

Code of Conduct for Runners/Jumpers/Throwers

1. All athletes, coaches, coaching assistants, committee members and parents of minor athletes to read and understand the General Risk Assessment issued by Ipswich Harriers in order to safely reopen the Northgate Track. This can be found at <https://www.ipswich-harriers.co.uk> under "policies".
2. No athlete should attend if they are displaying symptoms of Covid-19.
3. No athlete should attend if they are in isolation following a positive test for themselves or a family member, or have been notified that they have been in contact with someone testing positive by Track & Trace.
4. Hand washing as per guidelines and use of toilet essential before attending the track.
5. No car sharing other than with people with whom they co-habit.
6. Athletes to inform Coach if they are not attending training as agreed.
7. Athletes to meet at the Northgate track in designated area at the agreed time.
8. Athletes to enter the track under direction of their Coach.
9. Athletes to observe one-way system for access and egress of the track.
10. Athletes to attend in freshly laundered kit.
11. Minimal kit to be brought to the track in one bag large enough to put track suit etc in when removing layers of clothing.
12. Drink containers with enough fluid for the session to be kept in the bag at all times.
13. Bags must be placed 2 metres apart in a designated area. Bin liner may be brought along to put bag in in case of wet conditions.
14. **Sprinters:** Own blocks to be brought and used when training session requires it; in this instance a second bag is permissible.

Jumpers: Athletes must follow instructions given by their Coach and use the same runway and pit throughout training session.

During run through, run where possible out of the far side of the pit each time.

Tape measure and rake to only be touched and used by coach.

High jump bar and uprights not to be touched by athletes.

Throwers: To bring own throwing implements.

During throws session to collect their own equipment and not handle other athletes' equipment.

The throwing cage must only be opened and closed by one person - this will be the Lead Coach. No athletes are to move the front section of the cage.

Equipment Store: No athlete is to enter the equipment store to collect equipment.

The Club House will be closed.

15. Own hand sanitiser to be brought at all times.
16. Social distancing as prescribed by the Government to be observed at all times, including when running in lane.
17. Athletes must keep to lane/s allocated by the Coach.
18. Stay in lane during deceleration run off.
19. **NO SPITTING**. Any tissues used must be placed in the double-bagged bins provided.
20. Only hold the perimeter rail under the instruction of the Coach.
21. Coach/athlete to wipe rail with anti-bacterial wipes afterwards.
22. Setting up and handling of all equipment to be done by the Coach, such as cones and hurdles. Athletes to avoid hand contact with equipment where possible.
23. All equipment to be wiped with anti-bacterial wipes following use.
24. Athletes must not mix with other training groups during each session. Numbers of any group must not exceed the numbers imposed by Government Guidelines.
25. Gloves should not be worn. Thoroughly washed hands that are then sanitised are adequate.
26. Athletes who use public transport must wear a mask and ensure it is removed before entering the track area and commencing their training session.
27. The Coach will have the right to un-invite athletes attending training sessions in the event of non-compliance with any of the above rules.
28. Club Athletes seen attending the track outside of their permitted training sessions without a booking will be notified of this breach of our Code of Conduct and advised that this action could cause the use of the track for ALL to be terminated with Northgate Sports Centre.

Athletes Name:

Athletes Signature:

Parents/Guardians Name:

Parents/Guardians Signature:

Dated:

Please provide up to date details for track and trace:

Phone Number..... Email Address.....

Latest England Athletics guidance can be found here:

<https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/>

This declaration form is intended to be used during the COVID-19 pandemic and whilst England Athletics require restrictions to training.