



1 - BEFORE THE RUN

- A weekly timetable will be issued every Sunday evening providing details of Run Club sessions for the forthcoming week.
- The target running pace of each session will be included in the session planning, please ensure you book onto a session that suites your ability or one you are comfortable to run at. *We will try and have a variety of sessions to suit everyone.*
- The meeting time, date and route will be issued in advance. The Run Leader and Committee are required to approve, and risk assess, the route in advance and the approved route must be followed during the session.
- Each session will be limited to a maximum of 5 fully paid up run club members (plus Run Leader).
- Members will be able to book on to each session on picktime by following the links on the booking page of the www.penyfforddrunclub.com . When the session is full you will not be able to book on.
- You can only attend a session if you have booked in advance please do not attend if you have not booked.
- When booking onto a session your details will be held for track and trace purposes, please tick the consent box on the booking sheet.
- If you cannot attend a session, please notify the Run Leader so your space can be offered to another run club member.



2 – ROUTE PLANNING

- Route should be pre-planned with careful consideration to any government requirements.
- The speed / ability of each group should be considered and any possibility of groups meeting on route should be minimised. This will include separate routes and starting points for groups setting off at similar times of the day. Out and back courses should also be avoided wherever possible.
- Routes should avoid narrow paths and/or pinch points which make social distancing difficult.
- Routes should avoid already busy areas or areas associated with increased public footfall. For this reason we won't be meeting at the Red Lion and the routes will avoid running through the village at busy times and ideally the main roads of the village.
- Where possible it may be useful to communicate with other local groups and stagger venues / times to avoid multiple different groups running in the same area(s). We know some eager club members have been meeting for socially distanced runs if you do this please make sure you let the club know so that you do not clash with club runs.
- Please make sure you maintain socially distancing at all times, and be prepared to stop mid run to maintain social distancing to let pedestrians pass. Penyffordd Run Club members should always give way to pedestrians where possible.



3 – SESSION SETUP & DESIGN

- No equipment should be used, unless essential. If equipment is deemed essential, only one individual should keep, set-up and clear away the equipment.
- Drinks should not be shared or handled by any individuals other than the owner.
- Warm-up and cool down should be designed in a way that all runners can practise adequate social distancing from other runners and other (sub) groups.
- All areas should be clearly defined and communicated to runners to avoid confusion.



4 – DURING THE RUN

- Runners must arrive at the pre agreed meeting point and start time.
- Lifts cannot be shared except with a member of your household.
- Runners must come changed and ready to run.
- No equipment can be shared or distributed, please bring we you your own water bottles, hoodies can't be stored only your own hoodie in your own car.
- Runners should not greet each other physically and must maintain social distancing regulations at all times.
- Runners should keep ICE (In Case of Emergency) cards/information on their person whilst running and informed the Run Leader where this information is kept.
- Run Leaders will communicate in advance with runners to advise on social distancing requirements that are being applied on arrival at the facility/meeting place, for example not leaving cars until a certain time before the run is due to start.
- Social distancing must be adhered to at all times during the run.
- Runners should be encouraged not to sit down and should not use communal seats, benches, etc.
- Runners should be encouraged to wash their hands immediately before the run and use hand sanitising gel if available.
- The preservation of human life will always take priority over social distancing. Therefore, if a runner is at risk of loss of life, a first aider should respond quickly and where required.



5 – AFTER THE RUN

- Remind runners that social distancing is as important after as it is during a run. When the run is over runners must leave the facility / meeting point immediately to avoid the gathering of groups.
- Runners should wash their hands or use hand sanitisers as soon as practically feasible after the run.
- Runners should be reminded not to help collect others clothing / equipment.
- Runners should not share lifts unless individuals are from the same household.
- Should a runner subsequently test positive for Covid19 they will contact a member of the Run Club Committee or the Run Leader so the Welsh Government Track-and-Trace process be followed.