

Bedford and County Athletic Club

COVID 19 Action Plan for COVID Secure Training Environments in Public Spaces



Purpose of This Document

This document is Bedford and County's action plan for COVID secure environments in public spaces. It aims to:

- Explain how COVID secure environments in public spaces will be set up and managed.
- Explain which public spaces have been chosen, when they can be used, what the training group sizes may be, and how many groups can use them simultaneously.
- Follow England Athletics' guidance for COVID Secure environments. For more information about this guidance, see <https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2020/07/EA-COVID-secure-environment-guidance-240720.pdf>.

This document does not cover Bedford International Athletics Stadium, which is subject to a separate COVID policy and risk assessment.

Can a Public Space be a COVID Secure Environment?

Yes. England Athletics' guidance for Athletics and Running Coaches & Leaders states, "Coaches, leaders, and athletes running or training in a public space, other than a track and field facility, can take place in unlimited numbers as long as the activity is taking place within a COVID secure environment setting."

Do Other Athletics Clubs have COVID Secure environments in Public Spaces?

Yes. For example, Ampthill and Flitwick Flyers use Ampthill Park, and Marston Vale Forest Centre as COVID secure environments. Wycombe Phoenix, and Herne Hill Harriers are other examples of clubs that have COVID secure environments in public spaces.

About Our COVID Secure Environments

As an organized sports club affiliated to England Athletics, Bedford and County Athletic Club operates Covid Secure Environments legally in public spaces, such as parks, playing fields, trails and roads. Like all Covid Secure Environments, ours have been risk assessed, are subject to contact tracing, have a Covid Coordinator, and are exempt from the rule of six. Other examples of Covid Secure Environments include pubs, restaurants, cafes, places of worship, youth clubs, offices, hairdressers, gyms, and National Trust properties. Other examples of Covid Secure Environments in public spaces include all children's football and rugby matches and all organized sports training sessions that take place in public parks with more than six participants.

COVID Coordinator for Public Spaces

Peter Webster is the COVID Coordinator for public spaces, and the owner of this action plan. Note that the club has a different COVID Coordinator for Bedford International Athletics Stadium.

Risk Assessment

The club's COVID 19 risk assessment for training in public spaces is available on its website at <https://www.bedfordandcountyac.org.uk/images/documents/Covid-Risk-Assessment-for-Training-in-Public-Places.pdf>. This should be read and adhered to by all group leaders and training session participants.

Maximum Size of Training Groups

- Group sizes for athletes who are 18 or over should not exceed 24, and may be accompanied by up to 2 group leaders.

- Group sizes for athletes who are under 18 should not exceed 15, and may be accompanied by 2 group leaders. (1 coach to every 12 athletes, as per England Athletics requirements)

COVID Secure Environments and Capacities

On the principle that training sessions should only be conducted in locations that are not crowded, Bedford and County has identified a number of public spaces that will be its COVID secure environments. Each has a maximum capacity that should not be exceeded. These are:

Location	Maximum Capacity (Including Group Leaders)	Notes
Hillgrounds playing fields, adjacent to Hillgrounds Road, Kempston.	1 group of 26	Location
Rowney Warren, A.K.A. Chicksands,	2 groups of 26	Location
Biddenham Cricket Club	1 group of 26	
Russell Park, Bedford	1 group of 26	For example, Junior Group of 15 & 2 group leaders.
Bedford Park, Park Ave, Bedford	1 group of 26	
Cemetery Hill (next to Bedford Park)	1 group of 26	
Flyover Out and Back Route, Bedford Embankment	1 group of 26	See Route Map .
White Bridge Loop, Bedford Embankment.	1 group of 26	See Route Map .
Go Outdoors Route.	1 group of 26	A longer route that heads from the stadium along Barkers Lane and Goldington Road to Elm Farm Industrial Estate, and then back to the stadium. See Route Map .
Willington Loop.	2 group of 26	A longer route that begins at Priory Park car park, and heads east away from Bedford and towards Willington into the countryside, and then back to the car park. See Route Map .
Bedford River Valley Park Area 1	1 group of 26	See Route Map (Note that parts of this area may be waterlogged in wet weather.)
Bedford River Valley Park Area 2	1 group of 26	See Route Map (Note that cows are often in this field in the summer, and parts of this area may be waterlogged in wet weather.).
Fenlake Meadows Out and Back Route	1 group of 26	See Route Map
Former Great Denham Golf Club	1 group of 26	See Route Map

