

## Returning to training with SRC

### Before training

- Please don't attend training if you are feeling unwell or displaying the recognised symptoms of COVID-19: persistent cough, fever, loss of taste or smell.
- Please do not attend training if you know you have come into contact with someone who has COVID-19
- Please come ready changed – the facilities at the Leisure Centre will not be available.
- Please wash your hands before you leave and bring hand sanitiser with you for immediately before and after training.

### Meeting for training

- Please do not arrive too early for training – we need to minimise the amount of time we are congregating as a group.
- As difficult as it might be after not meeting for so long, please keep to 2m social distancing before training starts. Try to avoid direct face-to-face conversation with others.
- Please wear a mask in the time before training starts.
- A register must be taken before all training sessions. If you are a member, you must give your full name to the register taker. If you are not a member, you must give your name and contact details to the register taker.

### Whilst training

- Please keep a 2m distance between athletes whilst running.
- Please ensure that you keep a 2m distance away from members of the public. **If this means stopping running, then do so.**
- During recovery periods, please try to keep 2m distance from others, and avoid face to face conversation.
- Do not touch any 'street furniture'. Where possible we will be avoiding gates/stiles, but if this is unavoidable, the first person through should hold a gate for all members to pass through rather than repeated opening/closing.

- Clothing that is removed for training should be put down separately from any other.

### After training

- Please keep to 2m social distancing after training. Try to avoid direct face-to-face conversation with others whilst stretching.
- Please leave as soon as possible.
- Please use hand sanitiser before you drive off or leave training.

### Feeling unwell after attending training

If you feel unwell after attending a training session, or are diagnosed with COVID-19, please contact the COVID-19 Coordinator: Richard Mayne, 07545 598535, [rmayne68@googlemail.com](mailto:rmayne68@googlemail.com) with the date(s) of any training sessions you have attended in the previous three weeks.