



## Speedworks Face to Face Sessions - Guidelines and Information

Date Created: 28/07/20

- On arrival, please head to the training venue five mins prior to the start time. If you arrive early, please stay in your car until the designated arrival time.
- Please queue up on the allocated markers to adhere to social distancing guidelines.
- On entry into the venue, please use the hand sanitiser provided.
- The sessions will be performed under social distancing guidelines with markers to give clarity on the allocated area. [Social Distancing Guidelines](#)
- Please only bring your personal belongings required for the session.
- Please bring sufficient drinks/water as water stations are unavailable.
- Changing rooms will not be open for use.
- Toilets will be open for use at Lee Valley but not available at Loughborough.
- If during the session, an athlete feels unwell, then they need to notify their coach immediately and will be required to return home and follow COVID-19 NHS Guidelines if appropriate.
- All equipment will be provided by Speedworks Training.
- Hand sanitising products and sanitising wipes will be available pitch side to enable good hand hygiene and for all equipment to be cleaned in between groups, and during sessions where deemed necessary. Please dispose of wipes in the bins provided
- Additional first aid is available should it be required and staff will be wearing PPE (masks/gloves/apron).

### **CANCELLATION POLICY**

In the event that Speedworks have to cancel any bookings, then a full refund will be issued.

If you are unable to attend the event due to having Covid-19 Symptoms (please refer to Appendix 1 below), a full refund will be issued if 48 hours notice is given.

In circumstances where someone develops Covid-19 symptoms and the event starts within 48 hours, bookings are non refundable but will be transferable to a different date.

## Appendix 1

### Check if you have coronavirus symptoms

The symptoms of coronavirus (COVID-19) are usually mild, but some people can become very unwell.

#### ***Main symptoms***

The main symptoms of coronavirus are:

- **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms.

#### ***Urgent advice: Use the 111 online coronavirus service if you have any of:***

- high temperature
- new, continuous cough
- loss or change to your sense of smell or taste

111 will tell you what to do and help you get a test if you need one. [Use the 111 online coronavirus service](#). Call 111 if you cannot get help online. Do not go to places like a GP surgery, hospital or pharmacy.

# Appendix 2

Home > News

## Guidance update for restricted return to activity (for coaches, leaders, athletes, runners and facilities) – step 3

17th July 2020

- Groups of 6 or unlimited in a covid secure environment** (Icon: 6 runners with 2m distance markers)
- Outdoor exercise only (Indoor can open 25th July)** (Icon: Person running near a tree)
- Maintain 2 metres at all times** (Icon: Two people with a 2m distance marker)
- Follow equipment hygiene procedures** (Icon: Spray bottle)
- Athletics and running for everyone** (Icon: Running track)
- Follow venue guidance** (Icon: Running track)
- Virtual challenges & competitions still available** (Icon: House with runner and clock)
- Follow public guidance for health** (Icon: Hands being washed)
- Do not take part in activity if self isolating** (Icon: House with thermometer)

## Appendix 3

### **COVID-19 Training Venue Screening**

**\*\*\*PLEASE DO NOT COME TO THE TRAINING VENUE IF YOU ARE CURRENTLY UNWELL OR HAVE BEEN IN CONTACT WITH A KNOWN COVID-19 CASE IN THE LAST 14 DAYS\*\*\***

I confirm I understand the risks to returning to campus to train and I have been told all the measures that are being taken to lower those risks. I am voluntarily choosing to return to campus to train/work and no pressure has been put upon me to do this.

By answering these questions, we are doing our part in reducing the transmission of COVID-19. Please let us know the answers to these questions; -

#### Your whereabouts

1. Have you been outside of the UK in the past 14 days?
2. Has anyone in your household been outside of the UK in the last 14 days?
3. Have you been in direct contact with anyone who has had suspected or confirmed COVID-19?

#### Your current health

1. Have you had 3 bouts of sustained coughing in the past 24 hours?
2. Have you noticed a loss of smell or taste?
3. Have you been more fatigued than usual for you?
4. Do you have a fever?
5. Do you have diarrhoea?
6. Are you delirious?
7. Do you have a hoarse voice?
8. Are you short of breath?
9. Do you have abdominal pain?
10. Do you have chest pain?
11. Do you have a new rash?

Appendix 4 - Rubber Crumb

