

# *YMCA CANBERRA RUNNERS CLUB*

*COVID Plan  
Version 3.0  
6 December 2020*

*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 2 December 2020. Details are [here](#). As restrictions change 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 700 people.

### Activities this plan covers

This plan covers all Club activities except major events (which are the Canberra Half Marathon and the Capital to Coast). Events conducted at Stromlo Forest Park (SFP) will adhere to the appropriate SFP protocols.

## Training groups

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.

In 2021 the Club will recommence other training groups which are targeted at particular events. In particular a 5/10 km group and a half marathon group are anticipated to start in February 2021. Both groups are by subscription only, and follow a similar pattern to TTS (the half marathon group is largely incorporated into TTS activities).

## Events

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 Spring and Summer Series events occur on Tuesday evenings, with the Spring series of 5 races in November-December and the Summer series of 8 races during February-March. Both incorporate 2 and 5 km events which are started together.

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 in the week commencing 15 June 2020. It incorporates updates to reflect the planned recommencement of the Winter Series and Jogalong.

Version 3.0 of this plan was produced in the week commencing 30 November 2020 to reflect resumption of additional events, and revised government restrictions.

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

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

Once a run has commenced 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, Spring and Summer 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.

While the epidemiological evidence suggests there is limited chance of transmission via hard surfaces, participants are generally asked to provide their own drinks and food. Where drinks are provided, individual cups or bottles will be used, and served by officials practising appropriate hand sanitising or wearing gloves. Similarly, if food is provided this will be served by officials using appropriate precautions.

## 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. In particular, participants are encouraged to sanitise their hands before eating after an event.

## Group gatherings before and after activities

There is generally limited gathering before or after Club activities. Training group participants sometimes go to breakfast at a local cafe after runs, but these activities are subject to the standard venue restrictions. On occasion there are post event presentations or social gatherings held at the event venue, but these will be kept to a minimum, and participants asked to maintain social distancing.

## Contact Tracing/ Registration

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

Registration is required for all Club activities. In general, this is done on the day, using pre-existing lists of members, so check in is quick and requires minimal sharing of pens etc. For events where entries may approach the 200 limit on participants online preregistration will be used to ensure number limits are not breached.

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](mailto: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 and in all weekly emails until end of restrictions.