

The proposed restart of BPRC C25K

There is a need to digest these guidelines to ensure you are up to speed on arrival.

The registration form will be published tomorrow.

Covid-19 continues to cause significant challenges. Regardless of our size or scale of event, our sport is affected, and we all need to look into ways of conducting things in a safe way for all participants, including volunteers, event delivery team and the general public.

We are guided by the government, UK Athletics/England Athletics, Sport England, MSO (Mass Participation Sports Organisers), runbritain in addition to SMDC and your insurance company, in our efforts to fulfil our duty of care to provide a safe environment for participants, spectators, staff, along with members of the public.

Planning of a restart has been based around reasonable steps to ensure that activities and the event environment are as safe as possible for all.

This follows guidance relating to the COVID-19 pandemic.

This is in addition to the pre-race briefing information offered to all.

The event has a risk assessment based upon the guidelines provided by the various bodies, which reflects the requirements of 'Sports Activity Outdoor Event Framework' issued by the Government.

Normal operating procedures and emergency action plans have been updated to reflect any changes made as a result of this guidance.

We have a responsibility to take reasonable steps to ensure that activities and the event environment are as safe as possible for all.

The resumption of events will be defined by:

- Social distancing requirements
- Required safety and hygiene controls
- Any additional controls, such as local lockdown measures

- 1. Risk assessment**
- 2. Participant Code of Conduct**
- 3. Spectator Code of Conduct**
- 4. Communication**
- 5. Staff & Volunteers**
- 6. Social Distancing of the Event**

Attachments

- A. How to wear a medical mask safely
- B. PPE Advice
- C. Map of the venue (In production – showing all points relative to our documents and Exits)
- D. Disclaimer

1. Risk assessment

- a. An overall risk assessment by **Steven Corden**, our nominated Covid-19 officer, has taken into account mitigations, and plans will be in place for when activities do not go as expected
- b. The risk assessments will be up-to-date and have Covid-19 restriction added. Planning scenarios have been made around, for example, an injury occurring to a participant and the need to support that individual with social distancing in mind. Mitigating procedures and plans will be in place to resolve the issue while maintaining all government guidance.
- c. The club committee will oversee all aspects of the re-start

2. Participant Code of Conduct

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- a. Do not travel to the event if you are showing any symptoms of Covid-19 as outlined by the NHS and do not travel if you have felt unwell in the last 14 days. Follow the NHS advice @ <https://www.nhs.uk/conditions/coronavirus-Covid-19/>
- b. Do your homework – make sure you are aware of and understand the pre-race briefing information offered by the event
- c. All participants **MUST** enter the event in advance and all queries can be dealt with via social media, phone or email, as detailed information will be restricted during event-day
- d. Carefully consider your travel plans, minimising the use of public transport if at all possible
- e. Travel to the event only with people from your household or support bubble
- f. Leave more time than you normally would get to and from the event
- g. If attending by car, where possible, park responsibly and away from the congested multi-use car park
- h. Arrive ready to take part and do not be alarmed to see others and staff wearing PPE
- i. Under no circumstances swap kit or RFID or share water bottles
- j. Be respectful and minimise your interaction with race staff, volunteers and participants
- k. The collection of last-minute information any RFID wristbands will be by minimal contact from the pre-event assembly area to the left of Park Road as you walk up
- l. Clothing can be left at a social distance from others within this area at owners risk
- m. A detailed plan showing the start, finish, egress points and sanitization points can be found attached and available at the pre-event assembly area – ensure social distancing is maintained at this point
- n. Be as self-sufficient by bringing water and food and carry it with you during the race and please dispose of rubbish responsibly
- o. Be aware of your personal hygiene e.g. avoid spitting and nasal clearance
- p. Bring your hand sanitizer if possible, although there will be sanitizer stations on site
- q. Be respectful to volunteers and participants, observing social distancing wherever possible
- r. Be advised that toilet facilities at the leisure centre are limited and only queue from outside and you should not congregate within
- s. Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public. Do not congregate on the pathways, move around and exit with social distancing in mind
- t. Don't forget that if you attend with children, you are responsible for supervising them at all times and in line with social distancing guidelines. Pay special attention to their hand hygiene
- u. The event timetable is determined by the capacity and flow required to achieve social distancing across the event period. Do NOT congregate on the pathways
- v. The event may be subject to cancellation due to local or national lockdown conditions
- w. The event start has moved and is now near to the main gate to the park, it has become 120m further away from the first and critical pinch point

