

Changes in Welsh Gov COVID-19 Legislation & effect upon Club activities

1. **Welsh Gov - Press Release 10th July**

- "The Welsh Government is also **making changes to the regulations to allow larger gatherings of up to 30 people outdoors** only where these are organised and supervised by a responsible person for sports and other leisure activities and classes. This will allow sports and leisure activities, such as fitness and dance classes to take place outdoors, as well as collective worship."
- "From July 20, playgrounds, **community centres** and outdoor gyms will be able to reopen gradually over the following weeks as and when safety checks and mitigations are put in place. Re-opening community centres will help local authorities provide summer holiday play schemes and childcare."
- "The law in Wales will continue to make the 2m distance the default position, because this remains the safest way to protect people's health."
- The next formal review of the regulations is due by 30 July.
- The Welsh Government is also discussing with local authorities and other operators how gyms, **leisure centres**, fitness studios and swimming pools can introduce measures to safely open. Further work is being undertaken about the risk of coronavirus in swimming pools.

2. **Welsh Gov - Leaving home to exercise guidance - unchanged 2nd June 2020**

- You must play sport or exercise alone, with members of your household or your extended household if you have formed one, and/or with members of one other household or extended household.

3. **Welsh Athletics - Group Running & Training Can Resume**

- "This opens up the way for many areas of our sport to return for significant numbers **in the coming weeks** - including group running, club training, practical education courses, and small scale competition. The guidance we published a few weeks ago, can now be put into practice, and the sport can start to be enjoyed again by our community up and down the country" - James Williams
- **GUIDANCE FOR CLUBS & GROUPS FOR A RETURN TO GROUP RUNNING**
 - It is important to say that any return to activity must take account of local conditions and any risk assessment for normal activities should be undertaken as well as **ensuring that all government guidance around Covid-19 is taken into account.**
 - It is the responsibility of each athlete, coach and facility to make that assessment based on their local environment. **Risk assessment must take into account mitigations and plans for when activities do not go as expected.** Planning scenarios around, for example, an injury occurring to an athlete and the need to support that athlete while social distancing should be undertaken.
 - 1 - Before the Run
 - 2 - Route Planning
 - 3 - Session Set-Up and Design 4 - During the Run
 - 5 - After the Run

4. Club Responsibilities

- Check validity of Leader/Coach insurance
- Session plans
- Session risk assessments
 - “Safe” training locations - to be risk assessed
 - Any off road needs to be hazard free
- Registration (& session booking?) system
 - Disclaimer per person per session?
- Newport Live bookings
- GUIDE (for runners & for leaders) - communicated via Club email & Facebook
 - Adults & Juniors
 - Mobiles to be carried by leaders
- Session briefings - all groups, all sessions
- First aid kits to include facemark & gloves
- First aiders - willingness & availability? One available by phone per training session?

Back Up - Compliance with WA requirements (insurance dependency?)

1	WA Guidance - Before the Run	Action
1	Group to organise a system of communication and registration that ensures the safety of group leaders.	Registration (& session booking?) system
2	• As of 13/07/20 the maximum group size is 30 - The Welsh Government now allows "...larger gatherings of up to 30 people outdoors only where these are organised and supervised by a responsible person for sports and other leisure activities and classes."	
3	• Whilst 30 is the maximum number, consideration of smaller groups to allow for safer delivery of group running activities should be considered. The ratio of 12:1 runners to leaders must be adhered to.	12:1 - member registration + leader availability in advance. Impact - more sessions or dissatisfied members.
4	• The maximum number of runners in a group to be confirmed by the groups lead and must be in accordance with government requirements and their local risk assessment. Depending on this number it may be required to break the group into suitably sized 'subgroups'.	Less than 12:1 may be necessary based on session & space. Session specific risk assessment to identify
5	• Subgroups to be arranged prior to meeting and start times allocated.	See 1
6	• There is to be a minimum of 10 minute intervals between run subgroups, but longer intervals may be more appropriate depending on the facilities being used.	See 1
7	• Any changing facilities should be closed. Limited essential access (for example to use the toilets) may be allowed by the facility. This should operate in a one-in-one-out fashion with social distancing maintained at all times.	Newport Live. Track availability? Only use sports venues (not cafes, supermarkets etc) as start/finish locations
8	• Groups to communicate in advance with runners to advise on social distancing requirements that are being applied on arrival at the facility/meeting place, for example not leaving cars until a certain time before they are due to start.	GUIDE (for runners & for leaders) via Club email & Facebook
9	• Runners should arrive changed and ready to start their session at their allocated time.	GUIDE (for runners & for leaders) via Club email & Facebook
10	• Groups to have procedures in place to ensure social distancing requirements in advance of runners setting off, in line with government requirements.	Session plans
11	• No equipment should be shared or distributed i.e. leaders vests, first aid kits, etc. unless safe sanitising practices can be guaranteed.	GUIDE (for runners & for leaders) via Club email & Facebook
12	• Groups should have procedures in place for the safe warm-up and cool down of participants, again in accordance with government guidance. For example giving priority of use to the runners in the next sub group or designating distinct areas of meeting space for each sub group.	Session plans
13	• Runners should not greet each other physically and must maintain social distancing regulations at all times.	GUIDE (for runners & for leaders) via Club email & Facebook
14	• Runners should be encouraged not to sit down and should not use communal seats, benches, etc.	GUIDE (for runners & for leaders) via Club email & Facebook

