



Covid Management Plan

Measures to Reduce the Risk of Covid-19 transmission During Brecon Triathlon Club Activities including Coached Sessions at Brecon Freedom Leisure Track and Pool.

Brecon Triathlon Club Covid-19 Officer:

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The Club is following guidance issued by Welsh Triathlon on 16/7/2020:
“Our Return to Swim, Bike, Run Activity: Guidance for Clubs and Coaches”

Pre session checks:

All participants must undergo a self-assessment for any Covid-19 symptoms.

Do not attend any Brecon Triathlon Club session if ill in any way.

No one should leave home to participate in club or coached activity if they, or someone they live with, has any of the following:

- A high temperature.
- A new, continuous cough.
- A loss of or change to their sense of smell or taste.

No one should leave home to participate in club or coached activity if they have tested positive for Covid-19 in the previous 4 weeks

No one should leave home to participate in club or coached activity if they have been advised to self-isolate.

No one should leave home to participate in club or coached activity if someone in their household are displaying symptoms or have tested positive for COVID.

Contact Tracing:

Brecon Triathlon Club will hold contact details for all participants.

All participants must agree to participate in “track and trace” should contact tracing be necessary at any point.

Booking Arrangements and Numbers:

All club sessions will be pre booked by participants, using our social media feeds, to ensure exact numbers are known for both pool and track.

Maximum of 24 participants for any track session (Welsh Triathlon Level 3 coach limit).

Maximum of 24 participants for any pool session (Welsh Triathlon Level 3 coach limit).

Maximum of 12 in each pool changing room (12 male/12 female) at any one time.

Outdoor activities such as hiking will be limited to a maximum of 30 participants.

Equipment Sharing:

The sharing of equipment (such as bikes, wetsuits, helmets, floats, etc) will be avoided where possible, particularly equipment used around the head and face. Where equipment is shared, equipment must be cleaned before use by another person. Participants should take their kit home to wash it themselves rather than have one person handling a large quantity of soiled materials. Where kit absolutely has to be shared or kept together, each person handling it must wash or sanitise their hands immediately after.

Coaches delivering sessions where shared equipment is required should ensure it is wiped down with appropriate cleaning materials after each session.

Hygiene:

Increased hygiene measures must be in place at all times during Brecon Triathlon Club sessions.

- Regular handwashing will be encouraged amongst participants for at least 20 seconds when appropriate.
- Hand sanitisers/ wipes will be available for use at sessions where possible.
Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.
- All common touchpoint surfaces (e.g. gates, door handles, handrails etc) will be cleaned regularly whilst wearing disposable gloves.
- Participants should, where possible, use their own personal equipment and ensure it is wiped down before and after use. Where shared equipment is used, it will be thoroughly cleaned before, during and after use. All equipment will be checked prior to use to avoid participants having to adjust or touch it. No personal equipment will be left at venues by participants once activity has ended

Social Distancing:

Face coverings

Wear a face covering when entering Brecon Freedom Leisure centre and keep it on until accessing the changing rooms.

Training

All participants must remain socially distanced during breaks in activity, with spaced areas for equipment and refreshment storage for each individual including volunteers and coaches. Water bottles or other refreshment containers should in no circumstances be shared. Participants are advised to bring their own in a named container.

Pool

We will be using 3 lanes. 8 swimmers in each lane.

Kylie Mansfield to decide which swimmers are placed in each lane (200m TT data available).

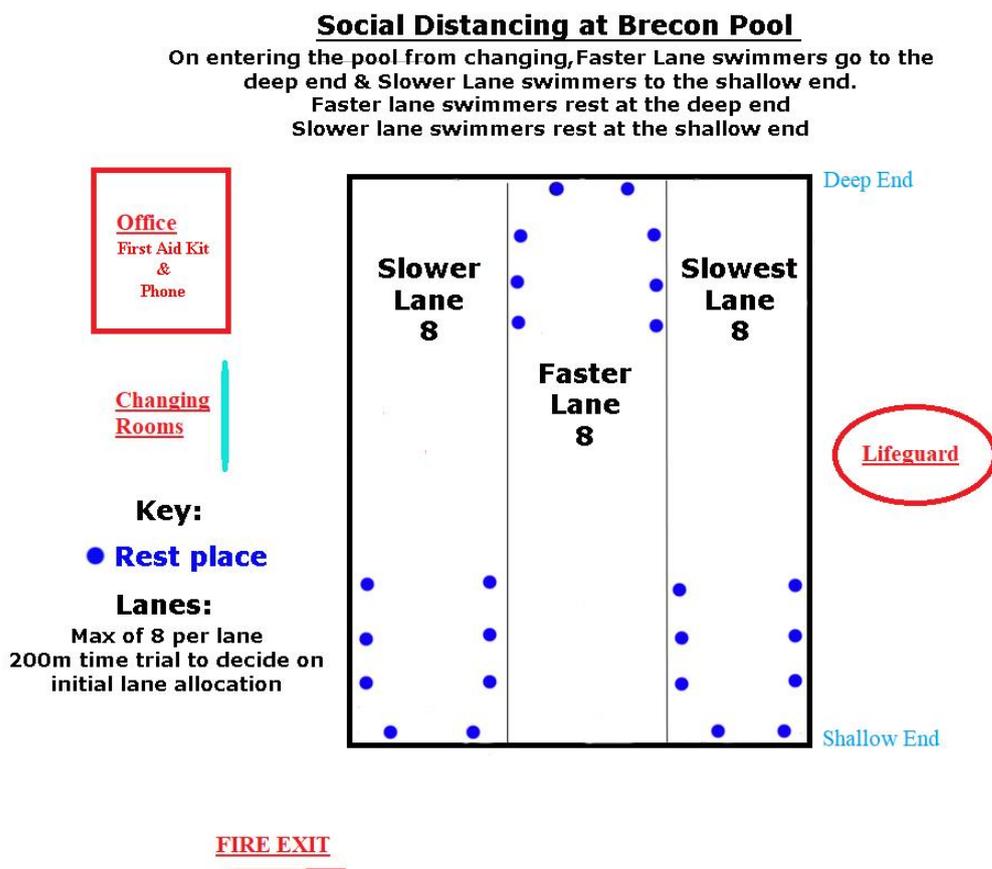
1 lane of faster swimmers, and 2 lanes of not so fast swimmers.

On exiting the changing room to the pool always maintain social distancing :

Faster swimmers go to the deep end (left)

Not so fast swimmers go to the shallow end (right).

Flow and rest points will be as shown in the following diagram:



Swimmers must bring their own pull buoys, floats, fins etc. Initials should be marked on each item
Any drinks containers should be clearly labelled.

Track

Social distancing to be maintained at all times.

We will not use the Pavilion as a base – members will attend ready to run or will use their cars to change.

The 8 track lanes will be used as an aid to maintain social distancing.

There will be no sharing of equipment.

Arrival, Leaving and Post Training

After activity, participants must maintain government mandated social distancing for social interaction. This includes in any available changing rooms, showers and any clubhouse facilities or other venue participants congregate in afterwards.

Participants are encouraged to follow best practice for travel, including minimising use of public transport and limiting car sharing. Walking and cycling should be encouraged wherever possible.

Clubs should strictly limit the time spent congregating at a venue before activity begins, with meet-up times reflecting this. This includes participants arriving changed and ready to begin the warm-up where possible, minimising time spent waiting or in changing rooms.

R B Walters 24/11/2020

Covid-19 Officer

Brecon Triathlon Club