



Restricted Return to Training: Guidelines for Members

Following Government guidelines which took effect on 1st June 2020, England Athletics (EA) has approved the resumption of Club activity, on a restricted basis, and only if that activity is compliant with current guidance.

To enable a restricted return to training, Newmarket Joggers' Committee has appointed a Covid-19 co-ordinator, formulated a Club plan and conducted Risk Assessments for the proposed training sessions. We are now able to offer training sessions that have been structured to include the necessary levels of risk mitigation.

Covid-19 Co-ordinator: Sianie Painter Email: secretary@newmarketjoggers.co.uk

Until further notice, only Distance run sessions will be offered and Track and Junior training sessions will remain suspended. All distance runs will be within a Coach/LiRF led Group of a maximum of 6 runners (including Group Leader).

The Government/EA guidelines may change and any changes that apply to training sessions will replace those stated here if different. Any Member who wishes to participate in these training sessions must have read the following and agree to adhere to it. By participating in these training sessions you confirm that you are aware that there are dangers in taking part in such activity, including injury, illness and exposure to contagious illness, and that the risk of serious injury or illness cannot be fully excluded.

Running Groups:

1. Participating Members must join a Coach/LiRF's Group (available groups, the estimated pace and the Group Leader's contact details will be circulated).
2. Participants must agree to
3. Members should consider their own fitness/ability level when selecting a Group to join.
4. Members can only join one Group, and cannot switch Groups once registered.
5. Group Members must nominate an Emergency Contact, who would be contactable and able to assist them if required during a training session. Contact details should be given to the Group Leader prior to the first training session.
6. Group Leaders will notify Group Members of planned training sessions.
7. Group Members must pre-book onto a training session: there is a maximum of 5 Group Members per session/run.
8. Group Members must not join a training session, or approach the Meeting Point at the session start time, unless they have had booking confirmation from the Group Leader.
9. If a Group Member is unable to attend a session that they have booked, they must notify the Group Leader as soon as possible.

Please read the Training Sessions Guidelines on page 2



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Training Sessions

1. No Member should attend an NJ training session if they feel unwell, and should notify the Group Leader as soon as possible if unable to attend a session they have booked.
2. If a Group Member becomes unwell during a session the Group Leader will ask them to return home, and will call their Emergency Contact to assist them if required.
3. From arrival at the Meeting Point, throughout the training session and at the end of the session, all participants must follow the current social distancing guidance (e.g. 2m distance between themselves and others not from the same household).
4. At the Meeting Point and throughout the session, participants should ensure that other users of the area are not obstructed, and 2m distance from them is maintained. Particular care should be taken on narrow tracks or footpaths – stop and step off the path if necessary.
5. In the event of accident or injury, social distancing measures in line with current guidelines (e.g. 2m between people not from the same household) will be followed.
 - a. Injury/illness requiring medical assistance: Group Leader will call an ambulance and inform the Emergency Contact.
 - b. If a qualified First Aider is present, they can advise the injured person on steps to take, and provide dressings etc. if required and available.
 - c. If a Group Member cannot return to the Meeting Point unaided, their Emergency Contact will be notified. A Group Member will remain with them until the Emergency Contact arrives.
6. People should not congregate at the Meeting Point or parking area before or after the session. The Group size should not exceed 6 people at any time.
7. Group members should bring water with them and carry any medication or equipment they may need during the run.
8. No item should be shared or exchanged between Group Members not from the same household.