



NANTWICH RUNNING CLUB Covid Action Plan

The details below outline the key actions that will be taken by the Club and its members to enable the Club to plan to manage the number of training groups and runners attending a given training session.

- Runners must use the app Spond to pre-book a place on each session. Where sessions are at capacity a Waiting List will be formed.
- Only runners who have booked and secured a place, via the app Spond, are to attend the relevant session. Anyone who hasn't booked before the session will be advised to train alone.
- The arrival & departure of runners will be staggered to minimise groups congregating.
- Upon arrival at the club, runners must park in the "Top Car Park" which is on the left of the site when entering.
- Runners will be required to "check in" with their run leader on arrival to ensure the requirement of track and trace is adhered to.
- Runners are required to wait until they are invited to assemble in their running group.
- Access to toilets facilities at NTFC will be subject the Covid 19 arrangements of the site.
- Runners will be required to assemble in designated sub group (SG8 to SG14) areas to ensure separate groups can meet within the current guidelines.
- Each group will leave at its allocated starting time to enable adequate social distancing.
- An image illustrating the designated meeting points is located on the events page for each session for each sub group to help reinforce social distancing measures.
- Run leaders will not mix with multiple groups across different areas of the site.
- Each runner must remain in their designated running group.
- Runners will be required to maintain social distancing throughout the session.
- Runners are invited to wear a face mask at the assembly point prior to the group session commencing.
- If, having attended a group training session you subsequently test positive for Covid-19 runners must notify the Covid Coordinator immediately at: nantwichrunningclub.co.uk

Last reviewed and updated June 2021