Location	Maximum Capacity (Including Group Leaders)	Notes
BEDFORD Athletic Rugby Club, Wentworth Dr, Bedford MK41 8QA	1 group of 26	

Bedford International Athletics Stadium car park may be used as a meeting point for training groups, but the groups should remain separate. Provided groups maintain separation, the car park, and, where appropriate, routes to and from the locations above may be considered to be part of the COVID Secure Environment.

Bookings a Session

In order to use a Covid Secure Environment, you must make a booking. **Bookings may only be made by Bedford and County coaches or group leaders.**

Each location may be booked on any day for one of these times slots:

- 9 am – 12 pm
- 12:30 pm – 3:30 pm
- 4 pm – 9 pm

(Please bear in mind, though, that it may not be safe to use unlit public spaces after dark).

- To check current availability, click this link:
<https://docs.google.com/spreadsheets/d/1EZVBM5tJsZ5HEV8RmlqeCesj-D9m1kwPqvXH6xdkhcw/edit?usp=sharing>.
- To make a booking, use this Google Form:
https://docs.google.com/forms/d/e/1FAIpQLSdP92o0AyzS_VbPDPLk3dStih4EK41nTjZi7T4_Of-I9HO8A/viewform?usp=sf_link.
- If you would like any help with making a booking, email bcacpublicspacebookings@gmail.com.

Group leaders are asked to liaise with the COVID 19 Coordinator, and with one another to ensure that the system runs smoothly.

For the avoidance of doubt, if you haven't booked, you are not in the COVID Secure Environment, regardless of your physical location. The Covid Secure environment is not just a place; it is also comprised of the policies and controls we have put in place. Booking and contact tracing are both key elements of this.

What Should a Group leader do if Another Group is Training Where they Want to Train?

Only groups that have booked should use the covid secure public spaces. If, for any reason, more than the maximum number of groups come to the same location at the same time (for example, because of a mis communication), then groups who have booked take precedence, (groups who have not booked simply should not be there, and should leave). Group leaders are expected to resolve any such issues amicably, but if all else fails, then the earliest group(s) to arrive take precedence, and other groups should leave.

Social Distancing and Hygiene

Athletes and group leaders should follow the social distancing and hygiene guidance set out by England Athletics in their restricted return to activity documents. At the time of writing this can be found at <https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/>.

Circumstances in Which Athletes and Group leaders Must Not Attend Sessions

Athletes and group leaders must not attend training if:

- They are isolating following a positive test result, or because they are a contact of somebody who has a confirmed case of Coronavirus / COVID 19.
- They have symptoms of COVID 19, however mild, such as a cough, fever or loss of taste or smell, or believe for any other reason that they may have contracted the Coronavirus.
- They are awaiting a COVID 19 test result.
- They are currently quarantined after travel abroad.

The booking form will include a health questionnaire to confirm that session participants do not fall into any of the categories above at the time of the booking. Notwithstanding the questionnaire, participants must not attend if they fall into one of the categories above prior to the session.

Contact Tracing

- When making a booking, the group leader must provide the names of all session participants (including other group leaders or other helpers). These are captured electronically by the booking form, and are added to a central register that is maintained by the COVID-19 coordinator. The group leader must also provide either the phone number or email address of any participant who is not a member of Bedford and County (this can be a parent's phone number or email address in the case of a junior).
- If there are subsequent changes to the session participants, the group leader should notify the COVID-19 coordinator as soon as possible by emailing bcacpublicspacebookings@gmail.com.
- Any participant who has attended a session and subsequently tested positive for COVID should inform their group leader, who should in turn inform the club's COVID-19 coordinator for public spaces at this email address: bcacpublicspacebookings@gmail.com.
- In line with England Athletics requirements, any participant who has attended a session and subsequently tested positive for COVID should complete the [UKA COVID-19 tracking form](#).

