

## **COVID-19 INFORMATION FOR CONGLETON HARRIERS TRAINING RUN PARTICIPANTS**

**V5 December 2020**

### **Introduction**

Club runs are restarting in December 2020 with additional measures in place to ensure the risks to health and safety from COVID19 are managed to a level that is as low as reasonably practicable, and in compliance with current government and England Athletics guidelines. This is in addition to the usual measures that we apply to ensure the health and safety of participants our run leaders and members of the public that we may come into contact with.

In order for us to operate safely, if you are planning to join any of our runs it is essential that you:

1. Understand the arrangements that are currently in place, and
2. Actively help us to ensure all participants strictly adhere to them, remember all health and safety guidance and regulations are based on the principle that we are all responsible for our own health and safety AND that of those around us, those associated with Covid 19 are no different.

Therefore, can you please take a few moments to read and understand the following before attending a run.

### **1. Attending a run**

All attendees must confirm by registration on our website [www.congleton-harriers](http://www.congleton-harriers) they are coming/not coming to the run leader at least one day before the run.

Attendees who are not yet club members (on social runs and potential new members attending club runs) must provide contact details which can be shared on request with the Governments Test and trace initiative to the new members' secretary.

It is the attendees responsibility to check they can travel between Tiers to take part in the run.

Attendees to sessions must travel separately to the venue unless with a member of their own household or support bubble.

There should be minimal socialising before or after the session unless with members of your own household or support bubble.

### **COVID-19 Symptoms**

**Please do not attend any run if you have any covid-19 symptoms or need to self-isolate due to contact with others that have symptoms.**

**Should you subsequently test positive for Covid 19 after a run you must inform the club COVID-19 Coordinator and complete the UKA COVID-19 tracking form [www.uka.org.uk/governance/health-safety/covid-19-form/](http://www.uka.org.uk/governance/health-safety/covid-19-form/)**

**All attendees take part at their own risk.**

### **2. Participant Information**

Until the COVID -19 Pandemic is over details of the weeks runs will be posted only on the 'Congleton Harriers club website [www.congleton-harriers.co.uk](http://www.congleton-harriers.co.uk) and the club Members only Facebook page '. You can also contact the Run leader/s directly for details.

### **3. Group Size**

Until further notice the maximum group size will be 12, including coaches/run leaders. If more than 12 attend we will split into smaller groups.

### **4. Social Distancing**

Please maintain at least 2 metres distance from any other person (except members of your own household) before, during, and after the run.

Avoid running directly behind another runner wherever possible and, if not possible maintain a greater distance behind them to avoid running in their slipstream.

Be mindful of other road/trail/Pavement users to ensure you maintain sufficient distance from them. Slow down or stop and step aside to let them pass where necessary.

At pinch points where queues may form ( Stiles, gates etc), hold back and maintain social distancing at all times

Running is of course a physical sport, take great care and be aware of those closest to you and if you have to cough etc please do this into a handkerchief or similar.

### **5. Hand Hygiene**

As there will not usually be hand washing facilities available at meet-up locations or out on the roads/trails, please bring your own sanitiser and apply it to your hands before, after and during the run after contact with surfaces.

We would also recommend that you bring your own and carry it with you on the run.

We recommend that you avoid contact with Animals be they pet or otherwise during runs.

### **6. Contact with Surfaces**

Avoid contact with surfaces as much as you can, especially with your hands. Use your arms or other parts of your body to operate gates and/or aid balance over stiles if you can do so safely, rather than using your hands. Ensure at all times you do not touch your face with your hands.

### **7. Kit Requirements – Including Face Covering**

It is important that you are equipped with the necessary items to keep you and others safe in the case of an incident or emergency that causes the group to stop or significantly slow down (e.g. an injured runner). It is especially important that you are self-sufficient during this time, as relying on spare clothing, drinks or emergency food carried by others is not appropriate.

In addition, all runners must carry a suitable face covering to minimise the risk to others if they need assistance, e.g. after a fall requiring first aid. It is not necessary to wear it while running.

### **8. Questions**

If you have any questions or concerns regarding the above, please get in touch in the first instance with the club COVID-19 Coordinator.