CLUB RESTART GUIDANCE.

All members and group leaders please read.

Before turning up:

* Do not take part in any sessions or came to the club if you have any symptoms of Covid 19 or self-isolating
* Please came changed for running as there will be no changing facilities (we are unable to use Redhill LC facilities at this time)
* There will also be no storage for car keys, bags etc.
* Please inform your club leader if you are joining the session (this can be done on the club Facebook page or by contacting them directly) as we are only allowing twelve runners per group at this time.

On arrival and in the venue:

* Always keep to government social decisioning rules before and after sessions
* Always follow venue guidance and hygiene procedures
* When meeting, please do not meet near the leisure centre door or obstruct the centres members.
* Parking will be in the centre car park. Please do not park on the sheets outside the centre.
* Face mask / Face covering not compulsory as we are outside but will leave to people's individual choice
* Group will meet at the club / leisure centre at staggered times. Unless other arrangements have been made.

Group 1 – 5.30pm (Group Leaders: Leigh Stubbs, Mark Davis, Paul Newton, Simon Nash,

Group 2 – 5.45pm (Group Leaders: Simon Nash, Chris Ward, Ray Poynter)

Group 3 – 5.55pm (Group Leaders: Graham Webster, Francesco Lari, Ray Poynter)

Group 4 – 6.00pm (Group Leader: Peter Henley, Francesco Lari)

Group 5 - 6.10pm (Group Leader: Wendy Lawson, Heather Thornley, Karen Sennett,

Darren Long (can only take six out at this time)

As the club is meeting at staggered times we do not mind if the group leaders what to arrange one session a week away from the centre. (If you do this, please still follow the club rules as you are still representing the club)

On leaving the club and the sessions:

* A coach or leader can carry out a coaching session with up to twelve runners, (no more then twelve per group please)
* If a group is more than 12 runners, runners will be expected to move up or drop to the next group if room.
* If there is no Group leader for your session, you can only train in a group of six (as per government guidelines) if you go out with more then six this will not be classified as a club session and the club will take responsibility for that group.
* New members are welcome to join the sessions but if there is twelve already in the group paid up club members will take priority. New members will also need to supply a phone number for track and trace.
* Try and keep to government social decisioning rules during the sessions as much as possible.
* Remember that we share the park, paths, trials and roads with other uses, so please be considerate of them. If this means stopping, then do so.

after training:

* Please keep 2m distancing after training, try to avoid face-to-face conversation with other whilst stretching.
* Do not congregate after training, return home.
* Group leaders will need to make a list of runners in their group and send it to Leigh Stubbs at [leighstubbs1982@gmail.com](mailto:leighstubbs1982@gmail.com), by Facebook Messenger or text 07813 439805 as soon as possible after the session.

If you feel unwell after attending a training session, or are diagnosed with COVID-19, please contact the COVID-19 Coordinator: Leigh Stubbs on 07813 439805 or at [leighstubbs1982@gmail.com](mailto:leighstubbs1982@gmail.com) with the date, time and name of group leader of the training sessions you attended in the previous three weeks.