Interactions With Members of the Public

- If the training location is busy with members of the public and / or people from other organisations to the extent that social distancing is not possible, the group leader should either move to an alternative part of the COVID Secure environment that is not busy, and is not being used, or abandon the group's session.
- If an athlete meets a member of the public whilst running, they should pass them as quickly as possible whilst maintaining as much social distance as possible – this should ensure that any contact is only fleeting.
- Group leaders and athletes should strive to maintain at least 2m distance from members of the public so far as is reasonably possible – for example by conducting session briefings in places with plenty of room.
- Group leaders are advised to carry a copy of this action plan with them, so that, if a member of the public should question our right to train in a public space, the group leader can politely show them this document.
- Group leaders should consider wearing Bedford and County insignia if possible, and should consider encouraging their athletes to wear club-branded clothing. This may help to make it clear that they are taking part in an organized sport as part of a recognized club.
- Ultimately, if group leaders feel that they or their athletes are in any danger, or are being unpleasantly abused, they should halt the session and disperse the group.

Spectators

Spectating is prohibited, including by parents (unless strictly necessary due to age or needs of athlete, in which case approved people must remain in designated place).

Junior Athletes

If the COVID Secure Environment is to be used by athletes under the age of 18, the group leader will be responsible for ensuring compliance with EA guidance regarding: (a) the obtaining of any necessary permission/agreement from the responsible parent or guardian; and (b) parental/guardian attendance during coaching. This is not our responsibility.

Swift Dispersal

Athletes and Group leaders are requested not to congregate outside of the COVID secure environments at the beginning or end of sessions, and to disperse quickly once sessions are over.

Training is at your Own Risk

By attending club sessions you are increasing your interaction with others and potentially increasing your risk to catching the virus. Bedford and County cannot guarantee that you will not become infected with Coronavirus / COVID-19 and this should form part of your decision making

when deciding to attend club sessions. If you choose to attend a session, you do so AT YOUR OWN RISK.

Failure to Adhere to Guidelines and Requirements

Failure to adhere to the requirements above, or to instructions issued by group leaders, may mean that we refuse to grant you access to COVID secure environments until the public health crisis has ended.

Communication

All group leaders and training participants must read this action plan and the COVID 19 Risk Assessment for training in public spaces before attending sessions. Group leaders are asked to send their participants a link to both documents via email or instant messaging such as WhatsApp or Facebook Messenger before they begin training.

The links are:

Action Plan:

<https://www.bedfordandcountyac.org.uk/images/documents/Covid-19-Action-Plan-for-Training-in-Public-Spaces.pdf>

Risk Assessment:

<https://www.bedfordandcountyac.org.uk/images/documents/Covid-Risk-Assessment-for-Training-in-Public-Places.pdf>

Coaches / group leaders are asked to email bcacpublicspacebookings@gmail.com to arrange a briefing (usually by phone) before making their first booking.

