



Covid-19 Athlete Checklist - Club activities within Urban Areas

(for example Tuesday sessions from Ceddesfeld Hall)

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 when running through Sedgefield or other built up areas (e.g. doing 10k route/ session on an estate):

- 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 outside Ceddesfeld Hall car park so that Ceddesfeld Hall users have limited interaction with us. Do not enter Ceddesfeld Hall Building
- VIII. When running/waiting during session please socially distance from the public taking proactive action to ensure social distancing occurs
- IX. Please avoid areas of peak pedestrian flow where social distancing can't be maintained(eg in front of co-op) or avoid sessions in areas of vulnerable population groups (eg around sheltered house on Eden Drive)
- X. Step out or slow down to give way to pedestrians. Be courteous and say thank you
- XI. Please avoid sessions focusing on areas of vulnerable population groups (eg around sheltered house on Eden Drive)
- XII. Please do not enter public buildings during session unless hygiene guidance is followed
- XIII. When running/waiting during session please socially distance from the public taking proactive action to ensure social distancing occurs
- XIV. When running, keep a two metre distance from other runners in the group
- XV. Numbers cannot exceed 12 if being coached.