

Seaford Striders Wednesday Night Striders Covid-19 Action Plan

Taking effect from 29th July 2020 for running groups of over 6 people

- 1) Runners will go out in at least 3 groups – fast, medium and slow
- 2) These groups will depart at different times and from different locations.
- 3) Toilet and changing facilities are not likely to be available as groups will be convening outside.
- 4) England Athletic recommend all runners take their own hand sanitiser.
- 5) The run leader will record names and telephone numbers for all participants in their groups to enable Track and Trace
- 6) By taking part in these group runs the participants and the run leaders confirm: - they do not have a high temperature, difficulty breathing, persistent cough, runny nose or other recognised Covid-19 symptom, they have not been in close contact (within 1m for at least 15 minutes) with someone with these symptoms in the last 14 days, they are not self isolating or have not been self isolating or requested to self isolate during the last 14 days.
- 7) All run participants will comply with government guidance regarding maintaining social distancing with other people before, during and after their run.
- 8) If any participant develops Covid-19 symptoms and tests positive within 14 days after their run they will be required to complete the England Athletics online form <https://www.uka.org.uk/governance/health-safety/covid-19-form/> They will also be required to email secretary@seafordstriders.org.uk so that the other group runners can be informed.