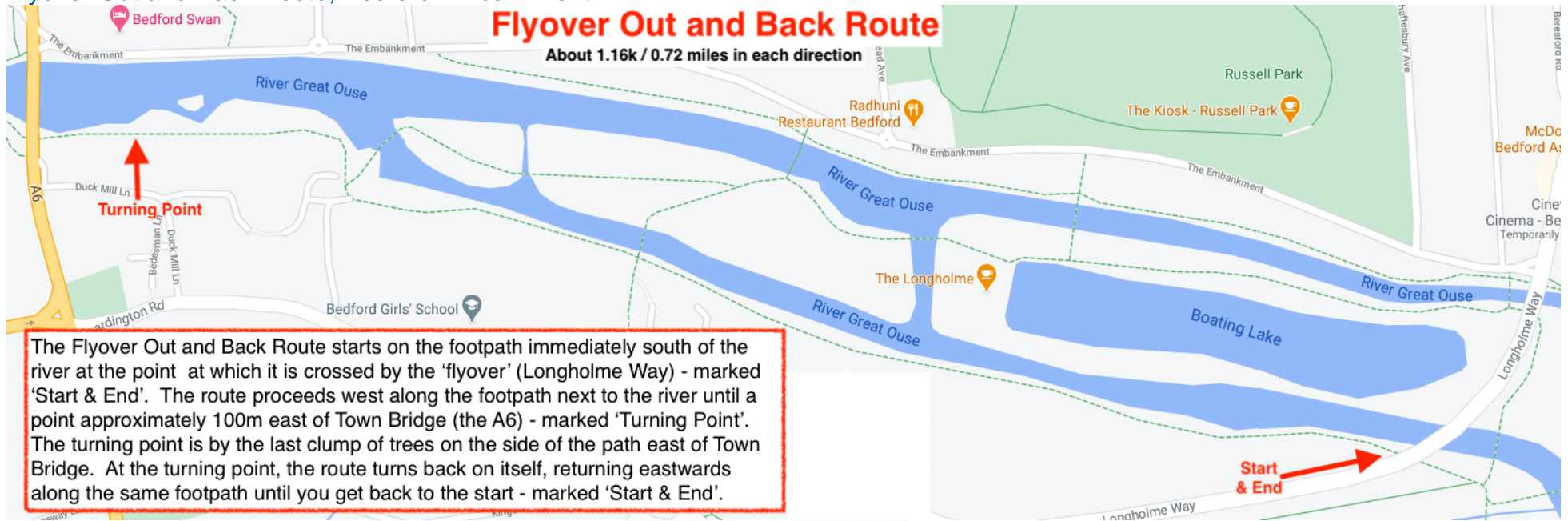
BEDFORD AND COUNTY EXECUTIVE COMMITTEE, UPDATED MARCH 2021

Route Maps and Locations

Flyover Out and Back Route, Bedford Embankment

Flyover Out and Back Route

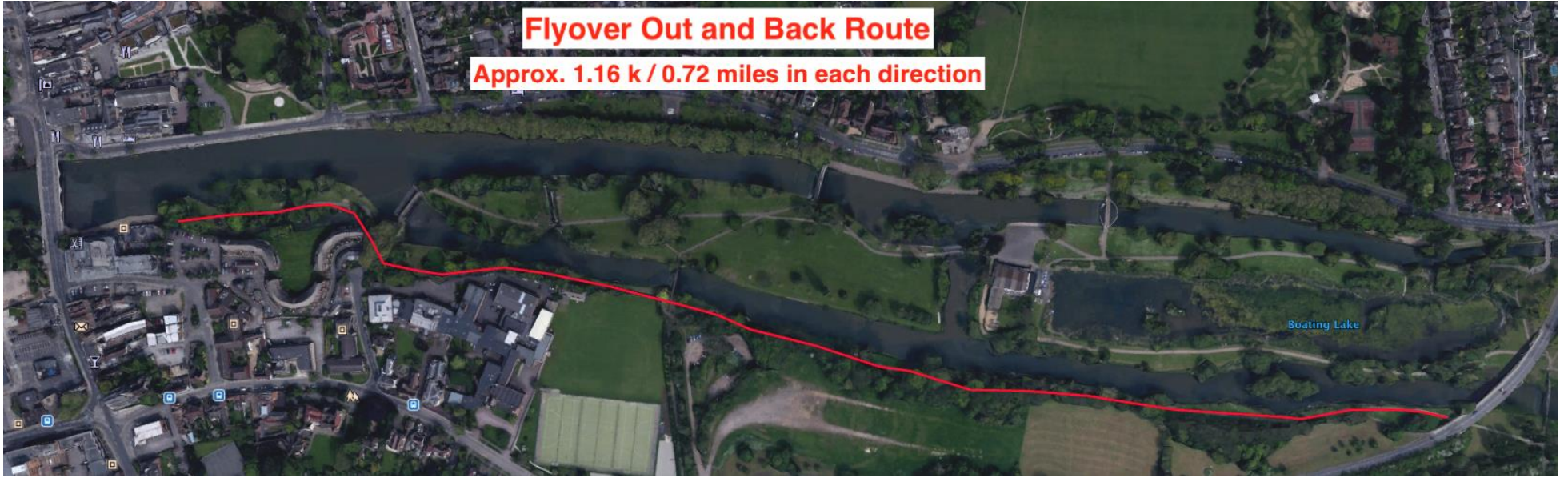
About 1.16k / 0.72 miles in each direction



