



Covid Secure Training In Public Spaces (Parks etc)



What is a Covid Secure Environment?

- In sporting contexts, Covid Secure Environments:
 - Can be set up by organized sports clubs.
 - **Enable us to train legally in groups of more than six.**
 - can be any location, including a public space, that:
 - Has Contact tracing.
 - Has been risk assessed for Covid 19.
 - Has a Covid 19 Action Plan, approved by the club's committee.
 - Has a Covid 19 Coordinator (me, for public spaces).
- Our Covid Secure Environments need to be booked.



What are our Public Space Covid Secure Environments?

- ▶ Bedford Park
- ▶ Cemetery Hill
- ▶ Russell Park
- ▶ Hillgrounds Playing Fields (Kempston)
- ▶ Rowney Warren (near Chicksands, off the A600)
- ▶ Biddenham Cricket Club
- ▶ Flyover Out and Back Route, Bedford Embankment
- ▶ White Bridge Loop, Bedford Embankment
- ▶ Go Outdoors Route
- ▶ Willington Loop
- ▶ Bedford River Valley Park (2 Areas – see route map)
- ▶ Fenlake Meadows Out and Back Route
- ▶ Former Great Denham Golf Club
- ▶ Bedford Athletic Rugby Club, Wentworth Dr, Bedford MK41 8QA

Remember – a Covid Secure Environment is not just a place. No matter where you are, if you haven't booked, you are **not** in a Covid Secure Environment.

Capacities, Group Sizes, and Slots

- Each location has a maximum capacity of one group of 26, apart from Rowney Warren and Willington Loop, which can have two groups of 26.
 - The 26 includes athletes, coaches, group leaders & helpers.
- You can book any location on any day, for these times:
 - 9 am – 12 pm
 - 12:30 pm - 3:30 pm
 - 4 pm – 9:00 pm
- You can split your booking up.
 - For example, you could book for two separate groups of 13 (you must keep the groups separate – either by running them at different times within your slot, or by basing them at different places within your location).
 - Complete one booking form for each distinct group, and send a covering email to bcacpublicspacebookings@gmail.com to explain what you are doing.
- This is meant to give you flexibility.



How to Book

1. Check availability in the [Bookings Spreadsheet](#) (read only).
2. Make a booking using the [Online Form](#).
3. You should get a confirmation within 24 hours.
4. Keep a record of who actually comes to the session.
5. Let me know who actually comes as soon as you can by emailing bcacpublicspacebookings@gmail.com.

Use the form to book 2 weeks in advance.

If you want to discuss a block booking, email bcacpublicspacebookings@gmail.com.



Other Things You Have to Do

- Read the [Action Plan](#) and the [Risk Assessment](#).
- Ask your athletes (or their parents) to read them – e.g. send them all an email, or post it to your What's App group etc.
- Tell the athletes to stay away if they have symptoms, or are waiting for a test result, or are isolating.
- If one of your athletes has a positive test, tell me.

As always, **you** are in charge of the session, and are responsible for keeping everybody safe during the session.



Public Spaces = Public

- Keep your distance as much as you can.
- Pass pedestrians quickly and with as much distance as possible.
- Think about when you train.
- Can you make it **look** official?
 - Invest in some cones?

Any other ideas or comments?



