

Waitakere City Athletics Club - Bubble Training Proposal

As at 16th November, 2021

As of 11:59pm on Tuesday, 9th November, Auckland is to move to Level 3 – Step 2*, which allows for more people in outdoor areas to train. Based on the assumption that we will move to L3, S2, this proposal suggests options that would allow us to open up ‘Bubble training’ on a Tuesday club night in order to allow some Waitakere athletes to begin training.

This proposal lays out a plan which in line with all current governmental regulations, following all protocol and adhering to all safety measures.

Timing

Allowing for staggered arrival and departure times, we propose to run three sessions across the course of a Tuesday afternoon/ evening. 7-9 year olds from 5:15pm 10-14 year olds from 6:15pm. This gives us a 15 minute window between each group in order for one group to depart and the next to arrive.

Group sizes.

IN order to ensure we are following group size regulations, we feel that sticking to the previous regulation of ‘training bubbles of 10’ would work better for this scenario. Each bubble would contain 8 children and two adult helpers. The athletes who were able to participate in the training would be determined on a ‘first to register interest’ bases, but some preference would be given to those athletes who have indicated they still plan to go the Colgate Games* if there are high numbers in a particular age group. That way, the children who are most likely to be competing sooner than others are given the opportunity to start on their training plans.

*Please note it is more than likely that if the Colgate Games go ahead, adults and 12+ children/ teenagers would need be vaccinated to leave Auckland and enter the stadium in Wellington.

We ask that the parent helpers who volunteered to take a group be able to show proof of their vaccination in order to be considered to help.

All other parents would need to be willing to drop their children off and stay away from the training sessions until such time as they need to be collected. They’d also need to know that their children were capable of participating without them there. This might also mean that some of the younger age groups have less kids as well as there may be some children who are not willing to participate without their parents there and therefore, they opt not to register their interest.

Session Format.

There would be no starting meeting as a collective group. Each group would be emailed in advance of the evening of where their start event will be and would be asked to meet at that point with the parents in charge of their group.

Parents in charge of each group will be briefed with rules, criteria and things to consider for their group prior to the evening. They’ll also be briefed on meet points and activities for the evening.

Two track and two field events per evening. Races would be run in heats of four so that we can alternate between lanes, allowing for a 2 meter space between each athlete.

Middle distance can be run, but athletes must remain in staggered lanes. All other equipment (shot put, discus, High jump mat) would be sanitised between athletes and between groups.

None of these bubble training sessions would involve seasonal points and club records could not be broken during this time.

We will provide hoops or carpet squares (or something of that nature) for the younger age groups. Each child must sit within their hoop bubble between participating so that the kids all know to sit apart from each other and are positioned so that they can't sit too close to one another.

Bubbles will move to events strictly as listed on their program and all parent helpers will be instructed to monitor movement so that they are not bringing their bubble too close to another one as they move.

Proposed start week for bubble training

Based on the fact that we are looking set to go to Level 3, Step 2 at 11:59pm on Tuesday, 9th November, our suggestion is that we trial the first night on **Tuesday, 16th November.**

Rules and Criteria

For all these training sessions to work we need to adhere to following guidelines:

1. Only those children who are registered with Waitakere can be considered to attend
2. Priority will be given to children planning on attending the Colgate Games as a way for them to begin their training.
3. QR code or physical signing in for everyone who arrives so as to be able to easily track.
4. Parent Helpers need to be vaccinated and be able to show proof of their vaccination if required.
5. Parent helpers must wear masks at all times and sanitise the equipment between athletes and between sessions.
6. Uniforms to be worn which then dissuades other people from using the track.
7. No other Waitakere sanctioned training groups to train at same time, endeavoring to move public from the track as much as possible.
8. Parents with children in more than one time session will need to keep the other children contained outside the track area while waiting for their session. IE: Waiting in cars parked down back straight.
9. New additions to the bubble cannot be made after first established. Once the bubble is created, it must remain as is for the duration of this Level/ Step.
10. The bubble training evenings will not be heavily promoted or advertised. All correspondence will come in the form of a newsletter that will be sent to the club database as it stands.
11. No other parents to attend. They must drop off and pick up only.
12. Parents must be relatively aware that their child is capable of being left in the supervision of other adults and that they will cope with this.
13. Adults and athletes must leave immediately after their session and not loiter or socialize afterward.
14. No seasonal points or club records would be accumulated or allowed to be considered during this time.

* Settings for Auckland will be reviewed on Monday 8 November 2021