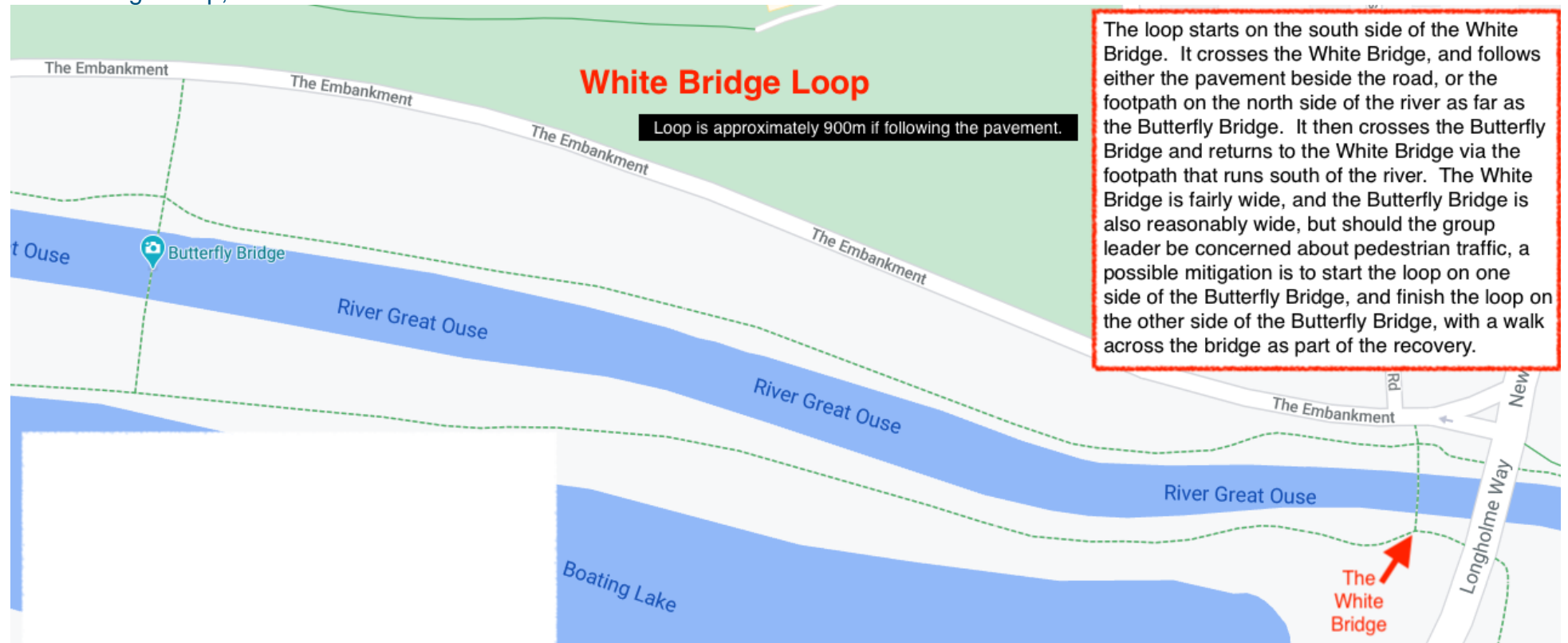
The Flyover Out and Back Route starts on the footpath immediately south of the river at the point at which it is crossed by the 'flyover' (Longholme Way) - marked 'Start & End'. The route proceeds west along the footpath next to the river until a point approximately 100m east of Town Bridge (the A6) - marked 'Turning Point'. The turning point is by the last clump of trees on the side of the path east of Town Bridge. At the turning point, the route turns back on itself, returning eastwards along the same footpath until you get back to the start - marked 'Start & End'.

