



Subject **Action Plan for the return of coach lead, unlimited number, group training sessions.**
From Bedford Harriers AC <hello@bedfordharriers.co.uk>  
To Stephen Crane <stevecrane@craneint.com>
Date 23/08/2020 11:17



Return of coach lead, unlimited number, group training sessions.

Dear Member

Bedford Harriers AC is pleased to announce the return of coach lead, unlimited number group training sessions.

The Action Plan facilitating this is [attached](#) and can also be viewed via the Club website.

Track & Trace

Members are requested to ensure that their membership data is up-to-date for Track & 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 the 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 Covid 19 tracking form](#).

Bedford Harriers AC

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Member

Our mailing address is:

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11/11/2020

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