

*YMCA
CANBERRA
RUNNERS CLUB*

YCRC committee

YMCA 9/71 Maclaurin Cres Chifley ACT 2606

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Introduction

Context

This plan is required by ACT Government. It is a dynamic document. It provides operational detail for the club activities. This plan takes account of restrictions announced on 12 June 2020. Details are [here](#). As restrictions change from this announcement this plan will be updated as needed.

Club/Group membership

YMCA of Canberra Runners Club (YCRC) is based in Canberra and conducts competitive and recreational (social) running events for members throughout the year. Current membership is approximately 630 people.

Activities this plan covers

As at 15 June 2020, the Club's predominant activities are TTS and Sunday Runners. The YCRC has recently commenced some virtual races. However, noting the 12 June 2020 announcements by the ACT Government in respect of social distancing it is planned to recommence events such as the Winter Series and Jogalong from early July 2020.

The TTS group generally convenes three times a week on Tuesday, Thursday and Saturdays and is thus named TTS. The Sunday Runners generally convene weekly on a Sunday. Both TTS and the Sunday Runners are not competitive events. Rather they are very much social running activities. Both TTS and Sunday Runners take place outdoors in public spaces and no equipment is used. The groups meet at a designated starting point at an agreed time around Canberra and run for various distances and times, generally between one and two hours. A run leader is appointed for each run.

The YCRC holds a series of races over the year, including major events and smaller club races. Many of these races are part of the Summer, Winter or Spring Series. These events are all conducted outdoors at public venues.

The Winter Series generally commences in about May each year and finishes in September. Many of the Winter races are held on Saturday afternoon, with a 2 km event at approximately 12.45 pm and then a 3-5 km and a 6-10 km starting together at approximately 1 pm. Some longer races are held on Saturday mornings and these generally do not include a 2 km option. Occasionally, a Winter Series race may occur on another day than a Saturday.

The Women's and Girls' Jogalong and Kids' Minijog are all about participation and enjoyment. It aims to encourage women, girls and kids to get out and get active by providing a physical challenge in a friendly and social environment and a regular opportunity to improve on their own personal best. The Jogalong generally occurs monthly usually on the first Sunday of each month. Jogalong is conducted outdoors at Weston Park.

Approvals

Version 1.0 of this plan was endorsed by the President of the YCRC on 1 June 2020 and approved by the YCRC Committee on 5 June 2020. The Plan will be discussed and/or reviewed at YCRC Committee meetings and amended as appropriate.

Version 1.1 was produced on 8 June 2020 and incorporates updates to include Sunday Runners.

Version 2.0 of this plan was produced on 19 June 2020. It incorporates updates to reflect the planned recommencement of the Winter Series and Jogalong.

This plan does not require approval by the ACT Government, but will be available for compliance purposes if requested. The Plan is also published on the YCRC's website.

Reponses to COVID guidelines

Socially distancing and sharing of towels/drinks

Runners are asked to adhere to social distancing guidelines, i.e. 1.5 metres from other runners and other path/road users. Participants will be asked and reminded to avoid physical contact with other participants. i.e. no handshakes or hugs.

Once a run has commenced, particularly in the TTS and Sunday Runners activities, the participants generally quickly spread out which typically leads to groups of two, three or four runners and singletons only for the duration of a run.

In the Winter Series generally the time that people are more likely to be in a bunch is just prior to the start of the races. The participants will be requested to adhere to social distancing restrictions and the club will facilitate this by having a wide starting line and promoting self seeding such that the faster runners start towards the front and the slowest runners start at the back.

In events where the start is staggered such as the Jogalong 6 km handicap event participants will be requested to adhere to social distancing guidelines even though the handicap start by default will result in people rarely being in a bunch situation.

Limit the Sharing of Equipment

Running is an activity where there is very little sharing of personal gear or equipment. Notwithstanding, participants will be asked not to share any equipment. In particular, runners will be asked not to share any personal items or equipment including towels and drinks.

Equipment that is required to undertake Club Events such as cones and stop watches will be appropriately cleaned between each use.

Sanitising

A personal protection equipment pack which will include sanitisers will be a standard safety item at events. Participants in events will be reminded of personal hygiene expectations and encouraged to maintain personal hygiene including regular hand washing.

Change rooms are generally not used at YCRC activities or events. On the rare occasion a change room is available it is a public resource. Change rooms are not a facility that are used much by members. That said, the YCRC will promote good hygiene practices.

Group gatherings before and after activities

Runners are encouraged to turn up at the prescribed time and depart the location promptly on completion of training or events. During the week this happens very quickly as most participants have to get to work or return home for family reasons. For those runners that undertake a warm up or a warm down they will be asked to adhere to strict social distancing guidelines.

Contact Tracing/ Registration

The YCRC is focussed on recording participants at its various activities and events.

In the early stages of restrictions being lifted there were 10 people and then 20 people limits.

The TTS activity was the first Club activity to recommence and it is quite common for TTS to have between 25 and 50 people attend a session. As such, the YCRC introduced a pre registration process that utilised a web-based interface which limited the number of participants able to register for a TTS session. Additionally, the YCRC commenced offering TTS at different locations and different times. This process required substantial overhead.

As at 19 June 2020, up to 100 people are able to participate in a YCRC activity or event. Rarely, does a YCRC activity or event have 100 participants and spectators. As such, initially post 19 June 2020, the plan is to utilise an online strategy for pre-registration for the Winter Series and the Jogalong. This will allow for non-members to use electronic payments. There will be no cash handling at events. There will be limited provision for on the day registration to provide for those members who do not have internet access.

In respect of TTS and Sunday Runners, which are available to Club members only, registration will be on the day, but prepared lists of regular participants will enable quicker registrations processes.

Historical participant lists from all the activities will be available for any contact tracing.

Member Communication

Club members receive regular emails (generally weekly) from the club where the consistent messages will include details on social distancing, personal hygiene and what to do if feeling unwell or awaiting test results. Members are told to not attend any club activity or event if they are unwell or are required to self isolate (e.g. waiting for a COVID-19 test result). The YCRC will continue to advocate that even though restrictions are easing the individual and collective responsibility has not eased. Race Managers, club committee members, TTS and Sunday Runners Leaders will regularly mention and promote the importance of our social responsibilities at activities and events in respect of COVID.

Positive or awaiting Testing actions

Members who are awaiting test results should not attend any events.

Members who are feeling unwell should not attend any event.

Members who test positive should notify the Executive Manager Health, Recreation and Accommodation at the YMCA at adam.horner@ymca.org.au or 0408 585 771

The club will engage with ACT Health as necessary to assist in any contact tracing activities. If members have concerns they are to ring the COVID-19 Public Hotline on (02) 6207 7244. This information will appear on the YCRC's web page as in all weekly emails until end of restrictions.

COVID mobile phone app

Running with a mobile phone is a personal choice and the club does not mandate using the app while running.