Flyover Out and Back Route

Approx. 1.16 k / 0.72 miles in each direction



White Bridge Loop, Bedford Embankment





White Bridge Loop

Approx. 900m when following the pavement

Boating Lake

Go Outdoors Route

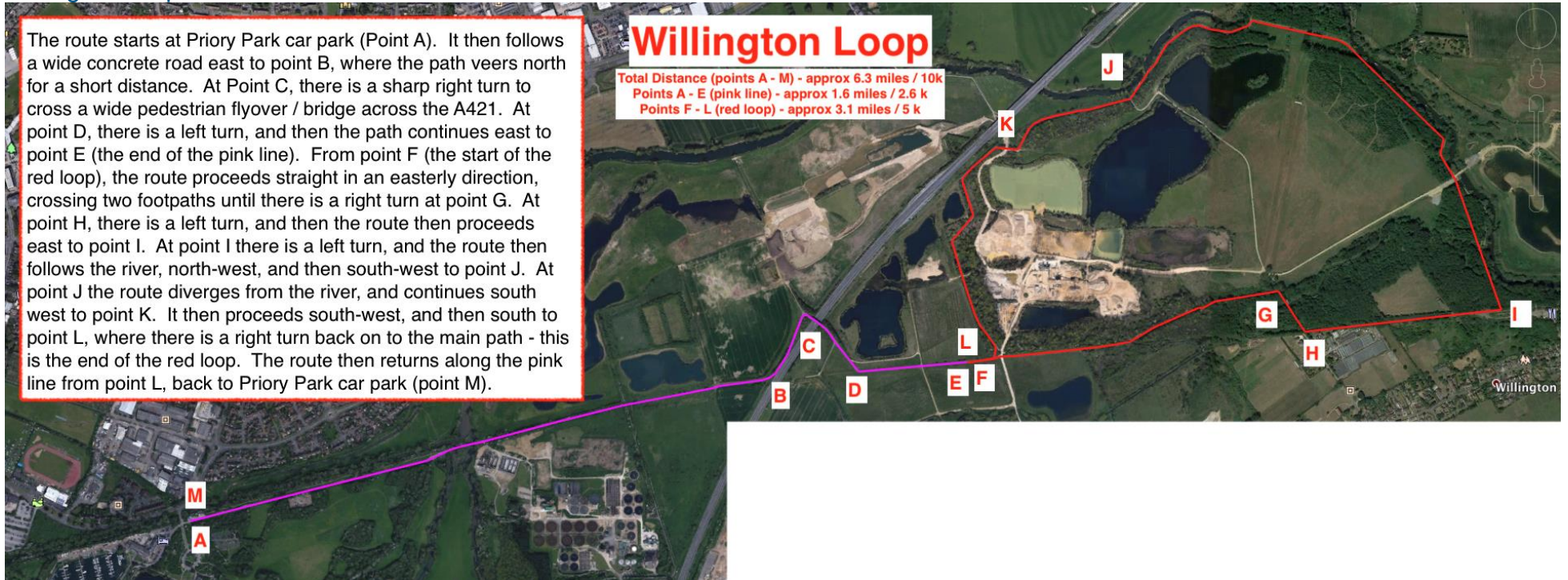


Willington Loop

The route starts at Priory Park car park (Point A). It then follows a wide concrete road east to point B, where the path veers north for a short distance. At Point C, there is a sharp right turn to cross a wide pedestrian flyover / bridge across the A421. At point D, there is a left turn, and then the path continues east to point E (the end of the pink line). From point F (the start of the red loop), the route proceeds straight in an easterly direction, crossing two footpaths until there is a right turn at point G. At point H, there is a left turn, and then the route then proceeds east to point I. At point I there is a left turn, and the route then follows the river, north-west, and then south-west to point J. At point J the route diverges from the river, and continues south west to point K. It then proceeds south-west, and then south to point L, where there is a right turn back on to the main path - this is the end of the red loop. The route then returns along the pink line from point L, back to Priory Park car park (point M).

