

Return To Training

1. Take a register of attendees
2. Ask about everybody's Health are they ok?
3. 2m distancing to be maintained at all times
4. No socialising before or after sessions.... Sorry!
5. Appoint a sweeper
6. First Aid Kit strongly recommended to be carried.

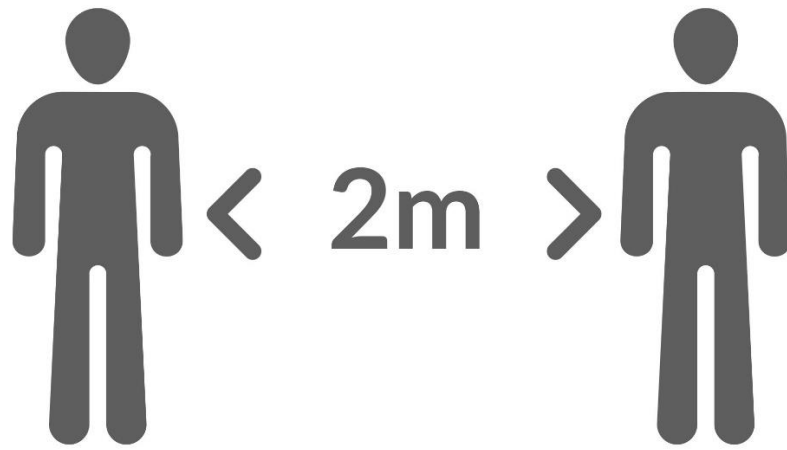
Notes:

1. Use a note app: take names and the copy or paste to the online spreadsheet. Phones have them built in usually or One Note. Etc.
2. Nobody can run if they have signs of Covid so must return home immediately. But do ask those present if they are OK.
3. 2m distance must be maintained at all times. Before, after and during the session.
4. Socialising is not allowed before or after or should be at a minimum to allow for assembly register taking etc. Checking at the end everybody is back etc.
5. A last runner or sweeper to be at the back to ensure everybody is counted and ok.
6. Each group must have someone with a first aid kit and mobile phone. Ideally each runner should carry their own so in case of minor mishaps they can treat themselves. Thus, reducing covid risks. You do not need to be a first aider to carry one.

If any individual tests positive following a session, you must inform the club as soon as possible. Try Membership sec. see website for contacts.

COVID -19 SAFETY GUIDANCE

**STAY
ALERT!**



**Maintain 2 metres
distance at all times**

For more safety guidance visit
www.englandathletics.org/guidanceupdate