



## Restricted Return to Training: Group Leaders

Following Government guidelines which took effect on 1<sup>st</sup> June 2020, England Athletics (EA) has approved restarting Club activity, on a restricted basis, and only if that activity is compliant with current guidance. EA requires that a Club appoints a Covid-19 Co-ordinator and includes exposure to Covid-19 coronavirus in the Risk Assessments before training can resume.

Newmarket Joggers' Covid-19 Co-ordinator is Sianie Painter: Tel: 0795 870 9479  
email [secretary@newmarketjoggers.co.uk](mailto:secretary@newmarketjoggers.co.uk) . Risk Assessment is attached.

### Guidance for Group Leaders:

1. Members can only join one Group, and cannot switch Groups once registered.
2. Training sessions are limited to a maximum of 6 (including the Group Leader), but the Group can include more than that number. Limit your Group to a size that would enable all members to run regularly if they wish to.
3. When your Group is formed, please forward a list of its Members to the Covid-19 Co-ordinator.
4. Group Members must provide you with an Emergency Contact who could be called to assist the member in case of accident, injury or illness. A Group Member should not participate in a run until this has been done.
5. Any contact information relating to a Group Member must be deleted if a Member leaves the Group, or you disband the Group.
6. Choose a Meeting Point for each run that will enable social distancing to be followed, for both Group Members and other users of the area. This may need to be different to the Meeting Point previously used for that route.
7. Notify Group Members of a planned run and route: Group Members must book their place in the Training Session. The session must be limited to a maximum of 6 people.
8. A phone and the Emergency Contact list (or contact information pre-entered into your phone) must be carried during every training session.
9. Members must not attend if they are unwell – if you think someone is unwell when they arrive at the Meeting Point, you should advise them not to take part.
10. At the Meeting Point, remind the Group that social distancing in line with current guidelines should be followed at all times.
11. If someone is injured or ill during a run, social distancing must still be observed. If they require urgent medical assistance, call an ambulance. If they have a minor injury but require assistance to return to the start/home, call their Emergency Contact.
12. If your route includes objects that could be multiple contact points, such as gates or stiles, carry wipes and hand sanitiser to enable suitable cleaning and sanitising.
13. At the end of the run, the Group should disperse and leave the area. If other Groups are in the area, keep well apart to avoid creating groups larger than the allowed maximum.