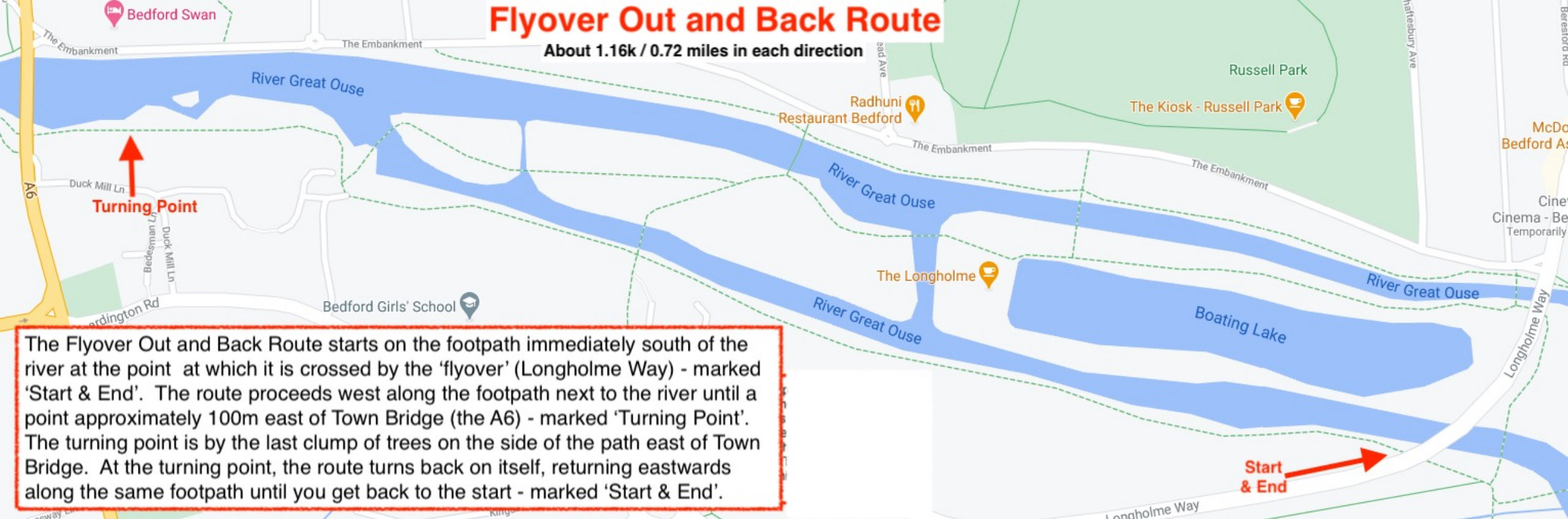
Questions / Feedback / Ideas

Questions?

Please let me know how it goes.
Any ideas for making it better, let me know.

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'.

