



## Outdoor run rules

- Ensure you arrive no earlier than 5-10 minutes before the start.
- All runners must sign the register on arrival and must also fill in their COVID declaration each week before each session.
- On arrival, ensure you maintain a 2 metre distance from each other.
- Agree sub-groups (if running in peer groups of similar ability) and maintain distancing. It is your individual responsibility to do this. Although groups of 30 are allowed under current guidance, we strongly recommend running in smaller groups, and not switching mid-run for Test and Trace purposes (otherwise, if someone subsequently tests positive for Covid, all participants will be contacted to isolate).
- If you are unable to complete the run, make sure others know that you need to stop (and either have someone accompany you back to the start or head back by yourself depending on the circumstances).
- Use off-road routes where possible, or routes with good wide paths.
- If you catch another group up, only pass where it is safe to do so i.e. on a wide path with good visibility, so that distance can be maintained safely between individuals.
- Use your own drinks bottle and don't share. Ensure you have enough drink / gels / energy bars for your needs.
- There must be no spitting or nose blowing without a tissue whilst running in the group. Please use a tissue and / or ensure you move away from the group with plenty of distance if you feel the need to spit.
- If you need to touch gate posts / stiles / barriers etc, sanitise your hands as soon as possible afterwards and don't touch your face until then.
- Be aware of and show courtesy to other path / track users. Pass people on the left where possible, rather than splitting the group and moving apart on either side where others have to walk/cycle/run through the middle of your group.
- Our prime concern is safety, so this overrides the need for social distancing if there is danger. Use common sense and your own judgement in such a situation.
- For coffee / cake stops, you must wear a face covering as per Government guidance and maintain social distancing (in groups of up to 6 or as applicable to Government guidance at the time).