

COVID Secure Club Run Setup

With Government restrictions around organised sports updated, we are now able to offer two time slots of 15 people each on Club Night.

You will still not be able to just turn up on the night and you will be required to book onto a time slot in advance. This is to avoid any awkward situations and to ensure that we are always following guidance issued by the Government and our governing body England Athletics. We are also required to risk assess our club night in accordance with England Athletics guidance.

If we do not follow this guidance, we risk our affiliation with England Athletics, and invalidate our club insurance.

**DO NOT BOOK SESSIONS OR ATTEND IF - You have any Covid19 symptoms
or if any of your household or support bubble are shielding, self-isolating or displaying symptoms**

**If you develop symptoms and have attended a track night within the previous 2 weeks, please
inform the club asap at maidstoneharriers@hotmail.co.uk**

**In accordance with government guidance we will be required to inform anyone else that attended
the same evening that they may have come into contact with someone with Covid19 symptoms.
Your details will be kept confidential.**

When you arrive at club, the rules are:

- **You will have booked your slot in advance.**
- **Please be prompt.** Please do not arrive early for your slot, and if you are late and your fellow runners have left, you will have to miss out on your club run. *
- **Sign in** (as you would on a normal club night)
- **Sign out** (as you would on a normal club night, so that we know you are safe)
- **Do not loiter!** Please leave immediate club area as quickly as you can, so that we do not end up with too many people gathered/crossing over.

** Exceptions will be considered, e.g. bad traffic, but please phone the club night phone asap to let us know if you are having issues with arriving for your booked time slot.*

Please note:

- Any breach of the above rules will result in a verbal warning for the first 'offence', a second will result in an email warning, and a third will mean that you are unable to attend club run until all government restrictions are lifted.
- If you do not attend your booked session and do not inform us that you are unable to attend for two consecutive sessions, you will be unable to attend club run until all government restrictions are lifted. Please be considerate of other members who may wish to attend if you cannot.

Other important details to note:

- **Bring your own drink.** We will not have access to the kitchen to provide drinks for you.
 - You can leave your drink on a table outside the clubhouse for your return. Drinks are left at your own risk; the club takes no responsibility for missing drinks or for maintaining cleanliness of bottles left. Wipes will be available for you to use if you wish to clean your own bottle.
- **You will not be able to gather inside the clubhouse,** you will meet your fellow runners outside the front doors on the grassed area. The Sign in/out table will be at the entrance to the clubhouse.
- **You will be able to use the toilet.** One person at a time to use the disabled toilet only
 - We are required to clean the facilities afterwards; it is less for us to do if we limit to only one toilet!
- **You will NOT be able to use the changing room or showers.**
- **Please leave bags/jackets in your car** and run with your car key.
 - The club takes no responsibility for keys left at the clubhouse during the run.
- **If you cycle to club,** bikes must be chained up outside, you will not be able to leave it inside the clubhouse. Please remember you will not be able to use the changing room.
- **You are no longer required to stick in your groups.** Although setting off together, you can run at your own pace.
- **If you are no longer able to attend club night,** please contact us asap as someone else might take your slot if we have enough notice.