



COVID 19 POLICY FOR COACHES, LEADERS, VOLUNTEERS AND ATHLETES

- If you have a temperature, feel unwell, have a cough, loss of taste sensation or have been with anyone that is unwell or felt unwell in the last 14 days please **do not attend**. If you live with or are taking care of anyone that is on the high-risk list, attendance is at your own discretion.
- **Arrive on time** to your session. Go straight to the starting area where your leader will be waiting. The meeting point is on the green at Hawkinge Community Centre or the field at Aylesham Train station. Please note that changing facilities will not currently be available.
- **Payment**- payment for sessions can only be made via bank transfer (Lloyds Bank Acc: 22515268 Sort Code: 30-91-91) and will be due at time of booking your running slot. No cash will be taken by the leaders. Hawkinge only, has a chip n pin reader for contactless payments. No credit will be given.
- **Personal Items** - the leaders will not be able to handle personal items such as keys, jackets etc and no items will be left in the leader's cars. You are responsible for carrying your own items.
- **During the session** you must adhere to the minimum 2m apart rule, leaders will ensure our stops are at appropriate places so we can fan out and remain 2m apart if required. These rules must be adhered to or the sessions will be stopped.
- **In the case of an emergency** where the leader has to assist, a mask and gloves will be donned. Feel free to bring your own hand sanitizer.

- Do not be tempted to run closer than two metres apart. This is to minimise trips and falls on trail routes. Please follow the leader's directions at all times and do not run ahead.
- It will not be possible to borrow running kit such as high viz jackets at this time. Please ensure that you have your own high viz jacket and that you bring it to every session.
- No phone use whilst running.
- **At the end of sessions**, we will stop for a cool down. This will be a shorter session working on the areas used. Do NOT stand next to each other and adhere to 2 metre rules.

More information : www.englandathletics.org/athletics-and-running/news/guidance-update-step-2/

