



Covid-19 Athlete Checklist - Club activities involving Social Runs

(e.g. starting from Hardwick Arms - Sunday Social)

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 social running club activities:

- I. Whilst there may not be a run leader with a social run, it is likely that someone will have planned the route. That person should ensure that everyone is healthy before setting off and takes charge of the registration photograph.
- II. 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
- III. Have washed or sanitised hands prior to session
- IV. Maintain social distancing at all times with those from outside your household/bubble in line with guidance(2 metres)
- V. Travel to session by foot or private vehicle
- VI. Do not share food or drink before, during or after sessions
- VII. Do not attend sessions if displaying symptoms of Covid-19
- VIII. Please do not obstruct Hardwick Arms archway and stand away from this area when meeting
- IX. Gather at a pre-determined point so that other users have limited interaction with us
- X. Step out or slow down to give way to pedestrians. Be courteous and say thank you
- XI. Please maintain good hand hygiene when opening gates/climbing stiles
- XII. When running, keep a two metre distance from other runners in the group
- XIII. When running/waiting during session please socially distance from the public taking proactive action to ensure social distancing occurs
- XIV. Numbers can exceed 12