



RYDE HARRIERS
RUNNING SINCE 1886

Ryde Harriers Running Club

Run Leader Sessions - Code of Conduct /Action Plan

1. Athletes to read and understand the Run Leader Sessions Risk Assessment issued by Ryde Harriers. This can be found here <http://www.rydeharriers.co.uk/wp-content/uploads/2020/12/Run-Leader-Risk-Assessment.pdf>
2. No athlete should attend if they are displaying symptoms of Covid-19.
3. No athlete should attend if they are in isolation following a positive test for themselves or household member, or have been notified that they have been in contact with someone testing positive by Track & Trace. In addition, if you returning to physical activity after a lengthy break, you should be fit and well enough to take part, especially if you previously have had a positive Covid test.
4. Hand washing as per guidelines and use of toilet **essential** before attending the session as Club toilet and changing facilities will **not** be available.
5. Own hand sanitiser to be brought at all times, to be applied immediately before the session.
6. No car sharing other than with people with whom they co-habit
7. Avoid use of public transport services where possible.
8. Attendance to be strictly by invitation only from the Run Leader via the Club Facebook page, with Athletes having supplied the Leader with up to date contact information and confirmed that they have read and understood the Risk Assessment and this Action Plan .
9. Athletes to inform Run Leader ASAP if they are not attending training as agreed.
10. Athletes to attend in freshly laundered kit.
11. Minimal kit to be brought to the session in one bag large enough to put track suit etc in when removing layers of clothing.
12. Drink containers with enough fluid for the session to be kept in the bag at all times.
13. Bags must be placed >2m apart in a designated area.
14. Social distancing as prescribed by the Government to be observed at all times, including before and after the session, with athletes to arrive punctually and leave promptly.
15. Athletes must not mix with other training groups during each session and must be mindful of their vicinity to members of the public at all times.
16. No spitting.
17. Setting up and handling of all equipment to be done by the Run Leader. Athletes to avoid hand contact with equipment where possible.
18. All equipment to be wiped with anti-bacterial wipes/spray following use.
19. Numbers of any group must not exceed the numbers imposed by Government Guide- lines.
20. Athletes choosing to wear a mask must wear it from beginning to end of the session and not take them off and on without thorough hand sanitising each time. **Not** recommended in this environment.
21. Leaders will have the right to un-invite athletes attending training sessions if non-compliance of any of the above.