

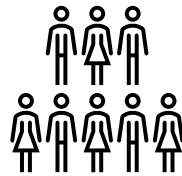
CONSIDERATIONS FOR THE RETURN TO GROUP RUNNING FOR LEADERS & RUNNERS

Points to consider in planning for a return to group running. At this stage group running is allowed under government guidance but group size must not exceed 30 individuals.

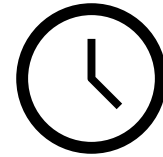
BEFORE THE RUN



Communicate procedures
before arriving

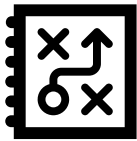


Maintain maximum group
size
(Currently 30 - as of 13/07/20)



Create intervals between
groups

PLANNING & SESSION SETUP



Preplan all routes and
meeting places

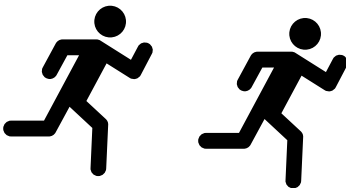


Avoid busy areas



Minimise risks in session
design and terrain

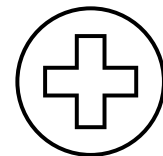
DURING THE RUN



Maintain social distancing
throughout (2m+)



Do not share equipment or
drinks



Consider personal first aid
and ICE cards

AFTER THE RUN



Wash your hands as soon
as possible



Leave immediately