**SMM COVID 19 RUNNING POLICY MAY 2021**

**GUIDANCE FOR RUNNERS**

**Issue number - 9**

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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**

Athletics & running can take place for educational purposes (schools, childcare clubs, colleges, and universities).

• Outdoor & Indoor sport facilities can open.

• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.

• Formal indoor athletics & running activity that is Covid-Secure can take place for both children and adults.

• Outdoor unorganised activity (non-coached) can take place in groups of 30 or less.

• Indoor unorganised activity (non-coached) can take place in groups of 6 or less.

• Disabled people can take part in organised outdoor and indoor sport without being subject to social contact limits.

• Outdoor competition can take place (with a license). • Outdoor intra club competition (without a license).

• Outdoor spectators; multiple groups of 30 or less (per venue capacity)

• Indoor spectators; multiple groups of 6 or less (per venue capacity)

• Accommodation/hotels are open allowing for two-day events and larger scale events are allowed with spectators.

• No restrictions on travel.

**Stone Master Marathoners – Additional Guidelines**

* 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 the Max group size.
* All club runs will continue to be registered on Spond. There will be no limit as to how many can book on.
* 2m Social Distance where possible, 1m minimum. Should be almost always 2m.
* No spitting please.
* It is advisable that you carry phone, emergency contact details, face covering, plastic gloves and hand sanitiser
* A register of participants will 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.