



TADCASTER HARRIERS RUNNING CLUB - RETURN TO GROUP RUNNING SESSIONS

The club committee have been working hard to find a way to restart club training runs, but maintaining Government and England Athletics guidelines.

We have a way forward and we are pleased to inform you that we will be starting organised runs from Tuesday 14th July.

In line with current guidelines we are required to limit the group sizes to a maximum of 6. All groups will need to be led by a licensed England Athletics Coach or Run Leader.

We have produced a Risk Assessment for running groups during the Covid -19 Pandemic. This can be found on our webpage by following the link below.

[Tadcaster Harriers Risk Assessment](#)

You must read this and ensure you are happy to comply with the instructions given within it.

The number of runners will be restricted by the number of run leaders / coaches we have available.

We will need to ensure each run leader has only 5 runners with them. How we do this will be by using an app called Doodle. You do not need to have this on your phone.

Each week (usually on a Wednesday, I will ask which run leaders are available, what pace they want to run, and where the run will start from. Each group will need to start from a different location. If this is not possible then we will ensure each group keeps separate.

The Doodle invite will be sent out via email and on the Facebook page, ideally at the weekend. It will list each run leader, the group pace and meeting point. Each group list on Doodle will only allow 5 members to register. Once all 5 are used no more can be accepted. Each member can only register once and must register themselves, so we have a record of who ran in which group. We will need this in case anyone contracts the virus and we have to inform other members of the group.

Following the link you will see the following screen

Tuesday 14th July
by Dave Mullaney • 10 minutes ago • Print

[Add to Slack](#)

- All runs start at 6.45.
- Do not run if you are feeling unwell.
- Please park responsibly
- Note that there are unlikely to be any toilets at the meet point.
- Please warm up before the start
- Please maintain your distance throughout the run
- Do not hang around at the end of the run

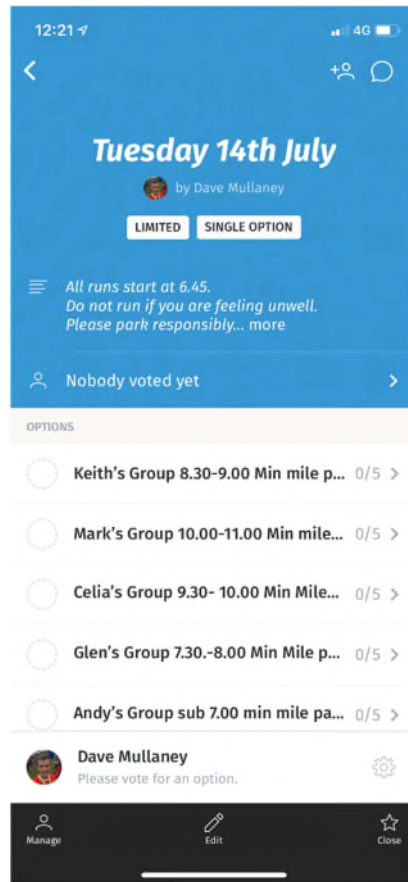
Group	Time	Meeting Point	Status
Keith's Group	8.30-9.00 Min mile pace.	Meet by the entrance to the Sports Centre.	0/5
Mark's Group	10.00-11.00 Min mile pace.	Meet by the bus shelter on Garnett Terrace	0/5
Celia's Group	9.30-10.00 Min Mile Pace.	Meet near Sainsbury's	0/5
Glen's Group	7.30-8.00 Min Mile pace.	Meet by the bus station (Tad kebab)	0/5
Andy's Group	sub 7.00 min mile pace.	Meet in the main town car park	0/5
Dave's group	10-11.00 min mile pace.	Meet by the riverside under the viaduct	0/5
Jo's group	8.30 Min mile pace.	Meet at the exit of the industrial estate (near the Fire Station)	0/5

0 participants

Enter your name



Or if viewing on a phone or tablet it will look like this:



Please remember which group you are in and where the group is meeting. If you turn up at another group then you will be turned away. Please note that we are currently unable to use the facilities at Magnets (parking, toilet facilities etc).

To meet the requirements of the England Athletics Guidelines, we have to establish a 'Covid-19 Co-ordinator'. For the Harriers the main points of contact will be:

Mark Swinden (Tadcaster Harriers Club Chairman) swindenmark@sky.com Tel: 07789512106

Dave Mullaney (Tadcaster Harriers Club Secretary) mullaneyd201301@gmail.com Tel: 07766081389

If any of you are feeling ill, please do not attend the training session. If you are taken ill with the virus after a training session it is important that you contact one of the above so we can inform others who were on the run and take appropriate action.

To summarise the above and the risk assessment:

- Do not turn up for a run if feeling unwell.
- Do not turn up to a group if you have not registered beforehand
- Plan your parking so that you have time to get to the start point (there may not be suitable parking nearby).



- Please warm up yourselves before commencing the run (either arrive early and warm up or run to the start). There will be no organised warm up prior to the run.
- If your group run takes you through any gates (for example along the riverside), then the front runner should keep the gate open for all the other group members to pass. That way we are limiting contact with other surfaces.
- We recommend carrying a mobile phone or hand sanitiser if at all possible.
- If any of the group require first aid during the run, please let them administer it themselves if at all possible. If you need to call 999, and the person requires interim assistance / help, try to position yourself such that you avoid being face to face.
- Do not hang around at the end of the run.

This sounds quite intense, but it is common sense. To be able to allow organised club runs to go ahead we will need to be thorough with assessing risks. We will keep you informed of changes to group sizes and any other developments as and when we are able to do so.

Please also remember that it is your decision to run in a group. If you are uncomfortable with this at this current moment in time, we welcome you back when things are a bit better and the lockdown eases further.

Regards

The Tadcaster Harriers Running Club Committee