



Denmead Striders Running Club

Est. 1989

Return to the Denmead Lanes 19/05/21.

The Government has set out its roadmap to bring the country out of lockdown by 21/06/21. Following this announcement England Athletics have followed suit with a roadmap to return to training. The EA roadmap is aligned to the Government plan.

COVID-19 Roadmap 2021 ATHLETICS & RUNNING

Published
26th Feb 2021

| Step 1 | Step 2 | Step 3 | Step 4 |
|--|--|--|--|
| <p>8th March</p> <ul style="list-style-type: none">• Athletics & running in schools and as part of wraparound care (i.e., afterschool clubs, childcare clubs) can resume.• Athletics & running in colleges and universities for educational purposes can resume. <p>29th March</p> <ul style="list-style-type: none">• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor unorganised activity (non-coached) can take place in groups of 6.• Outdoor intra club competition can take place (without a license).• Outdoor competition can take place (with a license and subject to confirmation from DCMS).• No indoor training.• Spectating not allowed.• Parent/carer supervision permitted (one per athlete/runner).• Minimise travel. | <p>No earlier than 12th April (At least 5 weeks after Step 1)</p> <ul style="list-style-type: none">• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor unorganised activity (non-coached) can take place in groups of 6.• Outdoor intra club competition (without a license).• Outdoor competition can take place (with a license and subject to confirmation from DCMS).• Indoor leisure facilities open for use individually or within household groups.• Indoor group training for u18s and disabled people.• Spectating not allowed• Parent/carer supervision permitted (one per athlete/runner).• Minimise travel. | <p>No earlier than 17th May (At least 5 weeks after Step 2)</p> <ul style="list-style-type: none">• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor competition can take place (with a license and subject to confirmation from DCMS).• Accommodation/hotels are open allowing for two-day events and larger scale events are allowed with spectators.• Indoor leisure facilities open for use individually or within household groups.• Indoor organised group training for children and adults.• No restrictions on travel. | <p>No earlier than 21st June (At least 5 weeks after Step 3)</p> <ul style="list-style-type: none">• No legal limits on social contact.• Club and competition can return to normal.• Individual activity can return to normal. |

PLEASE NOTE: The UK Government may update guidance as we progress through the four steps of the roadmap. To stay up-to-date with England Athletics guidance visit www.englandathletics.org
To stay up to date with the latest UK Government guidelines visit www.gov.uk/coronavirus



The club is pleased to announce that following a successful return to Wednesday training at our Covid secure locations in Waterlooville, summer training will return to the Denmead Lanes on **19/05/21** at three Covid secure locations, a full return to Monday and Wednesday training on the week commencing **21/06/21**.

The return to Denmead will be similar to the return earlier in April.

- Specified venues.
- Go directly to the training venue.
- Groups separated by level.
- No congregating. Must leave on completion of the session.
- Track and Trace listing required.
- Available hand sanitizer and first aid kit etc...
- Utilize 6-week training window again.

This next 6-week window will build speed and stamina to help with the preparation for races which are beginning to start up again as lockdown eases.



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The club will use the following areas which have been used for previous club sessions during the summer;

- (A) Denmead Scout Hut, Tanners Lane - Approx 100m from the car park at Kidmore Lane.
- (B) Kidmore Lane Cross Roads – Approx 1200m from the car park at Kidmore Lane.
- (C) Pit Hill – Approx 1 mile from the car park at Kidmore Lane.

The run out to area's B & C can be used as warm up prior to the session,

The committee must stress the dates suggested in the Government/EA roadmap are subject to change depending on the decrease and containment of C-19 within the UK.

Rest assured we have taken all precautions possible in order to mitigate the spread of COVID-19. It is vital we remain safe and, in turn, the club asks that you maintain social distancing at all times.

As you are aware the return will be somewhat different to our usual training plan. Until the 21/06/21, the return to training will be on our main **Wednesday evening** session only.

The schedule will include three groups at different venues each week;

1. Level 1 Training Session.
2. Level 2 Training Session.
3. Level 3 Training Session.

Mondays will continue as an ad-hoc session with club members 'doing their own thing' based on a published schedule as we have done during the lock down.

Those members who still prefer to train on their own should not attend these sessions or use the venues on the Wednesday evening commencing 19/05/21 between 19:00 – 20:30.

The committee would also like to stress that the return relies on the goodwill of the residents of Denmead and we should be respectful at all times when training in the area. If there is a concern raised by the residents the club will have to act accordingly.

If there is a feeling that the sessions cannot be run safely then the club will stop all training immediately until further notice.

