



Athlete Checklist - Club Activities in Hardwick Park

The following athlete checklist is provided so that the club can remain Covid secure during training sessions and limit the risk of Covid-19 to club members and members of the public

Please follow this checklist when resuming club activities in Hardwick Park

- I. Take group photograph of all participants as a 'register'. This will be used for track and trace procedures in the event of an infection incident
- II. Have washed or sanitised hands prior to session
- III. Maintain social distancing at all times with those from outside your household/bubble in line with guidance(2 metres)
- IV. Travel to session by foot or private vehicle
- V. Do not share food or drink before, during or after sessions
- VI. Do not attend sessions if displaying symptoms of Covid-19
- VII. Gather at a pre-determined point so that other park users have limited interaction with us
- VIII. Step out or slow down to give way to pedestrians. Be courteous and say thank you
- IX. Please avoid sessions in areas of higher public use, e.g. around the visitor centre
- X. Be aware of any park rules or restrictions
- XI. When running/waiting during session please socially distance from the public taking proactive action to ensure social distancing occurs
- XII. Do not train in groups larger than 12
- XIII. When running, keep a two metre distance from other runners in the group
- XIV. If more than 12 people attend the session, 2 separate groups in distinct locations need to occur.