

SE FITNESS RESTRICTED RETURN TO WALKING AND RUNNING GROUPS

Introduction

This guidance document has been developed in adherence with government guidelines as outlined by the government on 9th July 2020 and can be put in place immediately. Guidance will be updated as per government guidelines when they are made available or as soon as possible thereafter.

SE Fitness meets at Wyndley Leisure Centre and during the summer months runs or walks in Sutton Park. In accordance with government guidelines we started offering restricted groups from 4th July. From 17 July Athletics and Running activity can take place in unlimited numbers as long as it is within a COVID secure environment which can be open space such as a park or road.

A Covid-19 secure environment means in summary:

- Your group has a Covid Officer in place – SE Fitness Director
- Your group complies with all other social distancing guidance – see this guidance
- Your group develops a risk assessment – completed and available to view on the website
- Your group must capture all participants contact details which can be shared upon request with the NHS test and trace initiative – participants complete 'Join Form' before attending session and must text Leader to let them know they are coming.

The safety of SE Fitness runners, walkers, Leaders and our wider community is crucial and this document provides advice to help keep all our participants safe. Please note that relevant government guidance may be subject to change at short notice and so it is the responsibility of each participant, Leader and Coach to keep up to date with the latest information before joining a session.

Any activity must take account of local conditions and it is the responsibility of each participant, as well as SE Fitness Coaches and Leaders, to risk assess based on the environment we operate within. We have carried our Risk Assessment which are available to view at www.sefitness.com. All individuals should assess their own risk and the risk to their household before deciding to join us.

Guidance for Leaders

Preparation

- Your Health – It is paramount importance that everyone monitors themselves for any signs of the virus as well as general health. Follow government advice and the advice of your GP in all cases. If in any doubt cancel the session.
- Set up a WhatsApp group for the participants in your group. Check in with them a few hours / the night before meeting. Check they feel well. Remind them of time for meeting and requirements for social distancing.
- Although general guidelines state 'unlimited numbers' for general safety we will operate to a maximum of 12 for one Leader with a limit of 6 for second and third leaders in the same group.
- Check you're up to date with local government advice.
- Plan your session. You know your group so all the normal Leader considerations apply regarding pace and distance. In addition check the weather forecast and consider how busy Sutton Park will be. If its warm consider a shady route through the woods eg Bracebridge, Gumslade, Shady Route if it's cooler the routes on the wide, open paths eg Watership Down, Arena Field, 3Bs, Road Route are easier to practise social distancing. You can use a hill or effort session to more easily keep a group in a limited space. There is a run programme to use as a guide but feel free to be flexible.

Before Leaving the House

- Follow all hygiene guidance including washing your hands and, ideally, apply hand sanitiser.
- SE Fitness HQ will not be open and there will be no access to facilities in the main Wyndley building so please use the loo before you come!
- Carry your small First Aid kit if you have one and I would also recommend trying to purchase a pair of latex gloves and a surgical mask. If I manage to get hold of any I will let you know and get a set to you.

The Session Itself

- SE Fitness groups will continue to meet in the small car park near SE Fitness HQ but at staggered times.
- As you meet your group there is no need to complete the register as you will know who is coming from your WhatsApp group. We are not taking cash so everyone should pay online either PAYG or monthly and adhere to social distancing guidance. We will not be looking after belongings, or car keys for anyone else so people should come prepared to carry keys with them.
- Spread out on the grass for dynamic warm up or, during Winter months run to the track. Check participants have medication with them and feel 100% well. Remind them to catch any sneezes or coughs in a tissue and 'Catch it, Bin it, Kill it' once home.
- Remind that it is everyone's responsibility to adhere to latest social distancing guidance whether on the track, in Sutton Park or on the roads. As a general rule participants should

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run in pairs keeping to opposite sides of the path/road unless encountering bottlenecks or other park users in which case drop back into single file 1m plus apart in order to pass safely. It may be necessary to stop your group and step off the path to enable others to pass safely. Maintain a distance of 1m plus from the runner/walker ahead of you and do not hold gates open for one another.

- Be prepared to be flexible.
- Be especially courteous to other park users, keeping your group the 1m plus social distance from them.

First Aid

Should any participant require First Aid then try to assist at a safe distance from the casualty as much as you can and minimise the time you share a breathing zone.

If they are capable, tell them to do things for you eg you can hand them a wipe or plaster to put on themselves.

Treating the casualty properly should be your first concern. Remember the 3P model – preserve life, prevent worsening, promote recovery.

Preserve life: CPR

- Call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms remember: no one should be joining a session if they have any symptoms!
- Ask for help. Send someone for the portable defibrillator at Wyndley.
- Only deliver CPR by chest compressions and defibrillator – **don't do rescue breaths**
- Before starting CPR, to minimise transmission risk, use something to cover the patient's mouth and nose, while still permitting breathing to restart
- If available, use:
 - a fluid-repellent surgical mask
 - disposable gloves

After delivering any first aid

- Ensure you safely discard disposable items and clean reusable ones thoroughly
- Wash your hands thoroughly with soap and water or an alcohol-based hand sanitiser as soon as possible

After the Session

- Ensure hygiene guidelines eg handwashing takes place as soon as possible and critically before eating or drinking.
- Avoid congregating after the session, return home.
- Text Coach Helyn on 07788 628755 to confirm all OK, numbers, attended and any issues to report. Report any near misses or accidents.