport and physical activity: Step 1B (29 March)

The following is taken from the initial membership email dated 23rd August 2020, all of which is still relevant, current and should be observed.

The Action Plan facilitating this can be viewed by clicking [here](#) and will shortly be available via the Club's website.

Test & Trace

Members are requested to ensure that their membership data is up-to-date for Test & Trace purposes. To check, please visit

http://www.bedfordharrier.me.uk/membership/member_login.php

Health

It is of paramount importance that those operating within clubs, including club personnel, coaches, and athletes, monitor themselves for any signs of the virus, as well as general health.

To comply with Government guidance and as one of the protocols for the Covid-19 Action plan certain health related topics need to be addressed.

Members are required to complete the 'Informed Consent Form for Running & Multisports' (it is page 3 of the Membership Application form) and consider their responses relating to the activity they undertake during Club training sessions. This is for members own benefit and the information is not seen or retained by the Club or its coaches.

Accessing sessions

Members wanting to access the group sessions should consult the Team Up calendar in the usual manner to ascertain the starting location & time and to ensure that they are capable of completing the planned session.

It must be emphasised that members should only join their regular group and not migrate to another group because their regular group hasn't published a session.

Before attending any training session prospective participants should

Monitor themselves for any signs of the virus, not take part in training or group sessions if they do have indications of the virus, and follow Government/NHS guidance regarding testing and/or isolation.

Check the latest information regarding local measures.

Observe hand washing regime.

Members that have previously suffered from Covid-19 should seek medical advice, and adhere to the advice, before considering returning to group training sessions.

Participants attending a session should

Carry with them a face covering, sanitising gel, tissues, gloves and a mobile phone.

During the session participants should

Ensure the coach has recorded their name as a participant.

Not congregate at beginning or end of a session.

Maintain 2mts Social Distancing.

Respect others 2mts Social Distancing.

Wipe catches, gates, stiles & other surfaces touched.

Use tissues for coughs & splutters.

Put on face covering & gloves in the event of medical emergency, either your own or if assisting another group member.

After a session

If a participant develops Covid-19 symptoms the NHS guidance should be followed and can be viewed via the following web address; [NHS Guidance Test & Trace](#).

In addition, after attending a group training session and subsequently proving positive for Covid-19 the participant must complete the [UKA Health & Safety - Covid Reporting Form](#).

Any questions or queries should be directed to hello@bedfordharriers.co.uk

Chris Capps/Richard Woodward/Steve Crane
Bedford Harriers AC .

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Bedford Harriers Membership

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