

## **Guidance for runners meeting at Silksworth Track**

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. You should assume that there will be no access to changing rooms at the Ski Centre / Reception
- 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.

### **During the session**

- Please follow track etiquette at all times. A copy can be found here - <http://sunderlandstrollers.co.uk/wp-content/uploads/2015/12/TRACK-GUIDANCE.pdf>
- Once registered you can start / continue your warm-up on the track
- After warm-up you will be put into a group and allocated a group leader
- Avoid congregating in large groups especially near the start / finish line

### **After the training session**

- 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](mailto:covid19@sunderlandstrollers.co.uk)