



BARC Indoor Training update Oct 25th

Introduction

This protocol is an addendum to the BARC protocol issued on 25th September 2020 (attached)

Government guidance current as at 15 October 2020

- Working safely during coronavirus (COVID-19) - Providers of grassroots sport and gym/leisure facilities
- Youth sport is a specific exception to the latest (14 October) three-tier Local COVID Alert Level system restrictions, and so juniors are permitted to train indoors in mixed household groups, subject to proper risk assessment and mitigation

Key points derived from the above and underlying these protocols

- keep sessions short and focussed - *suggest one hour maximum*
- allow cleaning time before and after the session - *suggest 15 minutes either side*
- marked walking routes & exercise stations
- maintain minimum distance of 2 metres
- ventilation standard should be checked
- hygiene – hand washing – shared equipment

Protocols

General

- for Seniors to train, **pre-booking via current system** <https://bradfordarc.simplybook.it/v2/>
- each **Junior squad** will be allocated specific training times
- **Ergo** maximum is 4, plus 4 in Barry Wood boatshed. For **floor exercise**, 5 athletes allowed.
- For **floor exercise**, members must have personal floor mat, which should preferably be kept at home, but may be stored in changing room.

On Arrival

- use hand sanitizer/wash hands
- open fire door and ensure front door is open
- switch on fan

- clean any equipment you are about to use

Floor exercises

- maximum of 5 athletes plus coach
- work in marked spaces – no change of station
- use own personal floor mat
- resources – kettlebells, dumbbells, etc
 - single person use within a session
 - cleaning before and after session in accordance with protocol

Weight machines

- only the weight machines may be used, with **max two people** (one on left, one on right)
- **free weights** on central support are not to be used
- **cleaning before and after use before anyone else uses** in accordance with protocol
- **max permissible is two people on weight machines, two on ergs**

Ergos in gym

- maximum of 4 athletes plus coach
- ergos to be positioned as per floor markings
- no sharing ergos during a session
- ergos to be cleaned before and after session in accordance with protocol
- ventilation is especially important

Ergos in Barry Wood boat shed

- maximum of 4 athletes
- only use ergos assigned (stored vertical) with two people carrying
- in line astern spread evenly over length of shed
- main shutter door to be fully open
- ergos to be cleaned before and after carrying at each session

On Departure

- clean all shared equipment in accordance with schedule
 - use hand sanitizer / wash hands
 - report attendance using the online club attendance form
-