

## Briefing Note from Ross County Athletics Club Chairman 18 March 2020

To: **Members, Parents/Guardians of Junior Members, Volunteers**

### 1. COVID-19

You will all be probably be aware that on Monday we cancelled training with immediate effect. We have been having on-going reviews of our strategy with respect to COVID-19 and the indoor training sessions. However, this was overtaken by the cancellation of the current school sports hall bookings and hence no facilities and cancellation of training.

Whilst we cannot predict the future events with respect to COVID-19, we are following Government advice and that from Scottish Athletics, appended below. **This implied on Monday that we could continue our club activities, whilst taking account of appropriate risk assessments, etc. including asking those showing symptoms to not attend. Whilst preparing this brief the advice has changed to advise us to cancel formal training sessions etc. See SA Extract Below**

In conclusion, our main consideration has to be the health and welfare of our members and volunteers together with trying to maintain an active club environment. Any changes / updates will be via the Club Website and the RCAC Facebook Page.

We will maintain a watching brief on the situation and official advice to assess what, if any club activities could be continued after the Easter Break.

For further information or concerns contact myself

Terry Quigley  
[chair@rosscountyac.com](mailto:chair@rosscountyac.com)

or Secretary Alice Mongiello  
[Info@rosscountyac.com](mailto:Info@rosscountyac.com)

or Susan Davison - Head Coach  
[coach@rosscountyac.com](mailto:coach@rosscountyac.com)

or Eoin Coul - Endurance Coach

### Scottish Athletics Extracts:

#### ADVICE FOR CLUBS: Monday 16

Following on from the latest Scottish Government updates, we would advise clubs to consider the following points as part of their decision-making process when considering the continuation of club activities:

\*Clubs may continue with club training sessions at their discretion. However, the health and welfare of athletes, coaches, officials, volunteers and spectators should be at the forefront of any decision, therefore clubs should consider carefully the guidance provided by the Scottish Government in relation to protecting participants.

\*Engage regularly with your facility provider to understand their position regarding continued operations around access and events.

\*Ensure the risk of person-to-person transmission is minimised. This will involve considering overall numbers that are likely to be involved within club environments and training sessions, along with any amendments to your approach of delivering training sessions (e.g. splitting into smaller groups etc.).

Clubs with training environments with more than 100 athletes/coaches in close proximity (particularly indoor areas) should consider different approaches to those gatherings.

\*Consider a sensible approach to athletes/volunteers who no longer wish to take part. This should be accepted as a given and supported.

\*Follow and promote the advice that has been provided by the appropriate agencies regarding the best way to minimise the risks of infection. If any athletes, coaches, officials or volunteers are displaying cold, flu or COVID-19 symptoms they should follow this advice and refrain from attending club sessions.

#### COVID-19: Scottish Athletics Update

##### Tuesday 17 March 9.30am

Following the statement from the Scottish Government yesterday evening, scottishathletics continue to explore the most suitable approach based on the guidance provided.

As of today, the latest advice, particularly given the need to reduce social contact, has led scottishathletics to recommend the following course of action:

**\*All face-to-face education activity delivered by scottishathletics (coach, official, teacher, club etc) will cease until further clarity is provided by the Scottish Government.**

Where we can, we will attempt to continue with education via online methods (eg webinar, skype etc). However, this may not be practically possible for all activities. Where not, the aim will be to re-schedule courses to a later date wherever feasible.

\*All our Scottish athletics Championship events scheduled until the end of April will be postponed and/or until further clarity is provided by the Scottish Government.

We recommend that independent event organisers follow the same course of action.

We will work with competition/event providers to find suitable alternative dates within the competition calendar and will discuss these matters with our respective event commissions.

**\*Scottish Athletics recommend that all formal club/group training sessions be cancelled for the time being but the situation will be monitored and reviewed on a week-by-week basis and until the recommendations on social contact are better understood.**

\*We will continue to monitor this recommendation and update guidance as soon as we can, particularly given the fact that educational establishments remain open.

\*However, we fully recognise the importance of all participants continuing to be physically active during this time. We would encourage people to do so in safe and appropriate environments keeping in mind the latest Scottish Government advice. Participants should also seek guidance from your local facility provider to better understand their position regarding continued operations around access.

## 2. Club News

It is unfortunate that the issue of COVID-19 has hit us all, and I hope that RCAC members and volunteers can steer their ways through with minimal impact on yourselves and respective family and friends health. Please help others if you can whilst minimising risks to yourselves.

**Originally at around Christmas 2019** I intended to send a note out to you all with an update on organisational changes, but these changes were not all fully implemented, mainly due to delays associated with our bank.

Last year was one with a number of significant changes within the Trustee/Organisation of Ross County AC. However many of you would not have been aware of the changes as they did not directly impact on the Athletics'. To the credit of the strength of Ross County members and volunteers the athletic performances and success remained at its usual high level.

You will all be aware that Tom Mathieson stepped down as Chairman after a significant period in the position having guided the club over the years to many successes. He latterly stepped down as head coach, and from October onwards Susan Davison has stepped into this role, with Alice and Logan backing up as Assistants with other volunteers. Eoin Coul is now Endurance and XC Lead Coach. These arrangements have been working well over the winter, and results from road races and XC are showing significant strength in depth.

During last year we were also aware that the Club Treasurer, Roz MacIennan was wanting to step down due to her business work load. Changing the treasurer has taken longer than we would have liked, however we were pleased that Lynne Bell (a past Trustee) volunteered. The processes for changing signature authorisations and online banking have taken a considerable length of time, however I am pleased to say that Lynne has gone through our Due Diligence, is now an authorised signatory, and co-opted as Trustee and Treasurer until the AGM when she can be formally elected to the post. We thank Roz and Tom for continuing to support our finance activities, as the only authorised signatories, until fairly recently.

At a recent Trustee meeting we set dates for the Club Awards (21<sup>st</sup> April) and AGM (30<sup>th</sup> May); we were hoping to maximise attendance by publishing the dates early, however current issues with COVID -19 mean that the April and May dates will move.

We are not sure what will happen to planned T&F events, but would expect some changes. Most of the road races have been cancelled or postponed to autumn and Park Runs have been cancelled.

I was proposing a 5/10mile race on midsummers night, but unless things change dramatically this will not happen.

It was intended to repeat the very popular and successful Trail Race Series that Eoin organised last year. I would hope that this might still be possible in late summer whilst still some light evenings, or in the Autumn at weekends. However COVID-19 dependant and what will be a very congested fixture catch up period , including cross countrys.

Finally, to get some feedback from members a 'Survey' has been developed which will be distributed in the near future, please complete it and return. It is aimed at ensuring that as a club we are meeting member's expectations and to identify gaps. We are always in need of volunteers or members willing to help at T&F events, XC and other events please let us know.

On behalf of Ross County Athletics Club Trustees, we hope can all get ourselves and the Club back to normality as soon as possible, training and competing.

Terry Quigley  
Chairman