Willington Loop

Total Distance (points A - M) - approx 6.3 miles / 10k
Points A - E (pink line) - approx 1.6 miles / 2.6 k
Points F - L (red loop) - approx 3.1 miles / 5 k



Hillgrounds



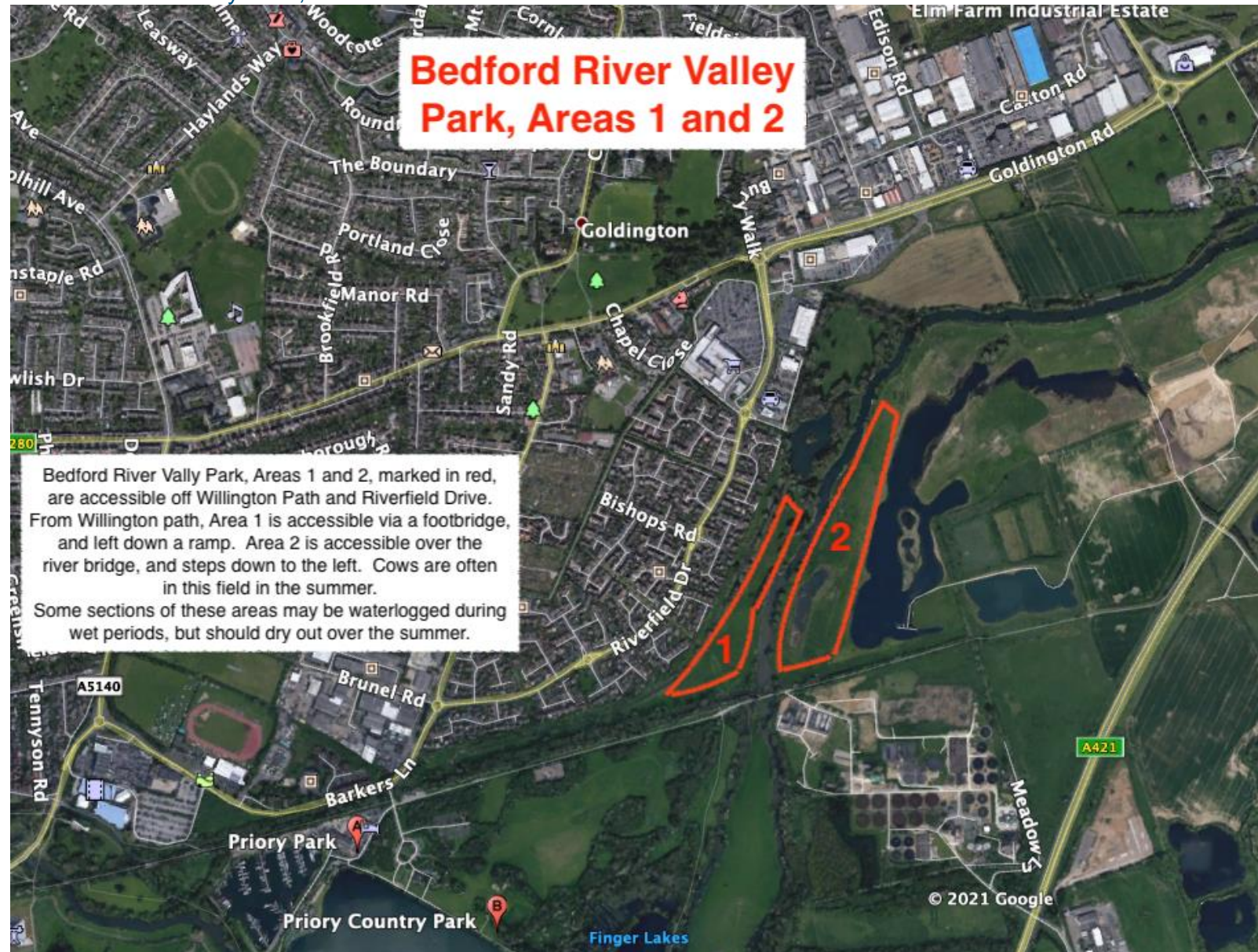
Sessions often run around the perimeter of the white rectangle, but you can use the whole area within the white rectangle, provided that you stay clear of any other groups using the area (e.g. football training).