Before restarting Club sessions, all club members should be aware of the following;

- Any Club member who has shown any symptoms of the Coronavirus (C-19) within the last fourteen days, as well as any general health issue **must not** attend a club session and self-isolate immediately i.a.w the latest C-19 Government guidelines.
- Any Club member who falls into the vulnerable category i.a.w the latest C-19 Government guidelines **must not** attend a Club session.
- Any club member who has an underlying health issue i.a.w the latest C-19 Government guidelines **must not** attend a Club session.
- It is the responsibility of individual members to remind themselves of the latest C-19 Government and EA guidelines before attending a session.
- It is important that Club members monitor themselves for any signs of the virus, as well as general health.
- Members should not congregate before or after training.



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Club Sessions

Note: There will be no 'meet & greet' at the Kidmore Lane Car Park

Members should arrive at the session for their respective level as per normal where they will join the Coach who will be leading one of the sessions listed in the schedule. In line with "Track and Trace" procedures, the allocated Coach will record group details and this information will be retained by the Denmead Striders Head Coach for a period of three weeks whereupon it will be destroyed.

Where possible members living in Denmead should not drive to the car park this will leave more spaces for those members that live further afield.

Please Note: details will be recorded by the Coach; there will be no requirement for members to use the same pen or pass the information sheet between the group.

Members should be aware that there are limited public toilet facilities at Kidmore Lane Car Park. Due to C-19 guidelines access may not be possible between certain hours.

Once the information is recorded the Coach will start their session in the normal manner. **If for any reason members/runners turn up late for the session they should make themselves known to the coach/run leader so their details can be recorded.** For your safety, along with their own, the Coach has been issued with PPE should they need to attend to a runner during the session. They will be carrying three face masks, gloves, sanitiser and a mobile phone. If members wish to provide their own PPE they are free to do so. Whilst it is not compulsory to wear a mask for outdoor activities it is recommended members do wear a mask whilst waiting for the session to start.

During the training session, members are reminded to maintain social distancing at all times. The Coaches will enforce this rule as required and, where it is ignored, they will ask the runner(s) to leave the group. This is the only hard rule the club asks you to observe throughout the session.

Once members have completed the session then they are to leave the training area immediately to make their way home or return to their car to wait for their partners or friends.

Club Training

The training sessions will be split into three groups and will be based on your ability level. Members should go directly to their allocated training area.

An approximate guideline for the levels is as follows;

- Level 1: 50mins+ for a 10K or 1:45+ for a Half Marathon.
- Level 2: 40mins+ for a 10K or 1:30+ for a Half Marathon.
- Level 3: Sub 40mins+ for a 10K or sub 1:25 for a Half Marathon.

Each training session will be allocated a different area and is shown in the maps below.



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Location Maps – Training Areas Overview



- A = Denmead Scout Hut, Tanners Lane – Approx. 100m from the car park at Kidmore Lane.
- B = Kidmore Lane Cross Roads – Approx. 1200m from the car park at Kidmore Lane.
- C = Pit Hill – Approx. 1 mile from the car park at Kidmore Lane.



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Training Area A – Scout Hut, Tanners Lane



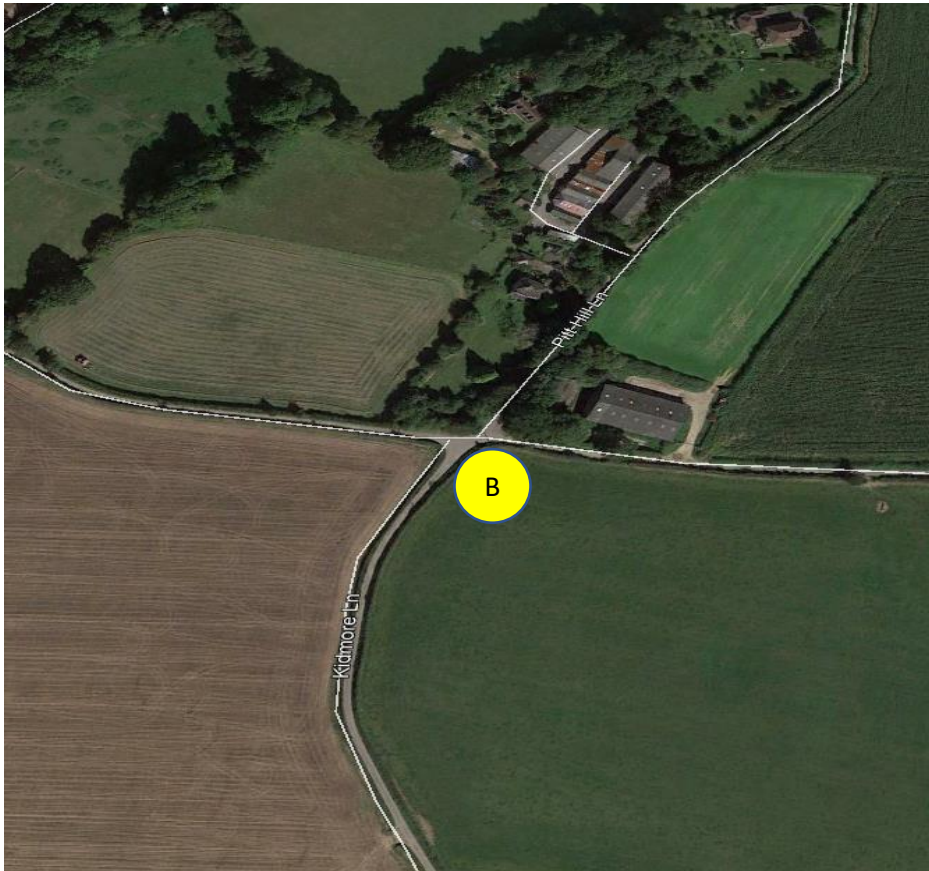
From the car park follow Kidmore Lane for approximately 75m then take a right turn into Tanners Lane where the Scout Hut is located.