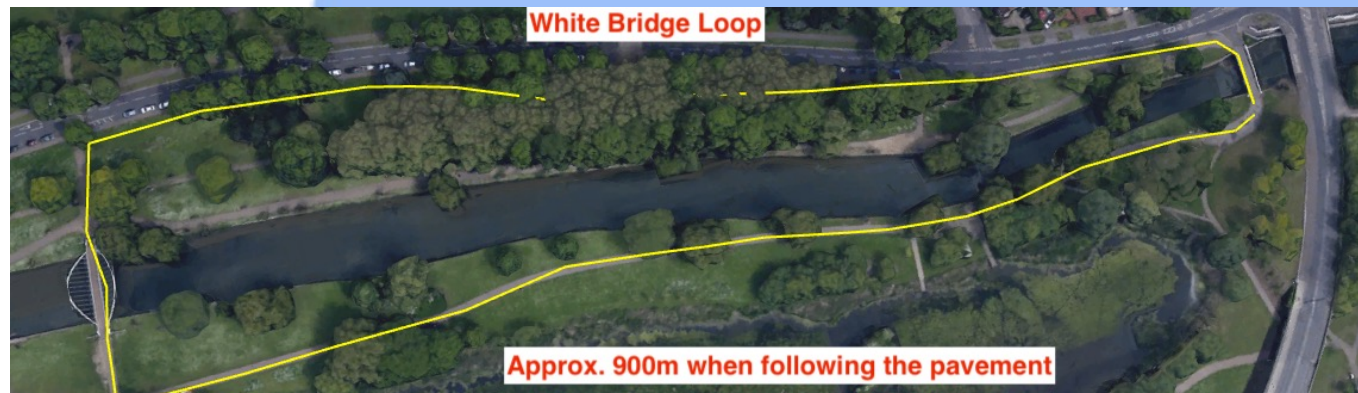
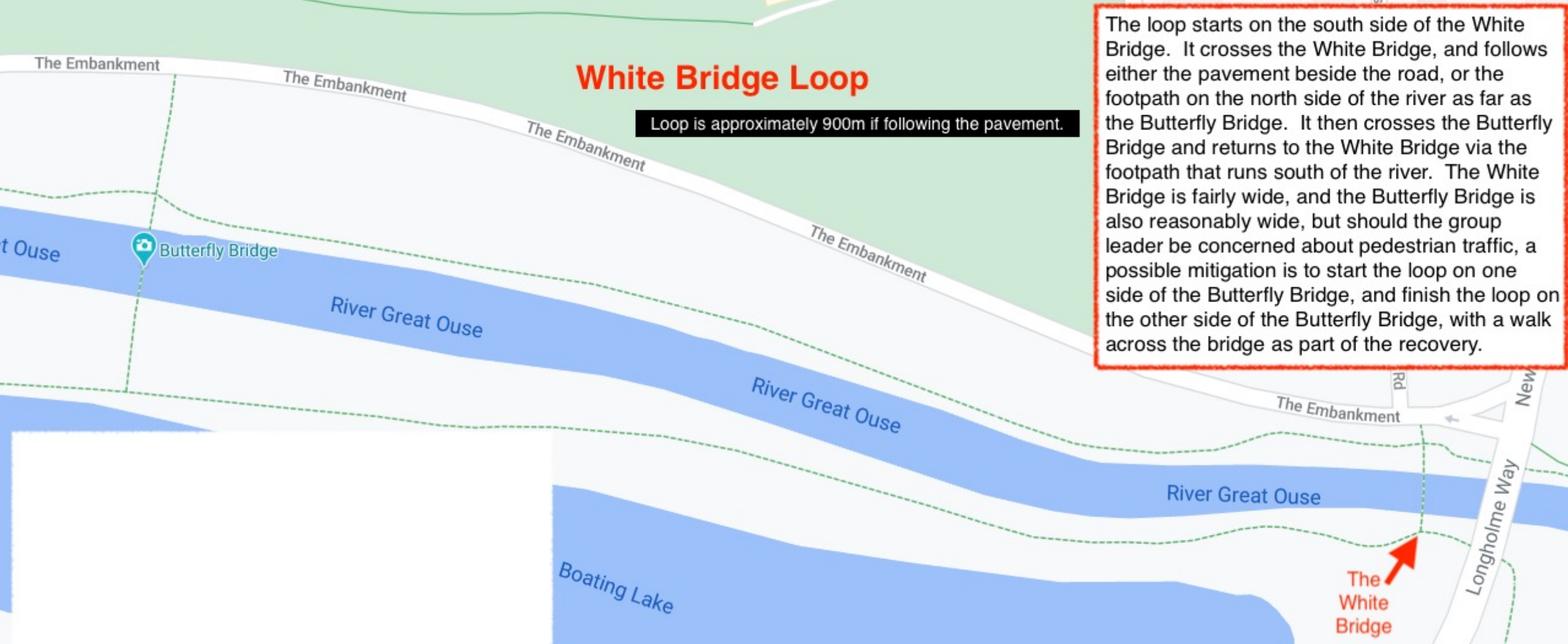
Approx. 1.16 k / 0.72 miles in each direction



White Bridge Loop

Loop is approximately 900m if following the pavement.

The loop starts on the south side of the White Bridge. It crosses the White Bridge, and follows either the pavement beside the road, or the footpath on the north side of the river as far as the Butterfly Bridge. It then crosses the Butterfly Bridge and returns to the White Bridge via the footpath that runs south of the river. The White Bridge is fairly wide, and the Butterfly Bridge is also reasonably wide, but should the group leader be concerned about pedestrian traffic, a possible mitigation is to start the loop on one side of the Butterfly Bridge, and finish the loop on the other side of the Butterfly Bridge, with a walk across the bridge as part of the recovery.



