

Brackley and District Running Club

Guidelines for members on attending sessions within England Athletics COVID-19 Guidance.

We are very pleased to be able to run Club sessions!! However, to maintain the safety of our members, session leaders and members of the public, we need to work within England Athletics' (EA) guidance for clubs, coaches & runners and for a COVID secure environment. Therefore the Club has put in place the following guidelines for all members attending sessions. These may be reviewed in the light of experience or changes to national guidance.

If you do not agree to abide by these guidelines, do not attend Club sessions.

Before the session please:

- Confirm whether you, or anyone you live with or have had close contact with:
 - Is awaiting a test result for COVID-19 or has tested positive for COVID-19 in the last 14 days,
 - Has a high temperature or fever,
 - Has a new, continuous cough,
 - Has a loss of, or change to, the sense of smell or taste;
 - Is self-isolating for any reason (eg has been requested to do so by NHS Test and Trace).

If any of these apply then do not attend any Club session for a minimum of two weeks.

- Bring and apply hand sanitizer.
- Consider how you will manage any health condition you may have or injury you may sustain - you may wish to also bring a mobile 'phone.
- Be aware that there are no open toilet facilities open at Brackley Leisure Centre (BLC) or any other meeting points.
- Bring water and snacks for your own use.
- Do not give lifts to members from other households.
- Do not congregate outside the entrance to BLC, the BLC meeting point will be on the field or the car park as notified by the session leader.
- Maintain a distance of 2 metres from runners from other households and members of the public on arrival.
- Be aware that your attendance at the session will be recorded by the session leader and may be subsequently released to NHS Test and Trace. Do not attend the session if you do not consent to this.

During the session please:

- Maintain social distancing from runners from other households and members of the public
- Maintain hygienic practices when coughing or sneezing, refrain from spitting or expectorating upper respiratory mucous.
- Be considerate to other club members and pedestrians as heavy breathing and sweating experienced during strenuous physical activity increases the risk of transition through droplets.
- Avoid all unnecessary contact with hand-rails, lamp posts, crossing buttons, stiles, gates etc. Where contact has to be made with surfaces hands should, where practicable, be sanitized before and after contact.

After the session please:

- Maintain a distance of 2 metres from runners from other households and members of the public.
- Avoid unnecessary contact with surfaces when stretching.
- Leave the venue promptly; do not congregate socially.
- Sanitize your hands.

Thank you for following these guidelines which are there to protect us all. Should session leaders or committee members observe a member not following these guidelines that member may be asked not to attend future sessions.

More information on the England Athletics Guidance for Athletes and Runners may be found on the EA website here: <https://d192th1lqal2xm.cloudfront.net/2020/07/EA-return-to-activity-guidance-athletes-and-runners-170720.pdf>.

BDRC Club Committee

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