

Rushcliffe AC

AGM Report regarding the clubs response to Covid 19

Due to the Covid 19 pandemic and in line with government guidance, England Athletics guidance and the first national lockdown, all training and events ceased in March 2020 and RAC effectively closed its doors.

As restrictions began to ease throughout the summer of 2020 and small groups were allowed to meet up, the club began offering training sessions to small groups of 5 athletes per coach, 'off site' at Rushcliffe Country Park and Holme Pierrepont.

During the summer, the club also began to formulate a plan as to how and when we could return to training at the track. As recommended by England Athletics (E.A.), the club appointed a 'Covid Officer' (Harvey Sugden), to monitor the guidelines, coordinate the return to training and ensure the club were operating within the rules issued by the government and E.A.

Following a huge team effort by coaches, volunteers and members of the committee, RAC welcomed athletes back to the track on 1st September. In order to comply with the E.A. guidance, all sessions had to be pre booked so we could keep a record of who had attended and also to limit group sizes which were set at a maximum of 12 per coach. Social distancing measures were also put in place along with robust cleaning and hygiene measures and full risk assessments and procedures were produced.

This system continued successfully throughout the autumn and early winter despite a few 'bumps in the road' when the 2nd lockdown (October) and Tier Systems were implemented.

When the 3rd National Lockdown was implemented in January 2021 we were unable to continue and RAC once again closed its doors.

On 13th April this year, track training resumed using the same procedures that had worked for us previously. The club is still offering training sessions 6 days a week with Sunday's being introduced during late April to accommodate increased demand and allowing us to offer a wide range of sessions and disciplines.

As restrictions begin to further ease, we have now started to slowly increase group sizes (particularly where this is easier such as endurance sessions) and we are still closely monitoring the E.A guidelines as we have done throughout the pandemic.

The next step will be a return to normal training and 'pre-covid' arrangements, which is due to come into effect on 21st June, however we will wait and respond to the guidelines as and when they change and the government make further announcements.

In the meantime there has been a welcome return to competition with various meets already taken place and more scheduled for the summer including; Mini League Track & Field, YDL, NOEL, Charnwood Opens and Nottinghamshire County Schools.

Harvey Sugden
Covid Officer