1 WA Guidance - Before the Run		Action
15	• Runners should be encouraged to wash their hands immediately before the run and use hand sanitising gel if available.	GUIDE (for runners & for leaders) via Club email & Facebook

2 WA Guidance - Route Planning		
16	• Route should be pre-planned with careful consideration to any government requirements.	Avoiding areas where social distancing is impossible
17	• The speed / ability of each group should be considered and any possibility of groups meeting on route should be minimised. This may include separate routes for each group or setting off quicker groups before slower groups. Out and back courses should also be avoided wherever possible.	“Safe” training locations - to be risk assessed
18	• Routes should avoid narrow paths and/or pinch points which make social distancing difficult.	See 16
19	• Routes should avoid already busy areas or areas associated with increased public footfall.	See 16
20	• Where possible it may be useful to communicate with other local groups and stagger venues / times to avoid multiple different groups running in the same area(s).	Mobiles to be carried by leaders
21	• Careful consideration should be given to the terrain used during sessions and any unnecessary risks minimised.	Any off road needs to be hazard free

3 WA Guidance - Session Set Up & Design		
22	• No equipment should be used, unless essential. If equipment is deemed essential, only one individual should keep, set-up and clear away the equipment.	Guidance for Junior coaches
23	• Drinks should not be shared or handled by any individuals other than the owner.	GUIDE (for runners & for leaders) via Club email & Facebook
24	• Warm-up and cool down should be designed in a way that all runners can practise adequate social distancing from other runners and other (sub) groups.	Session Plans
25	• All areas should be clearly defined and communicated to runners to avoid confusion.	Session briefings - all groups, all sessions

4 WA Guidance - During the run		
26	• Remind runners to maintain social distancing during all aspects of the run.	Session briefings - all groups, all sessions
27	• Remind runners to stay 2 metres apart during all elements of the warm-up and there is to be no physical contact between runners unless they are from the same household	Session briefings - all groups, all sessions
28	• Remind runners to not touch any equipment or clothing that is not their own.	Session briefings - all groups, all sessions
29	• Remind runners not to touch anything with their hands / bare skin wherever possible i.e. gates, handrails, etc.	Session briefings - all groups, all sessions

4 WA Guidance - During the run		
30	ÿ All runners should be encouraged to communicate with each other with specific reference to maintaining social distancing with members of the public.	Session briefings - all groups, all sessions
31	ÿ Runners should be encouraged to keep ICE (In Case of Emergency) cards on their person whilst running. You can download a template here	GUIDE (for runners & for leaders) via Club email & Facebook
32	ÿ The type of first aid provision run groups provide will depend on the risk assessment. However, consideration must be given to ensure social distancing is maintained where possible and that the safety of the first aider is put first.	First aid kits to include facemask & gloves
33	ÿ Run Groups might consider access to a fully stocked first aid kit and protocols to allow for safe delivery of first aid. This may include self-administration for minor injuries where appropriate.	First aiders - willingness & availability? One available by phone per training session?
34	ÿ The preservation of human life will always take priority over social distancing. Therefore, if a runner is at risk of loss of life, a first aider should respond quickly and where required.	GUIDE (for runners & for leaders) via Club email & Facebook
35	ÿ For further guidance on COVID-19 CPR protocols from the UK Resuscitation Council please visit https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/	?

5 WA Guidance - During the run		
36	ÿ Remind runners that social distancing is as important after as it is during a run. When the run is over runners must leave the facility / meeting point immediately to avoid the gathering of groups.	GUIDE (for runners & for leaders) via Club email & Facebook
37	ÿ Runners should wash their hands or use hand sanitisers as soon as practically feasible after the run.	GUIDE (for runners & for leaders) via Club email & Facebook
38	ÿ Runners should be reminded not to help collect others clothing / equipment.	GUIDE (for runners & for leaders) via Club email & Facebook
39	ÿ Runners should not share lifts unless individuals are from the same household.	GUIDE (for runners & for leaders) via Club email & Facebook