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

**Background**

It is now possible to coach any number athletes at the track or in the local area with one or more coaches. This document is aimed at helping coaches and athletes prepare for training and sessions in a safe and sensible way with regards to Covid19. The need for social distancing has been removed by IOM Govt.

The track as well as sessions away from it are available to athletes of all ages at this time

(from 22/06/20).

**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 but many general principles still apply.

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

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

PARENTS for athletes under the age of 15please stay at the session or in the vicinity.

By allowing a child to attend a training session 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.

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.

All events can be trained for at the track at this present time.

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.

**Booking the track**

There is no need to book the track at this present time - 22/06/20

**At the** **Sessions**

**Track -**

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

Running, walking, jumping and throwing is possible at the track at present.

At sessions coaches must remind athletes about taking care with distancing.

Athletes must accept this advice from coaches - it is for everyone’s safety and not get annoyed by it.

There is no Govt statutory advice on distancing. Athletes are advised to take care and allow 1m where possible.

Toilets and changing rooms are available for use at the track. No showers are available at this time.

If using the track lanes can be used as normal. Middle distance sessions where possible should see athletes allowing 1m between each other where possible - this is an MH advisory distance and is not statutory!

Long Jump and Triple jump pits as well as Pole Vault and High Jump can be used. Pits need to be raked thoroughly before use.

**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 1m 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.

We request parents stay in the general area of the session waiting in car or watching from a distance.

At sessions coaches must remind athletes about taking care with distancing.

Athletes must accept this advice from coaches - it is for everyone’s safety and not get annoyed by it.

There is no Govt statutory advice on distancing. Athletes are advised to take care and allow 1m where possible.

**Conclusion**

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

**Contacts for Coaching sessions -**

Endurance and general questions - Andy Fox [andycfox@outlook.com](mailto:andycfox@outlook.com) & 495830

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365 coaching for U13 and U15 athletes - Niall McGarrigle - [mcgarrigle@manx.net](mailto:mcgarrigle@manx.net) & 497973

365 coaching under 11 years of age - at present contact Andy fox as above.