Organising outdoor sport and physical activity events

The government has published guidance on a range of issues core to the delivery of outdoor sport and physical activity participation events. See [[guidance for people who work in grassroots sport and gym/leisure facilities](https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities)](https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation).

Documents referred to in the above guidance:

1. Test and trace register – Taken at the beginning of the session
2. Delivery Plan – Emailed to you
3. Risk assessment – carried in the paperwork folder

**Delivery Plan**

Plan to deliver CAN DWT funded Learn to Nordic Walk Courses at Mincinglake Valley Park

Now that government guidelines allow us to restart our Nordic Walking classes, I can share with you my delivery plan. This email contains the changes we need to make to be COVID secure. This document is based on government [guidelines](https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation) for organising outdoor sport and physical activity events. Maximum class number will be 5 (Instructor and 4 participants on this course. I will have a paper copy of this document in the paperwork file I carry in my rucksack, in case you want to check details before a class. All participants must abide by the rules written in this plan. Please note that the COVID guidelines may change and we also need to be aware of any local issues that might result in different risk mitigations. We will communicate these changes via email. If your email provider blocks these, please contact us to make alternative arrangements.

We want you to be safe. We have a ‘duty of care’ to look after the safety of our Nordic Walkers. We take the COVID secure guidance measures seriously.

*Before the class*

Devon Wildlife Trust (DWT) will take bookings. A record of all class bookings (with email and telephone number) will be kept in case requested by the NHS Test and Track system.

On Booking sanitised poles of two different lengths will be placed in a plastic sleeve and placed in a box. On the day of the course the box will be placed in my car. At the meet point you will be asked to use hand sanitiser before removing the poles from the box and an assessment to correct length will be made. Each person will have their own individual box and will take turns retrieving their poles. You will be asked to remove the correct length poles from the sleeve and place the packaging back in the box. At the end of your course the poles will be placed in a returns box in my car by you. Poles and straps/gloves will be sanitised following Government Guidance. If you would like to buy a pair, at the end of your course we can order them from this store for you <https://www.nordicwalk.store/collections/nordic-walking-poles>

Check that there are no local lockdown implications for your home or the park location. If you have any special access needs, please contact me or the park management to ensure that the park can provide these.

*On the day of the class*

Participants must not attend if they or someone they live with have any of the following symptoms:

* A high temperature.
* A new, continuous cough.
* A loss of, or change to, their sense of smell or taste.

Should an individual have demonstrated any such symptoms, they must follow NHS and PHE guidance on [self-isolation](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/).

Before joining your first Nordic Walking session please would you send Sue Holden an email declaring your agreement to this delivery plan and completed PARQ form.

*Meeting in the park*

Participants must avoid using public transport and only car share with someone from their bubble or who is a member of their household.

We will meet in the Calthrope Road car park. Please ensure than you maintain 2m social distancing (SD) from all other people in the car park (apart from someone from your bubble) before and after the class. If you are making payment on the day by contactless method, please follow the instructions from me so that you can maintain SD throughout the transaction.

Please bring hand sanitiser with you in case you need it before/after the walk.

If you have booked a pair of poles, please retrieve them following instructions from the instructor.

Where possible you should carry your possessions with you in a rucksack.

People sometimes shake hands or give hugs when they greet people; I’m sorry but these are not allowed at the moment.

*Warming up*

We will warm up in our usual circle format, maintaining 2m social distancing and avoiding any face to face positioning to reduce the transmission of the virus by aerosol/droplets.

*Nordic Walk*

We will learn to Nordic Walk around the park in a group of up to 6 people. All participants must maintain 2m SD from each other and members of the public. Depending on the route this means that at some points where a path narrows, we must walk single file to maintain SD. We will not be doing any games or drills that involve working in pairs or facing each other. We will be walking side by side or one behind the other throughout the route. I will choose the quietest paths I am able to based on previous experience and other park users on the day.

Where possible I will avoid gates or open them for you. If you need to touch a gate or stile, you can sometimes do this using the pole or elbow. If you need to use your hand, we recommend you carry a small container of hand gel with you then wash hands at the earliest opportunity.

If you think you might need to bring food or drink, or add/remove layers of clothing please wear a bum bag or rucksack to carry these items. Please avoid sharing phones during the course of a Nordic Walking course.

In the event of a minor incident your instructor carries a first aid kit which either they will use to deal with injuries, whilst wearing PPE or will give to the injured person if they can treat themselves. Any waste matter will be placed in a bag for disposal in a suitable bin later.

*Cooling down*

We will do our cool down stretches in the usual circle format, maintaining 2m social distancing.

*End of class*

Participants are encouraged to depart swiftly after the class is ended.