



October 2020

Dear Member

Following on from my previous update in August, I wanted to bring you up-to-date on behalf of the Committee.

We have had ongoing conversations with our coaches and the Directors from Norton Sports Complex about resuming training sessions. I'm now in a position to inform you that we have been given the go head to resume training at Norton with specific conditions in place for the safety of all.

The club is to resume training (subject to no further changes in official guidance) for members aged over 11 years only at Norton Sports Complex at 6:30pm to 8pm (Juniors are to finish at 7:45pm) each Thursday for a 4 week trial period between, 15 October to 5 November. After this time, we will review the situation.

The sessions will be subject to some social distancing restrictions and we would need to know in advance which members were going to attend so that we can let Norton officials know for track and trace purposes. This will also allow for us to plan sessions with the Coaches.

Unfortunately we have taken the difficult decision to restrict the Junior Section to those aged 11 and over. This is due to the risks involved, with a view to reviewing this after we have evaluated the first month's trial of training.

The safety of our members and your families is our utmost priority and we have worked with Norton to complete risk assessments and resuming activities evaluation which have now been approved. BMHH are the last hosted club at Norton to return to training at the complex but as you can appreciate we have been restricted by guidance from both our Government and English Athletics.

I have detailed below the procedures to follow when entering Norton Sports Complex;

1. In advance Members are advised to download the NHS app if they can and will need to keep to social distancing guidelines. Norton is operating QR codes across the site.
2. Register on Facebook event on BMHH Facebook group if you are intending to attend a session or text/call Adele on 07749 778073 - the cut off will be **4pm on each Thursday** as we need to supply names to Norton in advance of each session.
3. When arriving on site via the social club entrance, drive past the Cricket pitches and you will be greeted by an official from Norton who you will have to give your name to so that they can register that you have arrived on site (from the lists we have already supplied in advance of the session). You will then need to follow a one way system and park in the main car park next to the squash courts.
4. Members will also need to be signed in with BMHH at the football turnstile were a Committee Member will be based and will collect subs (payable by cash) and register that you are attending the session.
5. When you have signed in, you **must not** gather in groups, there will be an area available for you to wait by the turnstiles for your fellow runners but the time in this area must be kept to a minimum

6. Toilets will be **ONLY** be available in an emergency and members should be fully changed as the changing rooms and shower block **will not** be available.
7. There will be no place to hold keys or personal belongings, these must be kept with you all times and it is your responsibility to ensure these are all taken home with you after each session.
8. If you are bringing water bottles on site, you must keep it with you and take home with you at the end of each session
9. Hand gel and wipes will be available but all are encouraged to bring your own

IMPORTANT INFORMATION

- a) Other car park entrances have been closed on site to allow Norton Sports complex to keep an accurate record of who is on site at any one time.
- b) Members will need to follow the marked social distancing signs and are reminded not to mix in the car park.
- c) Groups will be restricted to a maximum of 12 (11 athletes plus coach) as per the English Athletics guidelines when training on site at Norton. When outside Norton, groups should be no more than 6 and social distancing rules should be followed
- d) Parents/Guardians are advised to drop off your child/children at the car park. Should you wish to wait till the end of the session, you must stay in your vehicle on site. Unfortunately you are not able to spectate. The Junior session is expected to finish at 7:45pm where you will be able to collect your child/children from the car park.
- e) If you or any family members have any Covid related symptoms, you should not attend training and should not return until the advised quarantine period has been completed
- f) Should you start to feel unwell during a session they should inform your Coach or a Committee Member and leave the site immediately.
- g) Should there be any medical issues, we will contact your emergency contact (this will be checked upon you registering for your session) using the details you have provided or if the incident is deemed to be of a serious nature will call 999 for an ambulance.

As a club we have been approached by many members who have been keen to resume running at the club, I would like to thank these members for their patience whilst we have explored all the relevant options. Also we understand that there will be other members who are cautious about returning to the club for personal and health reasons, but if you do have any further questions or concerns about anything in this update then please contact me directly at paul@assetprop.co.uk

Yours sincerely

Paul Edwards
Chairman
Billingham Marsh House Harriers