



## **A Return to Restricted Activity**

Now that the Government has eased the lockdown restrictions to allow up to 6 people from different households to meet together in an outside space, club members are welcome to arrange to meet at the Club on Bourne Way on a Wednesday evening. Whilst the restriction will not allow us to open the clubhouse or toilets unfortunately, you are welcome to use the car park.

**It is important for everyone's health and safety that social distancing is strictly observed, both when meeting and when running.** This extends to giving space and consideration to pedestrians and other road users. Examples of inconsiderate action by runners has been a feature of a number of news articles, so remember you are representing the athletics community and the club when out running.

**ADDENDUM: Members are of course welcome to use the car park as a meeting point for pre-arranged runs on other days and times, subject to the usual social distancing regulations.**

Extracts from the latest England Athletics guidelines are shown below. The complete guide can be accessed at the link below:

[Click here to download Guidance for Athletes and Runners – return to restricted activity](#)  
(PDF 220kB)

We will continue to review the situation in the light of the latest government advice and will keep you informed of future changes.

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on behalf of The House & Social Committee  
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**GUIDANCE FOR ATHLETES TRAINING OUTSIDE ON ROADS AND OTHER PUBLIC PLACES**  
(extract from England Athletics – A Return to Restricted Training Activity).

### **Before leaving home**

- Follow all hygiene guidance including washing your hands.
- Ensure that all arrangements have been made prior to leaving home so that any government advice on social distancing, as an example, can be maintained at any facility.
- At this point in time only outdoor facilities may be used.

- Athletes should ensure they are prepared and have planned for circumstances where injuries or other accidents occur, and they have mitigating procedures and plans in place to resolve the issue while maintaining all government guidance.
- Ensure you have enough food and hydration for the session.
- Be aware that changing facilities and toilets will not be open.

### **Out Running**

- Coaches/leaders and athletes running or training in a public space can take place on a one-to-five basis only (i.e. one coach/leader and up to five athletes OR up to six athletes with no coach/leader present). These individuals do not need to be from the same family household, but **all must adhere to the latest social distancing guidance (currently 2metres) at all times**
- Athletes should adhere to any additional restrictions that may be placed on a public space by the owner of that space.
- Run leaders should ensure they have carried out a standard risk assessment of any training space or route, as they would normally, prior to the session taking place.
- Run leaders and athletes should ensure they carry out standard safety procedures (e.g. phones, route planning etc) when accessing 'wild' public spaces.
- Run leaders and athletes aiming to access cross country routes or public spaces a long way from assistance and emergency services should make themselves aware of any local guidance/considerations prior to travel/training. Consideration of whether the activity could add to pressure on emergency services should be taken.
- Please do not loiter after your run in the club car park. Other runners may be arriving and social distancing must be observed.

### **Other Guidance for Athletes:**

- Higher Risk: athletes in the higher risk groups should follow any medical guidance they have been given about ensuring good health and welfare. If there are further concerns, please consult with your medical or national organisations for support and best practice.
- Guide Runners: currently, with the social distancing rule of 2m being in place, unless the guide is a family member or part of a family unit then guide running should not be carried out.