



Outdoor run rules

- Do not attend the session if you have symptoms of COVID, and follow current Government guidance regarding the need for isolation.
- On arrival, you are encouraged to maintain a 2 metre distance from each other where possible. Although social distancing laws have been removed, we would encourage you to be mindful of others and respectful of their personal space. Be aware that some members may wish to continue to follow a higher level of observance.
- If you are unable to complete the run, make sure others know that you need to stop (and either have someone accompany you back to the start or head back by yourself depending on the circumstances).
- Use your own drinks bottle and don't share. Ensure you have enough drink / gels / energy bars for your needs.
- There must be no spitting or nose blowing without a tissue whilst running in the group. Please use a tissue and / or ensure you move away from the group with plenty of distance if you feel the need to spit.
- If you need to touch gate posts / stiles / barriers etc, you are encouraged to sanitise your hands as soon as possible afterwards and don't touch your face until then.
- Be aware of and show courtesy to other path / track users. We would encourage you to pass people on the left where possible, rather than splitting the group and moving apart on either side where others have to walk/cycle/run through the middle of your group.
- Our prime concern is safety, so use common sense and your own judgement in a situation where there is danger.
- For coffee / cake stops, you are encouraged (and may still be required by some venues) to wear a face covering as per Government guidance.