**Covid-19 Method Statement for Haywards Heath Harriers**

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| **Name of Facility** | Whitemans Green, Cuckfield, West Sussex |
| **Coach/Name of Risk Assessor** | Mike Bale |
| **Approver(s)** |  |
| **Date of Risk Assessment** | 08-Jun-20 |

This Method Statement covers the additional requirements needed due to the Covid-19 pandemic while operating at Whitemans Green. All existing safety rules and measures remain in force and are unchanged except where amended by this Method Statement.

This Method Statement covers each of the disciplines in turn.

1. **Throws**

1. Hammer, Discus, Shot

All of these throws are carried out form the same pair of circles and so the requirements are the same for each event.

1. Care of implements

Throwers may bring their own implements. Throwers may also use the club implements.

All personal implements should be readily identifiable as the owners implement.

All club implements require to be readily identifiable so that throwers do not throw or retrieve anothers implement. This should be done by painting numbers on the implements, 1 , 2, 3, etc.

The coach will need to clean these implements being used prior to the training session. To do this the coach will require and use disposable gloves (to be worn throughout the collection, cleaning and laying out process) and cleaning materials, viz. a spray bottle of cleaner and paper towels.

The coach will put on the disposable gloves, collect the implements out of the store, clean them and lay them out in the athletes positions.

The athletes positions shall be identified by placing cones in the positions. These cones need not be cleaned but must also be collected and lain out by the coach while wearing disposable gloves.

Each athlete must use only their assigned throwing implement. They shall both throw and collect it, and must not handle another athletes implement.

At the end of the session the athletes shall leave their assigned implement in their athletes position. The coach, wearing disposable gloves, shall collect the implements, clean them again and return them to stores. The coach will also collect and return the cones to stores.

1. Throwing process

In accordance with the Method Statement diagram the coach will stand at position 1. The athletes will stand at positions 2 through 6, depending on the number of athletes.

The athlete from position 2 will throw first. The athlete will walk to the relevant circle carrying their implement, throw and the immediately retrieve and return to their position. They will walk out along the LH side sector line, cross the sector to retrieve and return along the RH side sector line until they are opposite their position and return at right angles to their position.

While the athlete from position 2 walks out along the LH side sector line, the athlete from position 3 will walk to the relevant circle carrying their implement. They will do this by walking at right angles to the RH side sector line and then along it to the circle. They will refrain from throwing until the athlete from position 2 has returned to their position and the Coach as said “Clear to Throw”.

This process will then carry on down the line of positions, returning to position 2 when the last athlete has thrown, and then the process will repeat.

[Note: the diagram shows the distance of the line of positions from the sector as 10m. This is actually to do with safety from a thrown implement, due to the lack of cage, rather than the actual need to social distance. The distance between positions is set at 4m as athletes will invariable stand around their position rather than ‘on the cone’]

2. Javelin

The entire process will be the same for the Javelin, except that the line of positions and distances shall be as per the diagram.

1. **Running/Sprinting**

1. Sprinting

Sprinting may be carried out either using the red tarmac run ups or on the grass.

1. Using the Javelin or Horizontal Jump run ups

The Coach, wearing disposable gloves, shall collect and layout cones to the side of the run up as required to show start/stop or other positions as the exercise demands. At each end of the length being used a cone 5m from the edge of the run up shall also be placed. At the start end further cones will be placed, each 2m apart along this length for the number of athletes training.

Athletes shall perform the exercise along the run up and once finished turn to the side and return outside of the cones set out 5m from the run up. They will stop at the next available ‘empty’ cone behind the athlete in front of them. As athletes perform the training, each athletes moves up one cone until it is their turn.

An athlete shall not begin the performance until the previous athlete has completed it and moved off of the run up, and the Coach has said “Clear to run”.

This process can repeat until the end of the training session.

1. Using grass, when not on the track, for sequential sprinting

Where sprinting occurs on unmarked grass the Coach will lay out the running line using cones at 5m intervals to replicate and identify the ‘run up’. The Coach will then also place cones down as above.

Athletes will then follow the same process as above.

1. Using grass, when not on the track, for parallel sprinting

Where parallel sprinting occurs, e.g. the runners are ‘competing’ against each other, the Coach shall lay out multiple lines of cones, in parallel, with a gap of 4m between the lines. All athletes will sprint out on the RH side of their cone line, and return on the LH side of their cone line. They will wait until all athletes have sprinted out before returning in unison.

1. Using the marked out track

Where sprinters are using the marked out track, cones 5m to the side will be required as per a. and b. above.

In order to social distance, they will need to be at least 2 lanes apart, e.g. they might use lanes 1, 4 and 7, or lanes 2, 5 and 8.

2. Running

a. Intervals or reps of 100m or less

Where runners are carrying out reps or interval training of a distance f 100m or less, they shall use the same processes as given for sprinters above.

1. Intervals or reps in excess of 100m

These should be carried out using the track. If the intervals or reps are not a multiple of 400m, then cones shall be used to identify start and finish positions. If there is no activity in the field, runners may cross the field to return to start positions. Such crossing routes should be identified using cones.

If there are sequential groups involved, then sets of cones indicating 2m distances should be used at the start point.

1. Sessions involving running multiple laps of the track.

Where runners are running multiple laps of the track, the coach shall devise a process by which runners will maintain social distance both laterally and serially. Lateral can be achieved by use of lanes as in 1.d. above, i.e. a maximum of 3 runners in parallel. For serial social distancing either groups of runners must not start until the previous group has finished or the previous group so far ahead they cannot be realistically caught up. In this instance the starting of the subsequent group shall be at the command of the Coach.

Where there are groups involved in this scenario, then cones shall be used to mark ‘pens’ out for each group as they return to the start position.

1. Sessions involving running around the ‘field’

Where runners are running around the field at Whitemans Green, however, small/large that course may be, the Coach shall identify it using cones.

It shall be lain out in such a manner that if runners are likely to overtake each other there is sufficient room for them to do so. The line of a runner shall be defined in the briefing session and whether an overtaking runner goes to the left or right (by a minimum of 2m) also defined.