



GUIDANCE FOR CLUBS & GROUPS FOR A RETURN TO GROUP RUNNING

GUIDING PRINCIPLES

The safety and well-being of all athletes, runners, coaches, officials, volunteers and the wider community is at the heart of any guidance that Welsh Athletics is distributing.

The guidance that follows provides sport specific advice. It is important to say that any return to activity must take account of local conditions and any risk assessment for normal activities should be undertaken as well as ensuring that all government guidance around Covid-19 is taken into account.

It is the responsibility of each athlete, coach and facility to make that assessment based on their local environment. Risk assessment must take into account mitigations and plans for when activities do not go as expected. Planning scenarios around, for example, an injury occurring to an athlete and the need to support that athlete while social distancing should be undertaken.

Health First	If you have any doubts or concerns about the risk to your health or that of others, stop and re-assess
Stay up to date	How will you make sure you, and those you're with, are following the latest guidance? Check the latest Welsh Government Guidance here.
Think ahead: Before, during, & after	What do you need to do before taking part? Have you assessed the risks? How will you get to and from where you're going?

When lifting restrictions please consider the following at a local level:

- Can the measures be implemented effectively in practice?
- How will you clearly communicate the changes to all without disadvantaging any parties?
- Will you need to provide extra encouragement or incentives to bring people back to the sport?
- Ensure you consider any consent issues – any decision to participate should be voluntary and informed.

INTRODUCTION

Welsh Athletics and Run Wales have been working to develop guidance on how group running can be resumed when the government decides it is safe to begin lifting the current restrictions.

It covers five main areas:

1. Before the Run
2. Route Planning
3. Session Set-Up and Design
4. During the Run
5. After the Run

It is being provided to give transparency and clarity on current thinking about how the sport might resume in Wales in these extremely challenging circumstances, as well as give groups and leaders areas to consider when planning their future activities. This plan will naturally evolve as restrictions and government guidelines change.

It is your responsibility to keep up to date with the latest government guidelines and COVID-19 associated restrictions – in line with the other 'guidance' documents.

If you have experienced any symptoms associated with COVID-19, it is your responsibility to act responsibly for your own health, the health of others and to protect the others...

Disclaimer:

Please note that the subject matter covered in this guidance is in no way exhaustive and the material does not stand on its own nor is intended to be relied upon as a substitute for obtaining specific legal advice. Individual circumstances will differ. The information contained in this guidance is given in good faith but any liability of Welsh Athletics Ltd or its professional advisors (including their respective members or employees) to you or any third party which may arise out of the reliance by you or any other party of the contents of this guidance is hereby excluded to the fullest extent permitted by law. Welsh Athletics Ltd and its professional advisors accept no duty of care or liability for any loss occasioned, whether caused by negligence or otherwise, to any person acting or refraining from actions as a result of any material in this guidance. We would strongly recommend that you consult professional advisors on specific issues before acting or refraining from action on any of the contents of this guidance.

This guidance has been prepared by Run Wales and Welsh Athletics Ltd

GROUP RUNNING IN WALES UNDER COVID-19 RESTRICTIONS

There are many different types of Run groups and facilities, requiring “safe group running” procedures to be finalised and implemented locally. However, the fundamentals are the same throughout the sport. These procedures will include all aspects of the group running experience, from arrival at the facility / meeting point, to departure immediately upon completion of the session. Runners will be required to comply with rules on social distancing at that instance in time.

While each group will need to adapt its procedures to ensure compliance with government restrictions, the following aspects of group running, will need to be considered:

- 1 - Before the Run**
- 2 - Route Planning**
- 3 - Session Set-Up and Design**
- 4 - During the Run**
- 5 - After the Run**