- x. The one-minute separation between 5 + 3.64K participants and the remainder will continue
- y. If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system

3. Spectator Code of Conduct

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- a. Do not travel to the event if you are showing any symptoms of Covid-19 as outlined by the NHS, and do not travel if you have felt unwell in the last 14 days, and consider whether you should attend at all. Follow the NHS advice @ <https://www.nhs.uk/conditions/coronavirus-Covid-19/>
- b. Do your homework – make sure you are aware of and understand the pre-race briefing information offered by the event
- c. Carefully consider your travel plans, avoiding public transport if at all possible
- d. Leave more time than you normally would to-get-to and from the event
- e. If attending by car, where possible, park responsibly and away from the congested multi-use car park
- f. Be self-sufficient – bring your hand sanitizer and refreshments
- g. Please dispose of any rubbish responsibly
- h. Only travel with people from your household or support bubble
- i. Observe social distancing wherever possible and do not congregate on the pathways
- j. Avoid the most congested areas of the course and gatherings outside of your bubble
- k. Avoid physical contact with other participants, volunteers or spectators including high fives and hugs etc.
- l. Be mindful of your surroundings and impact on other spectators, participants, volunteers and the public and move around and exit with social distancing in mind
- m. Plan how you will get to the start, finish and how you will get to other viewing positions
- n. Be advised that toilet facilities at the leisure centre are limited and only queue from outside and you should not congregate within
- o. Be respectful to volunteers and participants
- p. If you are travelling home with a participant, agree a designated meeting place after the race
- q. The event start has moved and is now near to the main gate to the park
- r. If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system

4. Communication

- a. The club will communicate between its staff, participants, supporters, and facility providers, regularly, via the most appropriate media and, only when necessary, en-masse before an event starts
- b. Please monitor yourselves for any signs of the virus or other illness.
- c. Updates will be provided regularly on health, cleanliness, congregation, safety and social distancing
- d. All those attending the event are advised to: adhere to all restrictions that may be placed on the public space by the owner, and that the overall site space they are meeting in is used by the general public, as is the route being traversed, additionally do not congregate, handshake or hug, before or after the event/training, and minimise their time on site
- e. A FAQ section will be available online and updated regularly in advance of the event
- f. All participants MUST enter the event in advance and all queries can be dealt with via social media, over the phone or email and will be restricted on race day
- g. A map of the venue and the route defining all areas/zones and access/egress points can be found attached and on-site within the pre-event assembly are

- h. Radio announcement, posters and on-site advice will be given to the public at various times throughout the week leading up to the start
- i. A signage plan to support the implementation of the guidelines will be in force

5. Staff & Volunteers

- a. Do not travel to the event if you are showing any symptoms of Covid-19 as outlined by the NHS, and do not travel if you have felt unwell in the last 14 days, and consider whether you should attend at all. Follow the NHS advice @ <https://www.nhs.uk/conditions/coronavirus-Covid-19/>
- b. All staff & volunteers will receive and acknowledge the detailed briefings on these guidelines/regulations and appropriate ways of working before arriving at any event site
- c. Mitigations such as increased on-site working and welfare space are in place. Additional time to build and take down the event has been planned for. Staff will wear suitable PPE where appropriate, with renewals available, along with appropriate collection, and disposal facilities
- d. Be advised that toilet facilities at the leisure centre are limited and only queue from outside and you should not congregate within
- e. Initial First Aid will be carried out by one of our trained staff members, with social distancing in mind and wearing PPE
- f. Finish area staff will be advised to look out for and deal with distressed finishers
- g. If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system

6. Social Distancing within the Event

- a. The event is designed with social distancing in mind, and that the applicable Government advice on social distancing is to be maintained by participants, supporters and staff
- b. The event start area is designed to maximise the available space for each participant, and to minimise the time participants, staff and spectators spend in proximity to each other
- c. Whenever possible avoid bringing extra clothing. If there is a need, then items can be placed 2m apart within designated areas on the grass in the assembly area
- d. Participants are advised to maintain social distancing throughout and not to overtake unless it is within one of the designated spacious areas where and only when social distancing can be maintained:
 - * Park Road
 - * Within the wider part of the flower beds
 - * Around the skate park
 - * Over the grassed area of the valley
- e. The only information needed from participants at the finish is any change in the distance
- f. Once you have passed the finish line move to the post-event recovery area which is the grassed area between the bandstand and the skate park and observe social distancing and disperse as soon as is practically possible, with social distancing in mind.

