

## Marshall Milton Keynes Athletic Club – Revised Track rules from 1 September 2020

The Club has reopened the track after the government's change in guidelines on 17 July (see <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-providers-of-outdoor-facilities-on-the-phased-return-of-sport-and-recreation> ) and the subsequent revised guidelines issued by England Athletics on 4 August (See <https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/>).

Social distancing and health and safety guidelines must be followed. The rules set out below may change if the guidelines above are modified or following a review by the club committee.

- All users must be fully-paid-up MMK members, who have paid the track fee, or potential members on a two-week trial. Sessions must be pre-booked either via your coach or, for athletes over 18 only, via the Lead Contact (see below). Athletes who just turn up at the track will not be admitted.
- Athletes must provide their own equipment where possible. Where an athlete uses club equipment it must be disinfected before and after use. Athletes must not touch another athlete's equipment.
- Athletes are responsible for their own safety. They must not train if they are feeling unwell. They must carry their own first-aid kit and refreshments. They must bring a mobile phone for use in any emergency.
- The track will only be open for pre-bookable slots between 5:30m and 9pm on school days and between 9am and 9pm on other days.
- Vertical Jumps are allowed, subject to disinfectant guidelines from England Athletics.
- For Horizontal Jumps, the sandpits must be turned and raked between jumps, and disinfected at the beginning and end of each session.
- Hurdles and steeplechase barriers must be disinfected at the beginning and end of each session.
- The Clubhouse **will not be open**. The tap in front of the clubhouse is for handwashing only.
- The weight-training room in the compound cannot be used.
- **No toilet or changing facilities** will be available.
- The stadium is divided into four areas for independent use by sections of the club: the infield plus both Ds (throwers), lanes 1-4 (endurance), lanes 5-8 (sprinters) and the jumps area alongside the home straight.
- At any one time, each of the two track areas can be used by up to four groups, the throws area by up to two groups and the jumps area by one group, provided they are physically separated and avoid contact.
- For Under 18s, the size of the group is limited to 12 with one coach/assistant coach, although this can be increased to 15 with the addition of a second coach/assistant coach. Under 18 athletes must be under the direct/indirect supervision of a Level 2 (or higher) coach. For over 18s, the group size is limited to 15.
- Athletes/coaches can book a slot by contacting one of the Lead Contacts:
  - Throwers: Karen Trapnell (Tel 01908 321422 / [trapnelltowers@outlook.com](mailto:trapnelltowers@outlook.com))
  - Endurance Runners: Barry Hearn (Mob: 07392 308490 / [bazzahearn@yahoo.co.uk](mailto:bazzahearn@yahoo.co.uk))
  - Sprinters: David Millett (Mob: 07816 901431 / [coachdavidmillett@yahoo.com](mailto:coachdavidmillett@yahoo.com))
  - Jumps area: David Millett (Mob: 07816 901431 / [coachdavidmillett@yahoo.com](mailto:coachdavidmillett@yahoo.com))
- Only one slot can be booked at a time, and a slot must be completed before another slot can be booked. Let the Lead Contact know if you are unable to use your slot.
- A waiver must be completed and returned (by the parent for athletes under 18) to the Lead Contact before the track can be used. Senior athletes, given the gate combination lock code, must not pass this on to anyone else.
- Spectator access is limited to one parent/guardian per household who must remain socially distanced on the banking alongside the home straight. Spectators must not lean on the railing.

### At the stadium

- The gate must be locked and sanitised on entry to and exit from the stadium using the sanitiser provided. The gate must remain locked throughout the session.
- Any equipment/door/gate touched by one user must be sanitised before it can be touched by another.
- Athletes should refrain from spitting. Any vomiting should be reported to the Lead Contact.
- The track judges' stand, timekeepers' stand, and clubhouse terrace are not to be used.
- Left-handed hammer/discus throwers must use the cage adjacent to the 200m start, with right-handed throwers using the cage adjacent to the 1500m start to avoid unnecessary touching of the gates. (Exceptions can be made for throwers capable of throwing less than 30m, but the gates should not be moved except for health and safety reasons.)

Any feedback on the use of the stadium should be given to the Lead Contact and/or the Club Chairman, Mick Bromilow ([mick.bromilow@mkac.org.uk](mailto:mick.bromilow@mkac.org.uk)).

Document Date: 31 August 2020.

The information contained in this document is given in good faith and is based on a risk assessment carried out by the Club to minimize, as far as practically possible, the risks to its members.