

COVID update following the move to step 4 on Monday 19th of July

General Guidance

- We ask that for any session if you are currently testing positive for COVID, believe you have come into contact with an infected person, are awaiting a test result, or have been told to isolate by NHS Test and Trace, you should not attend the session.
- All sessions will continue to meet outdoors. With transmission rates being significantly higher in indoor settings, it would not be appropriate or safe for members or anyone else using the venue.
- We ask that you continue to be considerate of others during sessions. Recent surveys have shown that a high percentage of people are nervous about the lifting of restrictions, we must all do what we can to make other members feel safe and welcome to sessions.
- We will no longer be requiring you to book onto runs using the RunTogether platform. With our activities being held outside and generally in smaller groups, we don't believe that a whole session should be told to isolate, especially when the nature of our runs means that two members can often be in the same session and not come into close contact throughout. We would ask that anyone who tests positive within 48 hours of the session to contact a committee member so that the club is aware, and contact those that they were running with during the session. If you do not feel comfortable contacting others, you may give any committee member the names of those you ran with and we would contact them anonymously on your behalf.

Club Runs

- We shall not be meeting inside KLC as we used to prior to the pandemic. Instead, we will be meeting on the grass by the car park, next to the Noel Street exit. There is plenty of space here to cater for a typical club night and allow us to split into groups.
- We will send groups out in short intervals. This is mainly to avoid having the whole session run through Kimberley High Street in one go, helping to protect us and members of the public.
- We will send maps out earlier in the week for the club runs. If you are unsure about the routes, please feel free to speak to the person who has arranged the run that week. We will also be bringing a tablet to show you the maps if needed on the night, this will be a temporary measure while we look at permanent solutions. Hand sanitizer will be provided if you wish to use the tablet.
- Club runs will be at their usual time of 7.15pm every Wednesday, except for Track weeks which are the third Wednesday of every month at 7pm.

Track sessions

- Rutland Sports Park have said that social distancing and mask-wearing is optional on their premises, we would ask that you continue to be considerate of others using the venue.
- We will meet outside as a group before heading through the sports center and to the track.
- You will no longer need to book using the Runtogether booking system, but by simply replying to the email or Facebook post that will go out asking who wants to attend the session.

Structured sessions

- The club will no longer enforce the 12-to-1 ratio on structured/lead sessions, however, it will continue to be at the discretion of the run leaders how many members they wish to have on their sessions
- You will no longer need to book using the Runtogether booking system, but by simply replying to the email or Facebook post that will go out asking who wants to attend the session.