



10th September 2020

Covid procedure improvements

We can't make training 100% safe but there are a number of improvements with your help we can make to keep training in the club going. If we don't stay on top of the safety measures training sessions may have to be curtailed.

Booking training slot

At the moment we are not in control of the training booking system, it's set up by Athletics Ireland and all clubs have to use the same system. There is no cut off time to book a training session on the website but we asking people if they could please book the session before 2pm on the day your training on Tuesday and Thursday and before 7pm Friday for the Saturday morning session. The reason for this is Aileen Melody, club secretary, has to download the file from AAI to know how many have booked for training. We can then see the numbers and know how to organise the training. If people leave it to 5pm or 6.29pm to book the session we have to try to organise people we didn't know where going to be there as the file was downloaded earlier. We can't enforce the cut-off point but we're asking for peoples help to organise the training by booking earlier.

There is a separate health check form that also has to be filled in each and every time you book training. It is a bit tedious but the health check is there to remind people of the risks and not to come to training if you have a chance of spreading the virus. If you have any symptoms or fall into any of the risk categories please stay away from the training sessions. The information you fill into the forms has to be accurate.

Group training

Part of the good thing about the club is meeting other people and mixing with other new people but unfortunately that is exactly what we can't do at the moment. We are only allowed train in groups of 15 (15 less any coaches). We have set up the 6.30pm and 7pm training sessions and we are also going to have 2 groups for each session giving close to 60 people that can train. This will only work if the 4 groups stay apart and don't mix. So even if it's tempting to talk to people in other groups or run with people in other groups we have to try and keep people in the same group and separate from the other groups.

At the moment people normally train with the same group of people who are at a similar level. We are going to try and formalise that so people stay in the same group of people. The plan is your either Team X or Team Y (names to be decided) and whether you book at 6.30 or 7pm you meet and train in the Team X area or the Team Y area. Ideally if possible you try and keep the same team and same training time to minimise risk.

Group leaders

With 4 groups it will be hard to control the booking in and the training sessions and keeping groups apart. Any extra helpers have to be counted as part of the 15. So we need people in the groups to step up and help control the group. We need these people to shout out the recovery times, remind people of the start points and finish points, keep your group apart and keep the session moving on time. A lot of people are doing this already but we will need to rely more on people to keep their group together.

Club house access

Technically we can use the clubhouse again but indoors is a higher risk for the virus. Some people come straight from work and can't get home in time for training and need to use the clubhouse to change. Other people live just around the corner from the club house. So we are restricting entering the clubhouse to 6 people at a time and only if you wear a mask and use the hand sanitizer. We have hand sanitizer at the door and the clubhouse will be cleaned regularly. If it's not an emergency and you have other options we are asking people to not use the club house so we can reduce the risks.

Running etiquette

Runners are the most amazing people in the world but unfortunately not everyone realises that. There has been a bit of a back lash against runners, some of it unfounded. However there are vulnerable people who have a higher risk of getting covid and higher consequences of getting Covid who use the park and the footpaths around the park so again we are asking people to always try and maintain a gap between other runners and other park users or footpath users. Spitting or coughing with your mouth uncovered is high risk and can't be accepted at training. If you have allergies and prone to sneeze then bring tissues and dispose of them in the bins and use the hand sanitizer. Again it's tempting to group together before and after training but the 2meter spacing has to apply.

New club members

Running has got a lot of people through a lot of things and Covid restrictions have been difficult. We have had a lot of requests from new people to join the club but with the restrictions in training numbers and contact tracing we had to turn a lot of people away. We are planning on having an open day twice a month probably on Wednesday where potential new members can try a training session and ask questions. They will have to book the open day and give full details. If they then want to join after that they have to register and then they can come to the normal trainings after booking the sessions with their AAI number.

Winter training

As there will be 2 training times meeting at the club before training won't be possible so people will be told where the training is, bank lap, Tesco lap etc. and you go directly there. You do your own warm up and cool down. We have to work out the access to the club house for changing for those that need it.