Go Outdoors Route

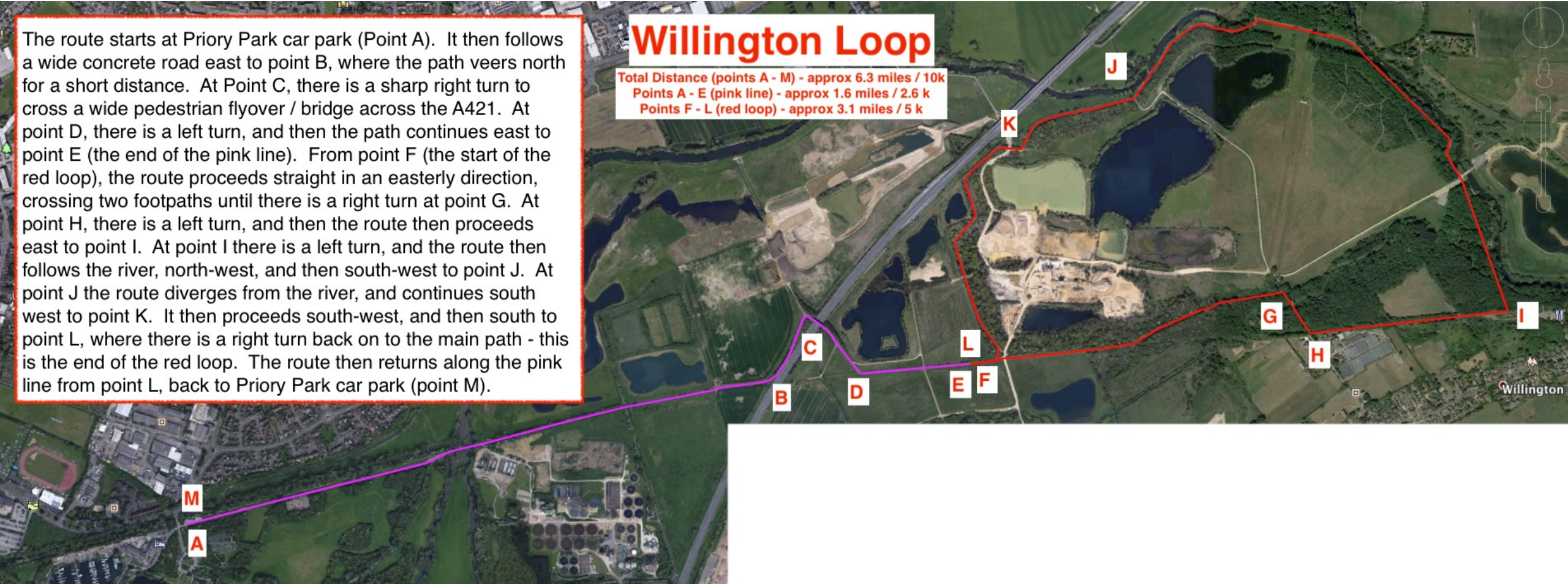
Approx 6.6k / 4.1 miles in total. Yellow loop is about 1.79k / 1.1 miles. Red line is around 2.4k / 1.5 miles in either direction.

The route starts at Bedford International Athletics Stadium (Point A), and follows Barkers Lane eastwards, and then north-eastwards all the way to the junction with Goldington Road (Point B). At that point there is a right turn onto Goldington Road, and the route continues eastwards as far as Norse Road (Point C). The route turns left onto Norse Road (just opposite Go Outdoors) and proceeds north up Norse Road for a little over 100m, where it turns left onto Caxton Road (point D). The route proceeds west to the end of Caxton Road, and then turns left to proceed south down Shuttleworth Road (Point E). At the end of Shuttleworth Road (Point F), the route turns right onto Goldington Road, and proceeds back west down Goldington Road. It then turns into Barkers Lane (Point G), proceeding south-west, then west, and then north-west to finish at Bedford International Athletics Stadium (Point H).

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



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- ▶ [Link to map of Hillgrounds.](#)
 - ▶ [Link to map of Rowney Warren.](#)

Bedford River Valley Park, Areas 1 and 2

Bedford River Vally Park, Areas 1 and 2, marked in red, are accessible off Willington Path and Riverfield Drive. From Willington path, Area 1 is accessible via a footbridge, and left down a ramp. Area 2 is accessible over the river bridge, and steps down to the left. Cows are often in this field in the summer. Some sections of these areas may be waterlogged during wet periods, but should dry out over the summer.



Fenlake Meadows Out and Back Route

BEDFORD Athletic Rugby Club, Wentworth Dr, Bedford
MK41 8QA

The Fenlake Meadows Out and Back Route, shown by the red line, is on the southern river bank, east of Oasis swimming pool. It is approximately 800m from one end to the other. The route may be waterlogged during periods of wet weather, but should dry out in summer.



Former Great Denham Golf Club