Please find the time to explain the necessary information to youngsters

A

HOW TO WEAR A MEDICAL MASK SAFELY

who.int/epi-win

Do's →



Don'ts →



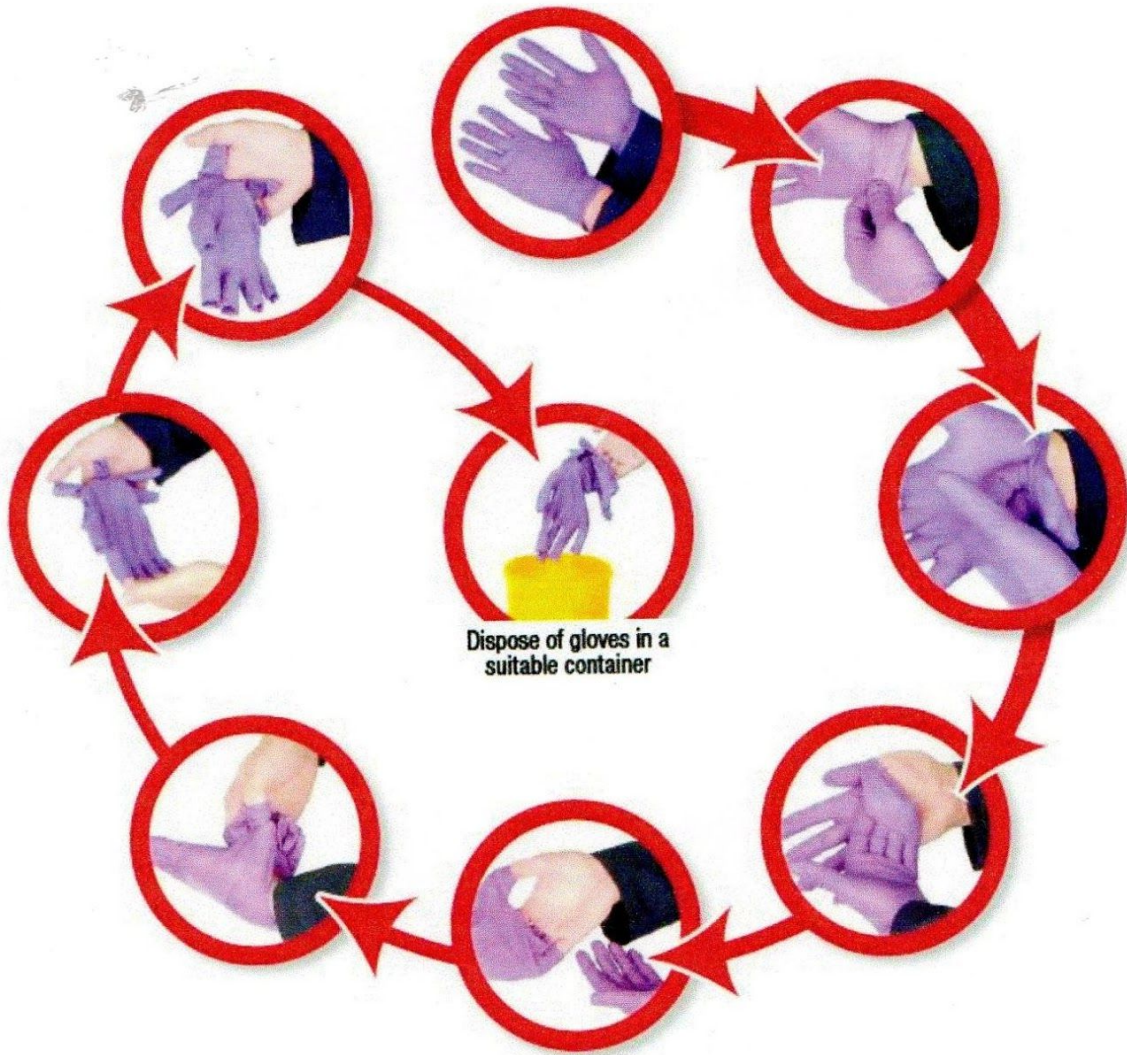
Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

