



PENARTH AND DINAS RUNNERS

LATEST PENARTH AND DINAS RUNNERS GUIDELINES FOR GROUP SESSIONS UNDER COVID-19 RESTRICTIONS

During the ongoing CoViD-19 restrictions, we are closely following Welsh Government guidance, with information released by [Welsh Athletics \(latest - 12th April 2021\)](#) and current [guidelines for Group Running from Run Wales](#). The safety of all runners, Run Leaders and the wider community is paramount, **so please read the following guidelines and be mindful of these requirements at all sessions.**

- Register for a session via the weekly Google Form. Ensure the information you provide is up-to-date and accurate. It's possible your information might need to be provided to the NHS Test and Trace system.
- **Do not** attend a session if you feel unwell, have a temperature, a new persistent cough or any change to taste/smell. If you are unsure, please seek medical attention and follow Government advice on self-isolation. **Do not** attend unless you are 100% healthy.
- **Do not** share lifts if you need to drive to/from the session (unless from the same household/bubble).
- Wash your hands or use hand sanitiser prior to and immediately after a session.
- **You must** maintain 2 metres distance between each other at all times – **before, during and after the session** (unless from the same household/bubble).
- Drink bottles are not to be shared. Keys and other personal items should be safely secured to your person.
- Meet punctually at the start point, ready for a pre-run safety briefing. At the completion of the session, **runners must leave the area immediately.**
- A designated Run Leader will carry face masks, gloves, hand sanitiser, a basic first aid kit emergency contact info and a mobile phone. Runners should carry their own **ICE information.**

NHS CoViD-19 Test and Trace App

All our sessions have QR codes which can be scanned using the NHS Test and Trace App to 'check-in' at the session. If you use the App, then please remember to bring your smartphone. It's not compulsory but we are encouraging users of the App to check-in as part of our ongoing efforts to keep sessions safe.

The Committee thank you all for your cooperation with these guidelines. We have your safety in mind at all times, but your enjoyment is important too. As ever, we welcome and encourage feedback. Please remember this situation is under constant review by the Welsh Government, Welsh Athletics/Run Wales and our Club Committee.