

Glossopdale Harriers return to training procedure

- Resuming club activity will always carry a degree of risk associated with transmission of Covid-19. The risk cannot be eliminated unless you decide not to resume activity until there is an effective vaccine or cure, or the disease is eliminated from the UK.
- **Help control the virus**
- **To protect yourself and others, when you leave home you must:**
 - **wash hands - keep washing your hands regularly**
 - **cover face - wear a face covering over your nose and mouth in enclosed spaces**
 - **make space - stay at least a metre (2M is preferred) away from people not in your household**
- You will need to review the risks and actions in the risk assessment on a regular basis to understand how effective they are and what may need to change. This should be done at regular intervals and also in line with any changes to government, England Athletics and site specific guidance.
- Clinically vulnerable people are those who are:
 - aged 70 or older (regardless of medical conditions)
 - under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab each year on medical grounds):
 - chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
 - chronic heart disease, such as heart failure
 - chronic kidney disease
 - chronic liver disease, such as hepatitis
 - chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
 - diabetes
 - a weakened immune system as the result of certain conditions or medicines they are taking (such as steroid tablets)
 - being seriously overweight (a body mass index (BMI) of 40 or above)
 - pregnant women
 - There is a further group of people who are defined, also on medical grounds, as clinically extremely vulnerable to coronavirus – that is, people with specific serious health conditions. Guidance for the clinically extremely vulnerable can be found [here](#).

- Clinically vulnerable athletes should ensure they follow extra instructions in the risk assessment
- As a member of the club, do not hesitate to feedback to the coach or Covid Officer, where you see risks that are not being adequately managed or recognised.
- Always book onto training or an event through the Event Bright process
- Always ensure you complete the health questionnaire before each event and inform the Covid officer or coach of any changes before the event.
- Avoid car sharing outside the family bubble, but where it is unavoidable, follow the care share guidance.
- Anticipate and be prepared for injury. This means you should wherever possible have a family member available to assist or take you home.
- Always follow government guidance with regards self-isolation following symptoms, positive tests for yourself, close contacts or family members
- Hygiene products will be available at the event to sanitise hands

- More guidance can be found at
 - www.gov.uk/government/publications/coronavirus-COVID-19-guidance-on-phased-return-of-sport-and-recreation