

## **CRAWLEY RIDGE CROSS COUNTRY CLUB DURING THE COVID 19 PANDEMIC**

### **GUIDELINES FOR PARENTS & CLUB MEMBERS**

#### **Risk Assessment:**

- A risk assessment has been submitted to the school which complies with the schools guidelines

#### **CROSS COUNTRY CLUB SESSIONS ON TUESDAYS & THURSDAYS:**

##### **Before leaving home**

- Immediately before leaving, please ensure that club members have no temperature or other signs of Covid 19, no other signs of illness & have been to the toilet & thoroughly washed their hands

##### **Arrival at school**

- On arrival at 07.55, please remain at the school gate & allow your child/children to walk in alone
- I will be on the school drive by 07.55 to receive them
- Each year group will have an assigned colour, GREEN Y6 / BLUE Y5 / YELLOW Y4 / RED Y3
- On entering the school grounds they will walk to their colour cone set out on the school drive, & gather with their year group bubble, ensuring that they socially distance from other year group bubbles if they need to walk beyond them. Y6 will be the furthest along the drive, then Y5, Y4 with Y3 nearest to the school gate, they will wait by their cones
- After a couple of minutes, once assembled, Y6 will be asked to walk down the outside steps to leave their bags in the under-croft, in the area marked with their assigned coloured cone, they will then walk down the slope to the bottom field & gather in the grid square again marked with their group's coloured cone, where they will wait sensibly. Y5 will be sent 20 seconds after Y6, then Y4 & finally Y3 after a similar period, the latter being accompanied by me

##### **Register, warm up & session**

- The register will be taken whilst the children are in their year group's grid square on the bottom field
- Cones will have been set up prior to the session, to indicate the course, they will all allow a 2 metre gap from the edge of the field or any other objects
- Y6 will be sent off for their warm up round the top field then returning to their grid square, Y5 will follow them 10 seconds later, at the same time Y4 will set off round the bottom field, with Y3 10 seconds later, they will have all been told that on no account must they touch, or attempt to move the cones
- Once all are returned to their grid square, the session for that day will be explained to them
- In the majority of sessions, the children will complete the training activity only with members of their year group bubble
- On the occasional session, where children are being asked to run under race conditions, the year group bubbles will be set off at 30 second intervals (their recorded times to be amended appropriately by the coach after the session), over a course on which the minimum time in which each lap can be run is 2 minutes, therefore keeping the majority of each bubble well apart throughout
- For the odd exceptional runner in any year group, who may catch the bubble ahead, the rule will be that they can only overtake on a straight, not a bend, & that they must overtake on the outside leaving a 1 metre plus gap between them & the person they are overtaking
- On any timed sessions, each year group will have their own record book in their appropriate grid square & will enter their time as usual
- Should any child need the toilet during the session, they will be allowed to enter the school via the hall, go to the toilet assigned for their year group, then return via the hall to the session on the field

## GUIDELINES FOR PARENTS & CLUB MEMBERS CONTINUED

### Warm down & end of the session

- Once they have completed the session, the children will return to their grid square
- Warm down will follow the same pattern as the earlier warm up
- The children will be sent back up to school, one year group at a time, to walk up the slope from the bottom field to the under-croft to collect their bag, & will enter the school via the hall entrance. Y3 will be sent first, followed after 20 second gaps, by Y4, Y5 & finally Y6. On entering the school building, they will go straight to their own classroom, where they will change in order to be ready for the start of school at 08.45. On no account may they change anywhere other than in their own classroom.

### Additional notes

- For obvious reasons of organisation, it is really important that all club members arrive to school on time
- Any child arriving at 07.55 who is clearly showing signs of being unwell, will not be able to join the session & will return to their parents to be taken home
- If a child becomes unwell during the session, the parents will be called & the child must be collected, he/she will not be allowed into the school building
- Clearly, in such unusual & difficult circumstances, the need for the children to pay close attention to instructions & to behave appropriately is paramount. Any child behaving unsafely or inappropriately will be given a warning. Should a second warning be necessary, then the school & their parents will be informed. A 3<sup>rd</sup> transgression would mean that the child & their parents would be told that they could not attend cross country for the following two sessions.