

COVID-19 RUNNING ETIQUETTE:

(These guidelines originated with Petts Wood Runners following complaints to the Petts Wood residents association, and are shared in the spirit of goodwill and health to all of us, even the non-running public. PLEASE READ, and RUN in that spirit. Thank you.)

Lockdown running advice

The following guidance to all persons wishing to go running for their permitted daily exercise has been issued by local running clubs in the Bromley area.

We encourage all persons who are able to go running for their permitted daily exercise to do so, for the benefit of their physical and mental health and wellbeing. We invite all such persons – whether or not they are a member of a running club – to take note of the advice set out below when running.

1. Run either alone or with another member of your household only. Current government advice does not permit people from different households to meet and run together.
2. Choose a distance that you can manage comfortably and are capable of repeating each day. A sustainable running plan will be of greater benefit than trying to run distances that are too long and require days of recovery time. Remember that if you suffer an injury or have an accident whilst out running, your only option for getting home may be to walk.
3. Choose a route beginning and ending at your home, with wide paths and/or sufficient space to allow you to keep clear of other persons. Avoid narrow paths and alleyways where there will be no scope for social distancing should you encounter another person.
4. Take your mobile phone with you so that you can contact home if you get into difficulty.
5. When encountering people who are walking, running at a slower pace than yourself, walking their dogs or queuing, take responsibility for keeping your distance, since you are likely to be the person most physically able to do so. If necessary, slow down or stop, until it is clear that you can pass at a safe distance.
6. Maintain a distance of at least two metres from any person you encounter.
7. When running along roads, stay on the pavement. Wherever possible, choose the right hand pavement so that you are facing oncoming traffic. Only divert onto roads where there is no other option available to avoid another person and you have checked that you are not endangering yourself or others (including vehicle drivers and cyclists) by doing so. Return to the pavement as soon as possible afterwards.
8. Because of the importance of maintaining a high level of awareness of your surroundings, it is recommended that you leave your music players and headphones at home when going running.
9. Be aware that some members of the public may feel particularly anxious about seeing runners approaching them, particularly if they are breathing noisily and obviously sweating. Always remain courteous, even if provoked.

We all hope that the imposition by the Government of stricter social distancing measures, resulting in a ban on people going out to exercise, will not be necessary. This will depend on all those who go out running being aware of their responsibilities to others.

PROTECT THE NHS AND STAY SAFE!