

Manx Harriers - Guidance for Coaches organising sessions and Athletes Attending sessions.

Background

It is now possible to coach up to 9 athletes at the track or in the local area. This document is aimed at helping coaches prepare for training and sessions in a safe and sensible way with regards to Covid19.

The track as well as sessions away from it are available to athletes of 18 and over. Some under 17 athletes on Sport Aid or Sport Aid Academy can use the track with a coach.

Athletes under 15 and under 13 following 365 training can train away from the track. Sessions to be organised by 17th June once a safe venue has been found.

Athletes under the age of 11 have no coaching at present - please see Funetics and garden pentathlon messages on MH Facebook and website for useful coaching parents can do with their children.

Before Training

Read all advice from IOM Govt, IOMA, UKA and England Athletics as well as MH Covid 19 Risk Assessment. Be aware UKA and EA guidance on numbers of athletes differs to IOM.

Athletes and coaches must have paid their club membership and UKA registration fee. This is important for insurance purposes!

All coaches must ensure athletes sign up for sessions in advance to ensure the number of 10 people or less at the session is strictly adhered to. Remember the coach has to be one of the 10 so 9 athletes in total.

Coaches to complete and record a register for each session of the athletes who have signed up for a session.

For athletes under the age of 18 - PARENTS should sign athletes up for the session with the coach.

By doing so the parent is confirming the athlete is responsible enough to take the session and if they have medical conditions that the parent is happy that the athlete is not at risk by attending training. This risk assessment is the parent's responsibility and not the coaches. If the coach has concerns after a session they will contact the parent to discuss these.

When coaches contact athletes about training they should take the opportunity to remind about the items that must be brought with athletes to training also the hygiene and social distancing requirements.

Athletes should be referred to guidance on the MH website and by booking the session the parent is giving confirmation the athlete has read and understood the guidance. This guidance will alter over time so must be checked regularly.

All athletes must have with them at training sessions with coaches - tissues, hand sanitizer, and sterilizing wipes.

Athletes should bring own water for rehydration - this must not be shared.

Coaches should bring the same items to sessions.

This applies to all ages.

Throwing - At the track athletes can throw but must use their own equipment. They must have wipes to enable this equipment to be cleaned it must not be shared. At present the NSC insists a horn must be sounded before each throw takes place in training sessions.

Steps Sessions - these can take place in the stand. Coaches and athletes to ensure the central hand rail and any barriers or seats touched are wiped down.

First Aiders

Coaches of younger athletes need to ensure a first aider is at the session. First aiders must be prepared to help should an accident take place. Parents of younger athletes in this first stage should be close at hand to help if their child has an accident. The club will access relevant PPE for first aiders should this be required.

This will reduce at present the number of athletes allowed in a session to 8 if it is an under 18 session. 2 adults (coach & first aider) 8 athletes.

Booking the track

Coaches can book the track for groups of up to 9.

Coaches are allowed in the competition area.

Senior athletes can book the track as they wish where there is space. Under 17 athletes can also attend the track with a coach if on the Sport Aid Programme or the Sport Aid academy.

All - see the IOMA booking procedure. In short this means contact Mikey Haslett Sunday on athleticsdevelopmentiom@gmail.com before the week of training. On Monday contact NSC to book your session on 688593 or 431809.

Only fully paid up members can use the track so pay your subs - contact Jenny Dowling on jennydowling@hotmail.com if you are suffering with financial hardship at present contact club treasurer Ray Cox on racox1961@yahoo.com

At present athletes under the age of 15 cannot use the track. This will change over time, details to follow as restrictions relax further.

At the Sessions

Track -

Coaching sessions can take place at the track which is a safe and controlled area.

Running, walking and throwing (using own equipment) is possible at the track at present.

At present athletes under the age of 15 cannot train at the track at all and only some 16 and 17 year olds can train there.

At sessions coaches must remind athletes about social distancing at regular intervals. Athletes must accept this advice from coaches - it is for everyone's safety and not get annoyed by it.

Athletes must ensure they do not get closer than 2m during warm up, session or cool down.

Warm up at the track must take place before entering the stadium.

Athletes and coaches will have 1 hour (55 mins in reality to allow hand over) on the track.

One Toilet is available at the track. This must be wiped down after use.

If using the track lanes must be used eg. 1, 3, 6 one full track or 1, 3, 5 and 7 in the finishing straight. Lanes next to each other do not allow for social distancing. This is an important point and must be adhered to.

If Distance runners are training then lane 1 can be used for longer reps but 2m must be kept behind others and overtaking must happen in lane 3 or 4. Make sure you are ahead of the athlete you are overtaking before cutting back into lane 1. If possible set athletes off at intervals which mean overtaking will not take place.

Athletes being overtaken - allow the other athlete to pass you! Do not race them.

Long Jump and Triple jump pits as well as Pole Vault and High Jump is not available at this stage of the return track and field training. This is due to guidance from other bodies at this stage.

Training in the local area -

We suggest coaches choose quiet spaces and times for sessions to take place.

Where members of the public may be present athletes should try to stay at least 3m away from others. If possible try to train away from the public. Coaches please advise athletes of this.

All coaching in the local area must take place in a park or off road in a quiet area.

The only exception to the above is a tarmac area that is closed off to vehicles or the NSC roadway that is at present closed off to traffic.

Individual senior athletes training on their own can train where they wish however it is suggested they find quiet times and places and conduct their own risk assessment to ensure the area is safe and accidents will not take place.

Running, walking and general conditioning sessions are possible away from the track in parks or quiet areas with no traffic.

With under 15 and below athletes a first aider has to be present at sessions so 8 athletes and two adults - coach and first aider - is acceptable at this stage. At present these are sessions away from the track ONLY.

We request parents stay in the general area of the session waiting in car or watching from a distance (you must not be close enough to be deemed part of the group!) in this first stage of return to normal training. If your child were to have an accident we feel your presence will be vital at this.

Please note no 365 under 11 and under 9 age training will take place at this stage.

At sessions coaches must remind athletes about social distancing at regular intervals. Athletes must accept this advice from coaches - it is for everyone's safety and not get annoyed by it.

Athletes must ensure they do not get closer than 2m during warm up, session or cool down.

Conclusion

This list is not exhaustive, it covers many points and will alter over time as restrictions loosen and will be rewritten regularly. Always read carefully any rewritten documents.

The above is designed to read in conjunction with IOM Govt and IOMA guidelines.

Contacts for Coaching sessions -

Endurance and general questions - Andy Fox andycfox@outlook.com & 495830

Throws - John Whitlow whitlow.john8@googlemail.com & 435148

Walks - Marie Jackson - marie.jackson@manx.net & 470220

Allan Callow - p.n.k@manx.net & 473354

Not available yet, but when it is 365 for under 15 and 13 athletes -

Niall McGarrigle - mcgarrigle@manx.net & 497973

Coaching for athletes under the age of 11 is not yet available.