

Guidance for runners meeting at The Ashbrooke

Please familiarize yourself with the England Athletics return to activity guidance for runners
https://d192th1lqal2xm.cloudfront.net/2020/08/EA-return-to-activity-guidance-athletes-runners-04.08.2020.pdf_0.pdf_1.pdf

Before you arrive

- If you are showing COVID-19 symptoms or have been in contact with anyone who has been tested positive for COVID-19 follow the relevant guidelines regarding self-isolation and please **do not** attend the training session
- Please arrive in your running gear, ready to run as there will be no access to changing rooms at the Ashbrooke
- Check on the website to make sure that your pack is running from the Ashbrooke and not the track
- Please allow extra time for registration and to be divided into your group.

When you arrive

- You **MUST** report to the Data Recorder who will take your name and note which pack you are running in that evening. You may also be asked for your mobile number if we do not have this already.
- Please do not crowd around the data collector and form an orderly and distanced queue if needed.
- Do not enter the Ashbrook or congregate around the entrance
- Only use toilets if absolutely necessary and use hand sanitizer where available
- There will be signs pinned to the fence on West Lawn (the road directly outside the Ashbrooke) displaying the various packs, and after signing in with the data record you should go to your relevant pack.
- You will be put into a group and allocated a group leader.
- Once a group is ready, they can set off under the guidance of the group leader and do the session.
- Sufficient time and space should be left between the departure of each group to make sure that the groups remain separate during the session.

During the run

- Stay in your group. The group leaders will make sure that non-one is dropped. This makes it even more important that you choose to run in the right pack and that you do not try and drive the pace on. Listen to the group leader and do not overtake them during the warm up.
- If a group catches up to your group, be ready to stop and let them through if needed

After the run

- Again, do not congregate in large groups especially near the entrance to Ashbrooke and only use the facilities if absolutely necessary
- If you come into contact with anyone who has tested positive for COVID-19 or you develop COVID-19 symptoms within 48 hours of the club run you must inform the club by contacting covid19@sunderlandstrollers.co.uk