

Coronavirus (COVID19) Disclaimer

Introduction

This guidance document has been developed in adherence with government guidelines as outlined by the government on 9 July 2020 and can be put in place immediately unless otherwise stated. England Athletics guidance will be updated as per government guidelines when they are made available or as soon as possible thereafter.

These guidelines apply to England only and are based on those detailing the use of public spaces, outdoor activity, and exercise. We recommend that you stay up to date with government guidance at all times. Government guidance supersedes all advice given by the governing body and must be followed at all times. The safety and wellbeing of all athletes, runners, coaches, and the wider community is at the heart of any guidance that England Athletics is distributing.

Guidelines

- Everyone is reminded to follow Public Health England Advice
- For the duration of the session you must ensure that you keep to the current government guidelines for social distancing
- Our group sessions will operate to a strict 1:12 Running Leader to runner ratio with no exceptions
- Please do not attend sessions if you are showing any of the main symptoms of the coronavirus which are: High temperature, new continuous cough, loss or change to your sense of smell or taste
- Runners 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
- Be aware that changing facilities and toilets may not be open
- Do not congregate before or after training
- Ensure specific event guidelines are followed
- If you wish to wear a face mask at our sessions, please do so
- If after attending one of our events you show any symptoms of COVID19, please alert us as matter of urgency so that we can make everyone at the event aware. You can do this by emailing hello@runlikeagirl.org.uk
- Participation at any of our events is at your own risk, however, we will endeavour to follow the government guidelines to ensure that the events are as safe as they can be for all participants and volunteers
- If you arrive at an event displaying symptoms of the coronavirus then we will exercise our right to turn you away.
- We will continue to review government guidelines and update this page accordingly.

Current as from 1st September 2020

