

## **V4 - LDH Covid-19 booking process for club sessions Information for Members, updated Mar 2021**

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### **Overview**

Tuesday sessions start back from Tuesday 30th March at 7pm and Thursday sessions start back from Thursday 1st April at 7pm.

Members will need to book a space on a session, and cancel their space if they can no longer attend. Sessions are limited to 12 runners plus 1 coach. This is in line with England Athletics guidelines and therefore there can be no exceptions to this rule. Please do not attend if you have not booked, and please do not pass along places to friends if you can no longer attend.

By signing up to a session, runners are thereby agreeing that they do not have symptoms of Covid-19, are fit and well to run, have read the club [risk assessment](#), agree to observe social distancing, and agree to inform the Welfare Officer via email if they develop symptoms or test positive for Covid-19 after attending a club session.

If members feel unwell, they should not attend a club session.

### **How to book a session**

From 8am on Wednesday the week before the Tuesday sessions, and 8am on Friday the week before Thursday sessions, booking will be available.

Members should check the usual training schedule on the club website for details of the sessions: <https://www.littledownharriers.co.uk/sessions-g-sheet/>

When ready to book on a session, go to [www.littledownharriers.eventbrite.co.uk](http://www.littledownharriers.eventbrite.co.uk)

Select the session of your choice and click to register. Enter your name and email address, and once booked you will get a confirmation email. Please read it carefully.

Members do not need to bring the confirmation email with them to the session as coaches will have a list of attendees for the session.

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### **What happens if the sessions are full?**

If sessions are full then members are asked to keep any eye on the events page from time to time over the course of the week in case a cancellation is made. There is no waiting list at present. Cancellations could be made up until 5pm on the day so there is a chance that a last minute place will become available.

### **Cancelling your place on a session**

If you can no longer attend a session, there is a link in your confirmation email to 'view and manage your order online'

Log in, go to your tickets section and cancel your booking. You will get an email to confirm that your booking has been cancelled.

Please try to do so as soon as possible so that your place can be booked by another member. If possible, you can alert other members that you have cancelled your place by posting on the Facebook group.

### **If you cannot attend at the very last minute**

Places can be cancelled up to 5pm on the day of the session, so please do cancel if you need to rather than not turn up.

If something happens after 5pm and you will not be able to make it to club that night, then please try your best to let your coach know either via Facebook, a friend who is also running, or via the 'Contact Us' page on the club website if you can.

Coaches will not be instructed to wait for everyone on their list to arrive before starting a session, as with normal club nights pre-Covid once the briefing has been done then runs will set off so please do try to be on time.

### **Where to meet for the session**

Please remember that the facilities in the Littledown Centre are NOT available to us at this time, so runners should arrive ready to run. From 12th April, toilets will be available to use but no other facilities until further notice. The car park can be used from 30th March. Sessions will meet at designated places on the Littledown grounds, there will be no mass gathering at the start. Members should go straight to their session's meeting point and social distancing should be observed. The meetings points for winter/early spring will be along the 5-a-side pitches to the right of the building.

On the last Tuesday of the month there will be the split-paced blue session and so an extra meeting point has been indicated for that. This will not apply for Tuesday 30th March, but will start from April.

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Meeting points will be the same on Tuesdays and Thursdays e.g. red will meet in the same place on Tuesday and Thursday;



A bigger map can be seen [HERE](#)

### **After the session - on the night**

Runs will finish close to where they started and runners should disperse as quickly as possible. Groups should not congregate on the steps outside the centre.

### **After the session - days to follow**

If after a session any member develops symptoms of Covid-19 or tests positive, or has any concerns relating to exposure to Covid-19 they should email Gary Worsley, Male Welfare Officer and LDH Covid-19 Coordinator, via [welfareofficer@littledownharriers.co.uk](mailto:welfareofficer@littledownharriers.co.uk) - who will work with the Female Welfare Officer Dily Ruffer to implement the track and trace requirements or answer any questions.

### **Questions or problems**

Any questions or concerns, please email us via the 'Contact Us' page on the club website - [www.littledownharriers.co.uk](http://www.littledownharriers.co.uk)