



NANTWICH RUNNING CLUB

Covid -19 - Safe Running Arrangements

If you've pre-booked a place on any of the forthcoming group training sessions, we're delighted to welcome you to run with the club.

Please observe the 2 metre social distancing requirements at all times before, during and after the session.

Due to the number of people who book on our group training sessions, we need to have separate meeting points and staggered start times for all sub-groups. The meeting point, arrival and start time for your sub-group is specified on the event page for the session. Please do not arrive early.

At the appropriate time for your sub-group, go straight to the designated group meeting point. Your group meeting point is illustrated on the event photograph for the session on Spond. Please familiarise yourself with your meeting point. There may be other sub-groups assembling in the car park and you are requested not to mix or mingle with them.

By booking a place on group training session you confirm that you have read and understood the safety requirements as set out below and will listen to all instructions from your Run Leader.

The following requirements relate to EACH club training session during the current Covid-19 restrictions.

Personal Risk Assessment

- You agree to take personal responsibility for your own health and well-being in relation to the activities of Nantwich Running Club.
- You agree not to attend any group training sessions if your presence at the event would put the health and well-being of other members (or guests) at risk.
 - You agree not attend any group training session if, in the previous 10 days, you've tested positive for Covid-19, been told to self-isolate or if you are self-isolating. If you're unsure about the need to self-isolate please visit: <https://www.nhs.uk>
- You agree not to attend any group training sessions if you feel unwell or you are showing symptoms of illness such as a high temperature, a new, continuous cough and a loss or change to your sense of smell or taste.
- By booking on and attending a session you are confirming that you have not tested positive for Covid-19 or displayed any of the above symptoms in the last 10 days.

- Please do not mix with runners from another group. Also, please remain 2 metres from others in your group.
- Please avoid any physical contact. Don't not share drinks bottles.
- If, during the session, you feel unwell please inform the Run Leader.

Operational

- You must not attend a training session unless you've pre-booked a place. You can pre-book your place on the session via Spond. This will assist with the process of Track and Trace. If all places are taken, you'll be held on a Waiting List. If a space becomes available, you'll be asked to confirm your acceptance.

Personal Hygiene

- Please wash your hands before you leave home/work. Bring your own sanitizer/had wipes for use after the session ends.
- If the toilet and washroom facilities at NTFC are available to use, you must observe any Covid-19 rules as they apply to the building.

If, having attended a group training session, you subsequently test positive for Covid-19 you must notify the Covid Coordinator immediately at email: nantwichrunningclub.co.uk

Last reviewed and updated June 2021