

Bedford International Athletics Stadium: COVID 19 Track Usage Policy

Due to the recent relaxing of restrictions by Government and England Athletics (EA), and with approval from the Bedford Borough Council, we are offering access to the track via a booking system. The track will be open at the following times:

Tuesday : 1700 - 2000

Thursday: 1700-2000

Sunday: 1000-1300

Each block of time will be divided into three one hour sessions, including a 10 minute change over time. The stadium will be divided into zones for different event groups:

Runners in events from 400m upwards: Zone 1.

Sprinters: Zones 2 and 3.

Throwers : Zones 4,5,6,7.

Jumpers: Zone 8.

Distance: Zones 9 and 10

See below for location of zones.

We will be operating under EA Step 3 guidelines as a Covid-19 Secure Environment with specific additional restrictions for each of the zones as detailed below, we will review these conditions on a regular basis and changes will reflect adherence to the guidelines. Athletes are limited to two sessions per week. Bedford Borough Council and Bedford and County AC are making this short term offering available to aid the resumption of training. However, you will appreciate that the ongoing public health crisis requires that we take measures to control access to the track. As restrictions are eased (or tightened) it may be necessary to make changes and the booking system will be adapted accordingly.

COVID 19 RISK MANAGEMENT:

Before making a booking, please read our COVID 19 Risk Assessment (which addresses how we will be managing the COVID 19 risk) which can be found on our website.

-the Government Guidance for the public phased return to outdoor sport:

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation>

- and the English Athletics guidelines for Athletes and Coaches:

<https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/>

If you choose to attend the track, you do so **AT YOUR OWN RISK**

Note:

- * All attending will be asked to confirm their health status on entry to the track
- * You must not come to the track if you are ill, or if you or members of your household are showing symptoms of COVID 19 or are required to self-isolate.
- * There will be no toilet facilities
- * Individuals on site will be expected to maintain a minimum of 2m apart at all times.

* There will be no exceptions to the requirement to pre-book. Access will be refused to those without a booking.

* No spectating will be permitted, save that the responsible parent, guardian or carer of an under 18 athlete may also be present.

* You will only be permitted on site for the duration of your booked session. You must leave the site promptly before the expiry of the session.

Any failure to adhere to these requirements or to instructions issued by our representatives may mean that we refuse to grant you access to the site until the public health crisis has ended.

BOOKING IS BY 'ZONE' Coaches and athletes (over 18) can book a one hour slot through the following online link:

<https://forms.gle/7cjqi2bhqBcnweUA>

Due to the need to ensure 2m separation, we have divided the track into zones. The zones will be clearly marked out on the track. Unless indicated it is permitted for up to 8 athletes and 1 coach to be present in a zone. The zones are as follows:

ZONE 1: Lanes 1&2 (400m +)

ZONE 2: Lanes 5,6,7,8 (160m from bend to finish line)

ZONE 3: Lanes 5,6,7,8 (160m from bend to 200m start line)

ZONE 4: Inside Shot Putt - 1 coach and up to 4 athletes

ZONE 5: Javelin by Water Jump - 1 coach and up to 4 athletes

ZONE 6: Outside Shot Putt - 1 coach and up to 4 athletes

ZONE 7: Javelin / Cage - 1 coach and up to 4 athletes

ZONE 8: Long Jump - 1 coach, up to 4 athletes, and up to 2 helpers turning and raking the sand

ZONE 9: Rugby Field – up to 4 coaches, each coach with a group of up to 8 athletes

ZONE 10: American Football Field– up to 4 coaches, each coach with a group of up to 8 athletes

Please Note:

- Hurdles can be used on Sunday in Zones 1 and 2 only. Hurdles use not permitted at other times.
- Pole Vault and High Jump areas will remain closed until further notice.
- You are only permitted to book one zone at a time and must remain in your booked zone while at the track.
- Athletes and Coaches should remain in the same pods for each session over consecutive weeks if possible
- Maximum of two sessions per athlete in any 7 day period Monday to Sunday.
- Coaches using shared equipment should carry a disinfectant spray, which should clearly indicate the chemical content on the container.
- As there are no hand washing facilities everyone should bring hand sanitisers.
- Bookings are made through the coach with the coach notifying central booking as to which athletes will attend each session. A group of senior athletes can book directly.
- Under 18's: We are permitting athletes under the age of 18 to use the track, but only if supervised at all times by their coach and have a parent/guardian/carer in attendance if they are the only athlete with the coach.

Note: If the track is to be used by a coach and a single athlete under the age of 18, the coach will be responsible for ensuring compliance with EA guidance regarding: (a) the obtaining of any necessary permission/agreement from the responsible parent or guardian; and (b) parental/guardian attendance during coaching. This is not our responsibility.

Entry and Exit to the track and zones: Entry and exit to stadium will be by the side gate, near the car park. On entry athletes and coaches are to follow the instructions given to them by the club representative to gain access to their allocated training Zone. Hand sanitiser will be available at the gate.

BEDFORD AND COUNTY EXECUTIVE COMMITTEE JULY 2020