Rowney Warren

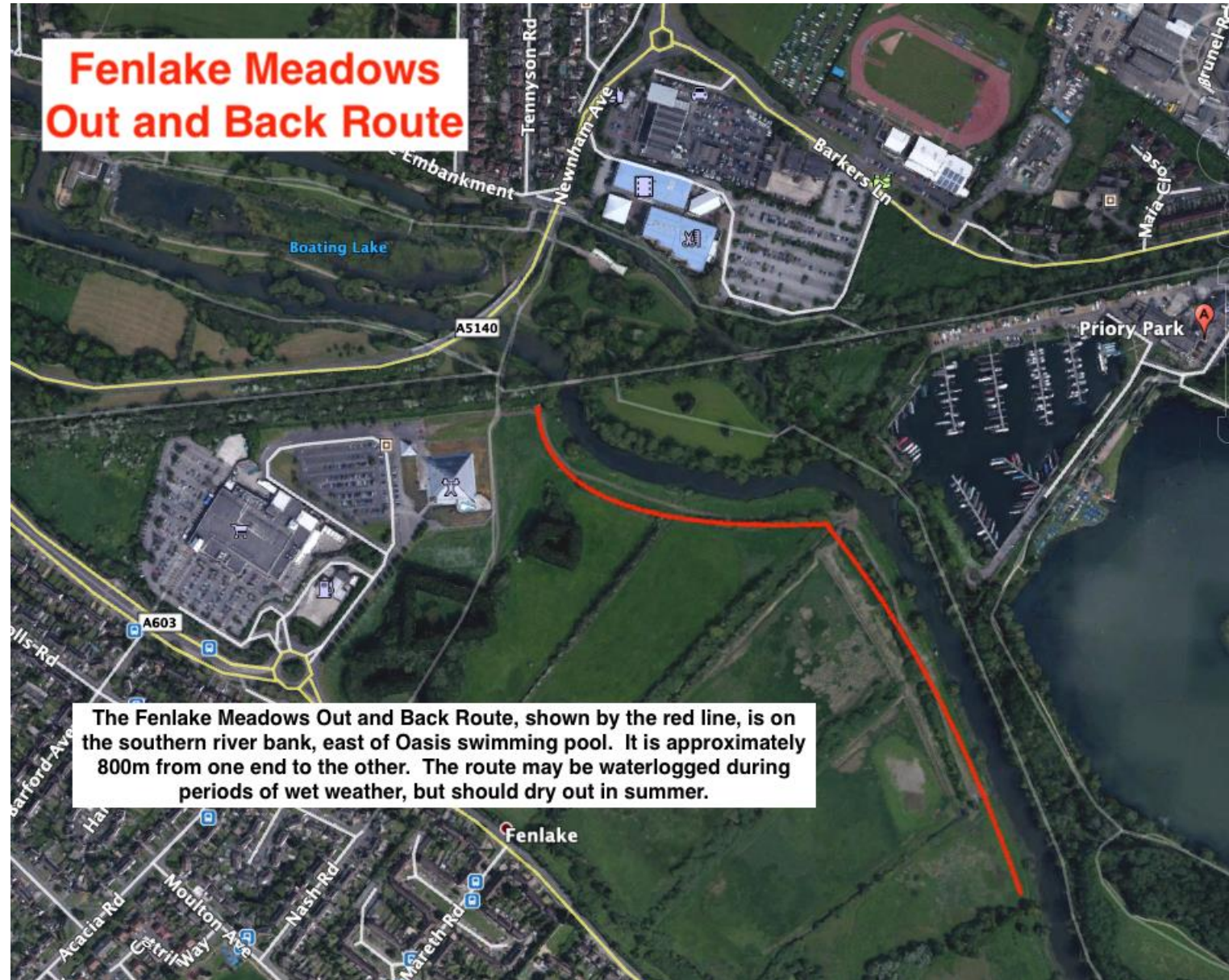


You can use the whole of the area within the white perimeter, except for Chicksands Bike Park, which is located near the North East corner of Rowney Warren.

Bedford River Valley Park, Areas 1 and 2



Fenlake Meadows Out and Back Route



Former Great Denham Golf Club

