



From Zero to 5k

Striders Beginners Course 2021

We were last able to run a course in 2019 and had almost 80 participants aged from 16 to 68, many of who still run with Striders. Age and athletic background makes no difference, all you need are a desire to have a go, some running shoes and a little determination. Our objective is to help you to run; we are not concerned with how fast you go.

The course is held over 10 weeks, with one fully coached session (roughly one hour) every week, plus homework that we will email you about and an opportunity to join the homework club part way through the course. Each week the varied activities will build so that you start quite gently and after 10 weeks will run 5km. You will be amongst others who are feeling just like you do!

After the 10 week course is over, we encourage you to continue running with Striders and to take part in more of our training events, to build up from 5km to whatever distance you want.

All of the activities are outdoors and involve movement so wear appropriate clothes for the weather and shoes that are good for running. Also bring a drink, water is ideal.

The venue is Carver Barracks airfield, which is a mix of tarmac and grassed areas. There are no toilets or changing facilities available while we are in Covid times.

We usually start at 6.30pm and finish about 7.30pm. Your coaches (all qualified England Athletics coaches) will guide you, several of your coaches being beginners themselves within the last 5 years.

Do ask if you are not sure about anything. We are all very friendly and approachable.

Once you have paid your joining fee, all of the other every training activities we carry out will cost you nothing more because your payment includes full 2021/2022 Saffron Striders Running Club membership. It also includes your 3rd party insurance through England Athletics.

We also plan to provide you with a Striders T shirt (included in the fee), personalised with your first name so everyone can get to know each other more easily.

If you would like to take part in our 2021 Beginners course, please email me, Graeme, at membership@saffronstriders.org.uk and I will send you a membership form. When you send me your email request please supply your **full name** and a **mobile phone number** for contact tracing. We require these details in advance to comply with Health and Safety guidelines and COVID-safe regulations while these are still in place.

Please keep reading right to the end of this document. If you have any questions in advance of the course or during it please do ask me, I am a coach as well as dealing with membership.

Ready? Then email Graeme at membership@saffronstriders.org.uk giving your full name and a mobile contact number for contact tracing and let's go!

Venue - Carver Airfield. Closest post code is CB11 3JY. Entrance is about 200m from Debden Barns. Loads of car parking available. Entry gates open at restricted times only.

Safety

Safety is paramount; with obviously Covid as our current biggest concern. We are only able to run as an organised group at Carver Airfield because we can make it into a Covid Secure Environment. There is a lot for us all to do to keep safe and maintain that environment, so further down this document you will find information about what WE have to do and what YOU have to do.

England Athletics have set out the rules to achieve a **Covid Secure Environment** for runners:-

1. Ensure a Covid-19 Coordinator is in place – Striders Coordinator is Graeme Loudain
2. Ensure the venue/environment has a Covid action plan and risk assessment – Our risk assessment and plan is on our website and has been agreed with the MoD.
3. Ensure each activity complies with government guidance around social distancing before, during and after the activity. – You must maintain a 2m distance from all others at the venue at all times and obey any instructions you are given regarding this, including parking.
4. All clubs, coaches and event providers must have a process in place for capturing details of all members/ participants who take part in every club session to facilitate possible track and trace requests – You will need to have completed and sent to the membership officer a membership form at least 24 hours in advance of your arrival at the airfield, so among other things we can create a register for use at the entry gate. If your name is not on the register, you will not be allowed in.
5. Clubs, coaches and event managers must ensure that adequate hygiene provisions are in place so that everyone at the session maintains good hygiene. – Several coaches and guide runners will carry a small first aid kit that includes hand sanitiser; however we recommend that you bring your own sanitiser. Please do not touch any equipment. Coaches have mini first aid kits that include masks, aprons and gloves.
6. Sessions that include children and young people under the age of 18 should be meticulously planned to ensure their needs are catered for – if you are over 16 and under 18, you must be accompanied by an adult at all times

Before you arrive

- The event is for members over 16 years old only, all of whom must have sent a completed membership form to the membership officer in advance of arrival
- There will be no toilet, washing facilities or baggage changing areas available. Runners should arrive with their kit already on, or get changed inside their car
- Everyone is advised to bring and carry a small hand sanitiser for their own use
- Bring and carry any medication you need, for example in case of asthma attack or diabetes issue
- If you are arriving by car, you should not have anyone in the car who is not taking part (i.e. spectators), unless you are unable to drive and require a chauffeur. We do not recommend car sharing unless all are from the same household
- Access is via the main gates about 200m from Debden Barns. **They will be opened at 6.15pm. Gates will be closed and locked at 6.30pm.** If you arrive after this time, you can park on the gravel area opposite the gates and walk into airfield.
- Gates will re-open at about 7.30pm. There can be no early leavers, except in real emergency.
- We are required to inform you that our Club COVID 19 co-ordinator is Graeme Loudain and Welfare Officers are Mike Bradley and Paula Thurston.

When you arrive

- **Close your car windows before driving through the gates.**
- As you drive through the gates, keep left and be ready to stop in zone marked with a cone to register.
- Open your window only 2 cm. You will be asked your names for the register (in case of subsequent track and trace) and given a handout with a health questionnaire.
- Drive on to the designated car parking area as directed by marshals. Park so that your closed driver's door is at least 2 metres from that of the next vehicle.
- Read the health questionnaire. Only leave your vehicle if you can answer all of the questions in the affirmative.
- After you park, either stay in or beside your car until 6.30pm or walk directly onto the grassed area.
- If you are arriving by means other than car (e.g. walking, cycling) enter the airfield through the gates and go to the same queue where car drivers are being registered.
- Coaches and Guide Runners will be present who will carry first aid kits. They also have contact details of our Welfare Officers and Membership Officer, should emergency contact details be needed.
- An essential safety briefing will be given at 6.30pm
- During the activity and after the activity everyone should maintain a 2 metre distance from others. If you feel the distance of 2 metre is not being maintained, you should say so.
- Runners should not get changed but leave with their kit on, or get changed inside their car.
- If you suffer abuse (i.e. feel bullied or harassed) from another runner, or observe it, then you should report it to a Welfare Officer (Paula Thurston or Mike Bradley).