



RYDE HARRIERS
RUNNING SINCE 1886

Ryde Harriers Running Club
Sandown Track Code of Conduct /Action Plan

1. Athletes to read and understand the Risk Assessment issued by Ryde Harriers in order to safely resume use of the Fairway Track. This can be found on <http://www.rydeharriers.co.uk/wp-content/uploads/2020/09/Risk-Assessment.pdf>
2. No athlete should attend if they are displaying symptoms of Covid-19.
3. No athlete should attend if they are in isolation following a positive test for themselves or household member, or have been notified that they have been in contact with someone testing positive by Track & Trace.
4. Hand washing as per guidelines and use of toilet essential before attending the track.
5. No car sharing other than with people with whom they co-habit.
6. Attendance at the track to be strictly by invitation only from either the Coach (Geoff Watkin) or the Track Covid Coordinator (Rowland Sillito) via phone or email.
7. Athletes to inform Coach / Track Covid Coordinator if they are not attending training as agreed.
8. Athletes to meet at the Eastern Car Park at the agreed time.
9. Athletes to enter the track either with or under direction of their Coach/Leader.
10. Athletes to observe one way system for access and egress of the track.
11. Athletes to attend in freshly laundered kit.
12. Minimal kit to be brought to the track in one bag large enough to put track suit etc in when removing layers of clothing.
13. Drink containers with enough fluid for the session to be kept in the bag at all times.
14. Bags must be placed >2m apart in a designated area. Bin liner may be brought along to put it in, in case of wet conditions.
15. Own hand sanitiser to be brought at all times, to be applied immediately before entering the Track.
16. Social distancing as prescribed by the Government to be observed at all times, including when running in lane.
17. Athletes must keep to lane/s allocated by the Coach /Leader. Two empty lanes between athletes will be observed if athletes are running at the same time.
18. Stay in lane during deceleration run off.
19. No spitting. Any tissues used must be placed in the double bagged bins provided.
20. Only hold the perimeter rail under the instruction of the coach/leader.
21. Coach/Leader to wipe rail with anti-bacterial wipes.
22. Setting up and handling of all equipment to be done by the Coach/Leader. Athletes to avoid hand contact with equipment where possible.
23. All equipment to be wiped with anti-bacterial wipes following use.
24. Athletes must not mix with other training groups during each session, unless both Coaches/Leaders are aware and are in agreement. Numbers of any group must not exceed the numbers imposed by Government guidelines.
25. Gloves should not be worn. Thoroughly washed hands that are then sanitised are adequate.
26. Athletes choosing to wear a mask must wear it from beginning to end of the session and not take them off and on without thorough hand sanitising each time. Not recommended in this environment.
27. The Coach/Leader will have the right to un-invite athletes attending training sessions if non-compliance of any of the above.
28. Club Athletes seen attending the track outside of their permitted training sessions will be notified of this breach of our Code of Conduct and advised that this action could cause the use of the track for ALL to be terminated with the Isle of Wight Council.

Name:

Signed:

Dated:

Contact Number:

Emergency Contact Number: