



Covid 19 Athlete Checklist - Club activities starting from and using Netpark

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 at Netpark

- 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. Please park on the gravel car park level with the grassed area if using a car to travel to sessions
- VIII. Do not enter buildings at Netpark
- IX. If bringing water bottles or leaving clothing items during session please ensure your items are socially distanced from others
- X. When running/waiting during session please socially distance from the public, taking proactive action to ensure social distancing occurs
- XI. Step out or slow down to give way to pedestrians. Be courteous and say thank you
- 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