1 - BEFORE THE RUN

- Group to organise a system of communication and registration that ensures the safety of group leaders.
- The maximum number of runners in a group to be confirmed by the groups lead and must be in accordance with any government requirements. Depending on this number it may be required to break the group into suitably sized 'subgroups'.
- Subgroups to be arranged prior to meeting and start times allocated.
- There is to be a minimum of 10 minute intervals between run subgroups, but longer intervals may be more appropriate depending on the facilities being used.
- Any changing facilities should be closed. Limited essential access (for example to use the toilets) may be allowed by the facility. This should operate in a one-in-one-out fashion with social distancing maintained at all times.
- Groups to communicate in advance with runners to advise on social distancing requirements that are being applied on arrival at the facility/meeting place, for example not leaving cars until a certain time before they are due to start.
- Runners should arrive changed and ready to start their session at their allocated time.
- Groups to have procedures in place to ensure social distancing requirements in advance of runners setting off, in line with government requirements.
- No equipment should be shared or distributed i.e. leaders vests, first aid kits, etc. unless safe sanitising practices can be guaranteed.
- Groups should have procedures in place for the safe warm-up and cool down of participants, again in accordance with government guidance. For example giving priority of use to the runners in the next sub group or designating distinct areas of meeting space for each sub group.
- Runners should not greet each other physically and must maintain social distancing regulations at all times.
- Runners should be encouraged not to sit down and should not use communal seats, benches, etc.
- Runners should be encouraged to wash their hands immediately before the run and use hand sanitising gel if available.

2 - ROUTE PLANNING

- Route should be pre-planned with careful consideration to any government requirements.
- The speed / ability of each group should be considered and any possibility of groups meeting on route should be minimised. This may include separate routes for each group or setting off quicker groups before slower groups. Out and back courses should also be avoided wherever possible.
- Routes should avoid narrow paths and/or pinch points which make social distancing difficult.
- Routes should avoid already busy areas or areas associated with increased public footfall.
- Where possible it may be useful to communicate with other local groups and stagger venues / times to avoid multiple different groups running in the same area(s).
- Careful consideration should be given to the terrain used during sessions and any unnecessary risks minimised.

3 - SESSION SETUP & DESIGN

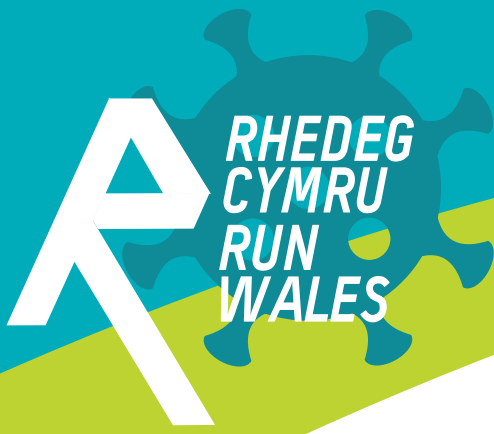
- No equipment should be used, unless essential. If equipment is deemed essential, only one individual should keep, set-up and clear away the equipment.
- Drinks should not be shared or handled by any individuals other than the owner.
- Warm-up and cool down should be designed in a way that all runners can practise adequate social distancing from other runners and other (sub) groups.
- All areas should be clearly defined and communicated to runners to avoid confusion.

4 - DURING THE RUN

- Remind runners to maintain social distancing during all aspects of the run.
- Remind runners to stay 2 metres apart during all elements of the warm-up and there is to be no physical contact between runners unless they are from the same household
- Remind runners to not touch any equipment or clothing that is not their own.
- Remind runners not to touch anything with their hands / bare skin wherever possible i.e. gates, handrails, etc.
- All runners should be encouraged to communicate with each other with specific reference to maintaining social distancing with members of the public.
- Runners should be encouraged to keep ICE (In Case of Emergency) cards on their person whilst running. You can download a template [here](#)
- The type of first aid provision run groups provide will depend on the risk assessment. However, consideration must be given to ensure social distancing is maintained where possible and that the safety of the first aider is put first.
- Run Groups might consider access to a fully stocked first aid kit and protocols to allow for safe delivery of first aid. This may include self-administration for minor injuries where appropriate.
- The preservation of human life will always take priority over social distancing. Therefore, if a runner is at risk of loss of life, a first aider should respond quickly and where required.
- For further guidance on COVID-19 CPR protocols from the UK Resuscitation Council please visit <https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/>

5 - AFTER THE RUN

- Remind runners that social distancing is as important after as it is during a run. When the run is over runners must leave the facility / meeting point immediately to avoid the gathering of groups.
- Runners should wash their hands or use hand sanitisers as soon as practically feasible after the run.
- Runners should be reminded not to help collect others clothing / equipment.
- Runners should not share lifts unless individuals are from the same household.



***FOR THE MOST UP TO DATE
INFORMATION AND TO DOWNLOAD
THE CURRENT VERSION OF
“GUIDANCE FOR CLUBS & GROUPS
FOR A RETURN TO GROUP RUNNING”
PLEASE GO TO:***

www.irun.wales

OR

www.welshathletics.org

¹ <https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities/>

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