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Training Area B – Kidmore Lane Cross Roads



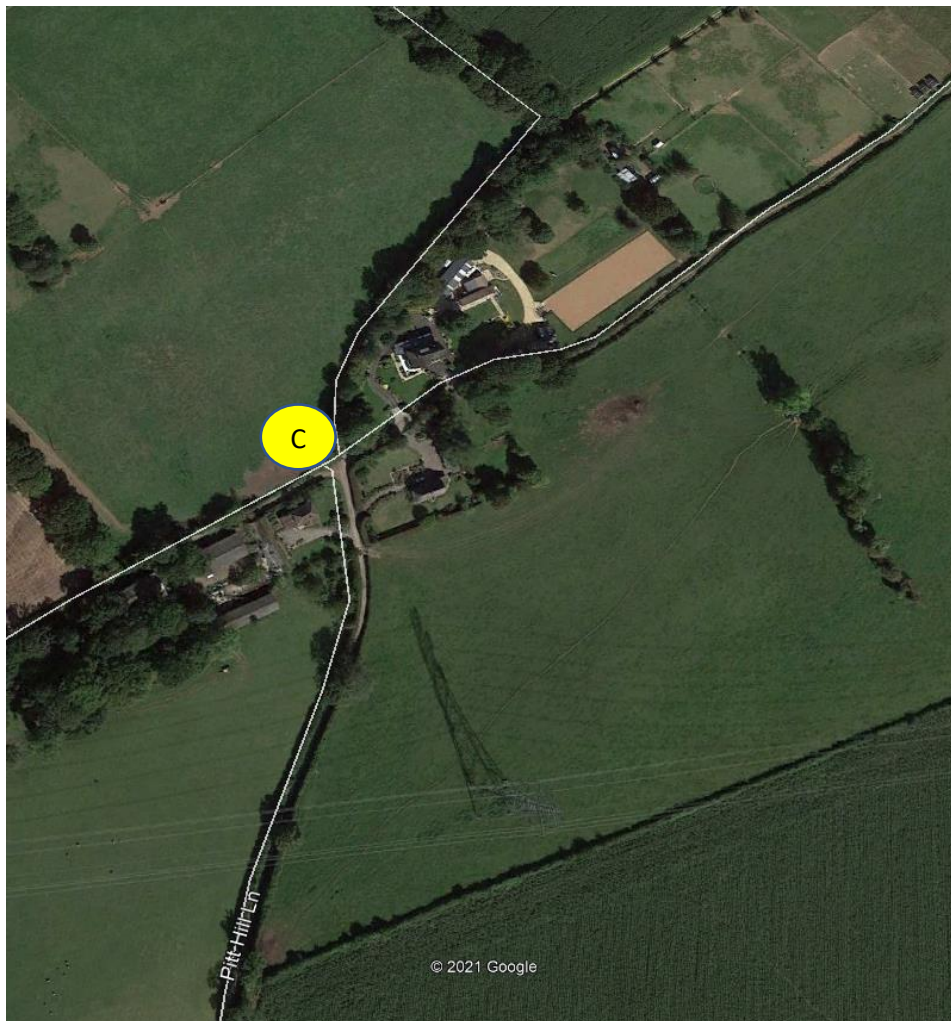
To get to the venue from the car park, follow Kidmore Lane for approximately 1200m until you reach the cross roads.



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Training Area C - Pit Hill



To get to the venue from the car park, follow Kidmore Lane for approximately 1200m until you reach the cross roads then carry on into Pit Hill Lane for approx. 400m. The venue is at the bottom of the hill.