**SMM COVID 19 RUNNING POLICY JUNE 2020**

**GUIDANCE FOR RUNNERS**

**Issue number - 5**

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This document has been developed using both Government and England Athletics guidance in respect of Covid-19. Stone Master Marathoners has used best endeavours to ensure that its content is accurate, complete and suitable for its stated purpose. However, it makes no warranties, express or implied, that compliance with the contents of the document will remove all (or any) risk of transmission of the Covid-19 virus. Accordingly, Stone Master Marathoners will not be liable for any subsequent use to which this document may be put.

The purpose of this Policy is to ensure that all members are aware of the need to practice mitigation measures to minimise the spread of Covid-19 when participating in club activities.

**Before and after training Stay up-to-date – England Athletics Guidelines**

* Coaches, run leaders in particular, and runners should be aware of all Government and England Athletics guidance that has been published, especially concerning social distancing and hygiene and any athletic specific guidance. This also includes guidance which may be imposed locally.
* Be aware guidance can change quickly and more restrictive rules may be applied in the future, so please refer to the England Athletics website regularly.
* At this point in time athletics and running coaching activity can take place in groups of up to twelve (12) or one coach and up to eleven (11) athletes. These individuals do not need to be from the same family household, but ALL must adhere to the latest social distancing guidance.
* A coach can carry out a coaching session with up to twelve athletes and then coach a further group up to twelve after the conclusion of the first session.
* It is recommended that a time buffer is built in between sessions to enable social distancing and adequate cleaning, according to guidelines, to take place.
* Coaches should not coach more than eleven athletes at any one time.
* Follow all hygiene guidance including washing your hands.
* Ensure that all arrangements have been made prior to leaving home so that any government advice on social distancing, as an example, can be maintained at any facility. This may mean prior coordination of activities with the facility management or your coach.
* Athletes should ensure they are prepared and have planned for circumstances where injuries or other accidents occur, and they have mitigating procedures and plans in place to resolve the issue while maintaining all government guidance.
* Ensure you have enough food and hydration for the session.
* Be aware that changing facilities and toilets may not be open.
* Athletes should ensure that any risk has been assessed in carrying out their activity. Equipment/Facility
* Take hand sanitizer with you.
* Do not congregate before or after training, return home.

**Stone Master Marathoners – Additional Guidelines**

* This is not a return to normality.
* Run leaders can decide where to start and finish a run.
* Run leaders to choose “safe” routes for Social Distancing and avoid busy areas.
* Run leaders can decide if the Max group size is 12 or fewer – up to the Run Leader. Can’t be any more.
* When attending a club run please remain in your car until approached by the run leader. The run leader will enquire re your current health condition re Covid-19 and advise you as to which group you are running with. The run leader will inform you when to get out of your car and gather for your run. If you arrive on foot could you please stand against the wall of the club, socially distancing from others on foot, and wait to be approached by the run leader.
* Though some of our runs on Spond may be open to more than 12 runners, only 12 runners, including a leader, will run in any group. Where more than 12 are invited/attend a run the run leader will arrange groups of no more than 12 to run together and appoint a suitably experienced runner to lead any sub group.
* We ask Run Leaders to encourage / favour runners who may not have a wide network of running mates if you have to limit numbers.
* It’s perfectly fine to say no to Run Leading or Running in a group at the moment.
* 2m Social Distance where possible, 1m minimum. Should be almost always 2m.
* Fine to say you will only lead or run in a Bubble group.
* No spitting please.
* Carry phone, emergency contact details, face covering, plastic gloves and hand sanitiser
* A register of participants should be kept to facilitate tracking and tracing if needed.

Anyone who puts other people at risk on a run (be they a runner or a passer-by) will be asked to leave the run and will be reported to the SMM Committee who will consider appropriate action in accordance with club rules and, if needed, emergency COVID-19 rules.

Please take care and act at all times with consideration for others, who may be more risk averse than yourself, and may also be too polite for their own good.