EPI·WIN



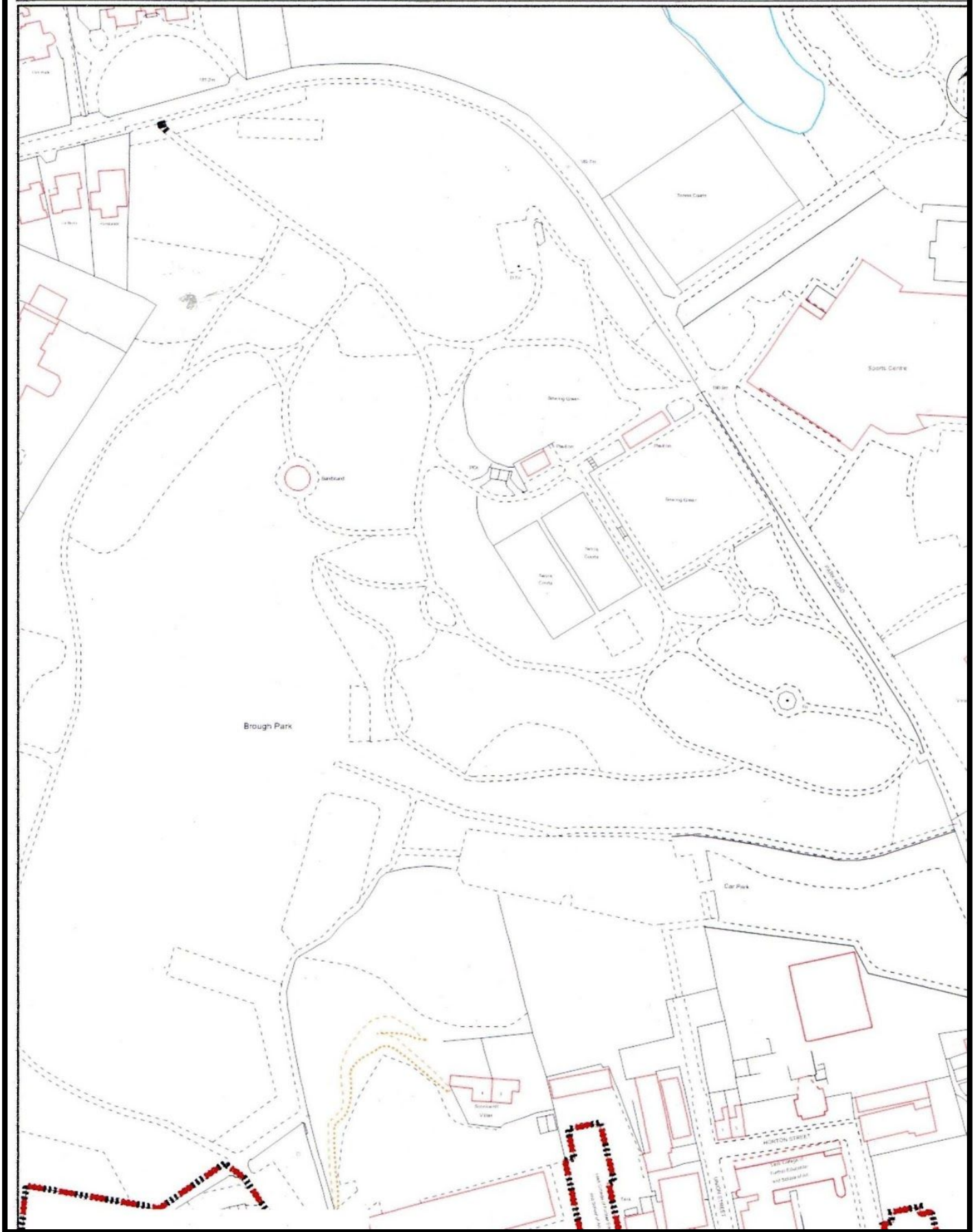
PPE Advice

Follow the simple steps below to remove gloves correctly:



Remove carefully to protect your skin from contamination.

Brough Park, Leek



D

Disclaimer

Please note that the subject matter covered in this guidance is in no way exhaustive and the material does not stand on its own nor is intended to be relied upon as a substitute for obtaining specific legal advice.

Individual circumstances will differ.

The information contained in this guidance is given in good faith but any liability of Brough Park Running Club or its professional advisors (including their respective members or employees) to you or any third party which may arise out of the reliance by you or any other party of the contents of this guidance is hereby excluded to the fullest extent permitted by law.

Brough Park Running Club and its advisors accept no duty of care or liability for any loss occasioned, whether caused by negligence or otherwise, to any person acting or refraining from actions as a result of any material in this guidance.

We would strongly recommend that you consult professional advisors on specific issues before acting or refraining from action on any of the contents of this guidance.

This guidance has been prepared by Brough Park Running Club

11/08/2020

Registration Link:

Please use the following link to register for the C25K event:

<https://broughparkrunningclub.co.uk/>