

8th September 2020

Dear member

The First Minister announced on 20th August that outdoor sport could re-start in accordance with guidance from the Scottish Government and each sport's governing body. As with all lockdown exit decisions, this was based on a balance of benefits versus risks. Sports are recognised as having major benefits to people's wellbeing.

Our governing body is Scottish Athletics; they published guidance on 21st August. Members of the SRAC committee have reviewed this and come up with a plan to resume club training sessions that complies with the guidance.

A copy of the guidance is attached to this email. The key points in relation to over 18's which are relevant to running training are:

1. Clubs must collect the names and contact telephone numbers of everyone who attends a training session or event. These will be kept for 21 days.
2. People who attend a training session or event form a 'bubble' for the duration of the organised activity; there is no need to keep any particular distance during the event.
3. The maximum number of people who can attend an athletics training session/event and form a 'bubble' is 15. However, the Scottish Athletics ratio for coach to participants is 1 to 12, so in practice the maximum bubble size is 13 (unless there is more than one coach with the group).
4. Each bubble only lasts for the duration of the activity; there is no requirement to keep to the same bubbles over different sessions. People should not move between bubbles during the same session.
5. People must continue to stay 2m apart on the way to the session, before the session starts and after it has finished (unless they are from the same household). Although this seems to conflict with the guidance that participants don't have to stay any particular distance apart during the training session, it seems that the purpose of this rule is to limit the amount of time that people are not keeping 2m apart.
6. People taking part in the training must stay 2m apart from members of the public, e.g. if running in a public place.
7. No-one should attend a session if they are suffering symptoms of COVID (however mild), have been in contact with anyone with COVID, have been asked by Test & Protect to self-isolate or are quarantining.
8. If anyone who has attended an organised sports activity tests positive for COVID-19, they must inform Test & Protect that they have taken part. It will then be up to Test & Protect to decide who is a 'close contact' of the infected person. Test & Protect can ask the club for the names and contact phone numbers of others who attended the same sessions as the infected person. Any close contacts will be required to self-isolate in accordance with Public Health Scotland requirements (currently 14 days).

We are required to have a club COVID co-ordinator; Brenda Jones agreed to take on this role. We have carried out a COVID risk assessment (as required by the Scottish Athletics guidance) to ensure that we comply with all relevant guidance and do our best to keep everyone safe.

The plan for training sessions for the next few weeks is as follows:

1. Hold a weekly organised club training session; this will be at **5.30pm on Thursdays at the Castle Grounds** (until the clocks change).
2. Each session will be split into groups, by running pace, to ensure that each group has no more than 13 people. Each group will have a designated leader, who will be familiar with the COVID risk assessment and be responsible for ensuring that it is followed.
3. One group will meet at the Porter's Lodge next to the Golf Club car park and the other group at the Museum car park. This will help keep everyone 2m apart before and after the session and 2m apart from the public. We will publicise any change in meeting locations each session via the Run at Leisure Facebook page and via a new WhatsApp group.
4. Everyone attending must complete an online registration at <https://forms.gle/PzZyJ8ssxx2krMrK6> before their first session to give their name, contact phone number, emergency contact (if not already provided), details of any injuries/health issues, their level of running fitness and to confirm that they will adhere to the COVID guidance. This will help us to plan the number of groups and ensure that we have enough group leaders.
5. The group leader will take a note of everyone who attends the session. If anyone present has not filled out an online registration form, the group leader will take a note of their name and contact number and ask them to fill out a registration form before their next session.

To comply with our insurance policy, runners must join SRAC. The SRAC committee decided during lockdown not to charge subscriptions for 2020, so for existing members there is nothing to pay and your membership will continue. Anyone who was not a member in 2019 can attend up to four sessions before deciding to join (again, nothing to pay for the rest of 2020). New members are very welcome. There is no requirement to be able to run at any particular speed. People can become members by filling out the membership form on our website.

For those who would like to do more than one training session per week, the club has developed a training plan which includes sessions for people to do by themselves. This will be published on the Run at Leisure Facebook page shortly. Please note that if you chose to do other sessions with friends, the 2m distancing rule will still apply. We are not planning to do training on the track just yet but will work with the Sports Centre manager to agree when this can re-start.

There are a couple of virtual races coming up:

- West Side 5k: 25th – 28th September: <https://www.facebook.com/Westside-Runners-Fitness-Club-146498892041399/>
- Ness 5k/10k: event is being planned; we'll send details out.

If you have any questions or comments, please get in touch via seniortraining@srac.org.uk, speak to the session leader at training session or contact the club's COVID Co-ordinator on brenda.jones@mac.com

Best wishes and happy running,

Louise Henderson & Norman Ferguson

Senior Captains