

Training at London Marathon Community Track
Re-start after COVID19 restrictions eased
Athlete/Coach/Volunteer Guide

When are the sessions?

Mondays 18:00-21:00, Wednesdays 18:00-21:00, Sundays 10:00-13:00

When will they start?

Monday 13th July 2020

How many athletes can attend?

Each training group will be 5 athletes and one coach. There will be five groups in the stadium during the session.

How can I get into a group?

Coaches are going to be organising the groups. You will need to contact your coach before the session (by previous day at 18:00).

How old do I have to be to train?

As we are trying something completely new at a time when risks are above normal the club has decided that its Academy and Foundation Groups will not be re-started yet. When we know how the new system works we will decide when to start our younger groups training again.

What happens then?

The coach will decide which 5 athletes will be in her/his group. If you are in the group you should arrive at LMCT between 18:00-18:30 (Monday/Wednesday) or between 10:00-10:30 (Sunday).

How do we get into the stadium?

The indoor areas at LMCT will be closed. The entrance desk will be at the gate between the car park and the track. You will be asked to queue in the car park which will be marked with lines/tape to allow you to stay the right distance from other people in the queue. You will be registered by a club volunteer on the gate and directed to an assembly area in the stadium. Each coaching group will have its own assembly area.

Can I turn up on the day?

No

Can my relatives or friends come into the stadium with me?

No – this is to reduce the risk of COVID19 transmission.

Can I go into the stand when I am in the stadium?

No – the stand will be closed.

Will there be anywhere to change/use the toilet?

You will not be able to use changing rooms as all indoor areas are going to be closed to start with. The only toilet available will be the Accessible Toilet next to the stand. We would encourage all users to wipe surfaces before and after use, as well as thoroughly washing hands. Please dispose of wipes in the bin provided not in the toilet.

Will I be able to wash my hands?

Yes there will be a sanitiser station at the entrance, sanitisers in the toilet and the club will provide further sanitiser material if required.

What about drinks?

The drinking water fountain will be closed. You should bring your own water and not share it with other people.

Will I be able to use any equipment while I am training?

During the first phase of the re-start of training you will not be able to use hurdles or starting blocks or any equipment owned by the stadium or the club.

Equipment use will be reviewed in the future, and equipment will be made available when it is deemed safe to do so with the correct measures in place.

If it is agreed that stadium/club equipment is to be made available in the future this will have to be done by your coach in advance.

You can use your own personal equipment (rollers etc) but again you are not allowed to share this with anyone else in the arena.

When I am training what MUST I do?

Firstly you should keep your distance from anyone else in the stadium. The current guidance is 2m. As always in training you should also do exactly what your coach directs you to do. As always be aware of where other people training are relative to your position. Be very careful when stepping onto the track. If you feel that someone is unaware of your presence when you are running, then shout "Track" to alert them.

Remember that the 2m rule applies all the time when you are in the stadium including at-rest and when entering/leaving the stadium.

What is the charge for training?

All athletes training must be club members for insurance cover to apply (UKA insurance). This means that subs will have to be paid plus the usual track fee. In the event that subs have not been paid there will be a £5 track charge for Day Membership.

Why should I pay subs if there has been no athletics?

As a club we have some costs that have to be paid. We have made an initial cut in subs of 20%. We will make a further reduction to rates when the final position re COVID19 is clearer. We will act fairly so that you do not overpay for what you get. But we need subs to be paid. If you are suffering hardship let us know and the club will put you on a special plan.

Is there anything else I need to know?

Everyone entering the stadium will have to sign a form stating whether they have had COVID19, are self-isolating or consider themselves in a vulnerable group. This will happen for every session. If you are aged Under 18 you will also have to provide a signed consent form from your parents/guardians. To save you time at the gate the forms are available on the website/social media (links)

If I am a Coach or a Volunteer is there anything more that I need to know?

Coaches are the most important people in a training session and they are responsible for organising their groups. Additionally at this time they are responsible for making sure that their sessions are carried out in a way that reduces the risk of COVID19 transmission/infection.

The club would appreciate your feedback and will provide support if you require it within the limitations imposed by 6-person training groups.

Coaches will have to self-certify re COVID19 status at every session and that their DBS is up to date.

The club will provide PPE to your requirement.

Who is the club COVID19 Officer?

Claudia Rabess (<mailto:nebcovid19@gmail.com>)

What happens next?

There will be a review of how these plans are working out with the stadium management company on 10th August 2020. At that time we will decide with them how we can increase what we are doing.

Executive Management Committee

Newham & Essex Beagles AC

7th July, 2020