



East End Road Runners Covid-19 Policy for Road Runs

East End Road Runners Club takes its duty to prevent the spread of Covid-19 and to protect the health of its members and of its local community very seriously. We have therefore put in place the following policy measures with clearly defined responsibilities for both runners and run leaders. The measures enable EERR to operate activities in a “Covid secure environment” as defined by England Athletics.

We will operate road runs only in line with guidance from government (national and local) and England Athletics. We will update our practice by regularly checking into this guidance. However, we may choose to err on the side of caution and implement policies that are stricter than those set out in the official guidance.

This document should be read alongside the club’s Risk Assessment for Road Runs.

EERR’s current policy:

- **Size of groups: unlimited (as this is organised activity)**
- **Social distancing: 2 metres (preferable) 1 metre (closest)**

Runners

- Runners who currently have Covid, or have any symptoms associated with Covid-19, however mild, should stay at home and not attend sessions. The main symptoms to note are a fever, a persistent cough and loss or change in sense of taste or smell.
- Runners who should (for whatever reason) be self-isolating must stay at home and not join the session.
- Refrain from sharing cars to/from the session and wear masks on public transport.
- Bring own mask (carry in pocket) in case required in certain circumstances (e.g. receiving first aid).
- Consent to their name being recorded for track and trace purposes.
- Note that toilet facilities in NLC or EERR’s clubhouse will not be accessible.
- Adhere to the pre-advised social distance rule at all times.
- Mindful of other road users and take care to maintain appropriate social distance between themselves and other runners.
- Wash/sanitise their hands thoroughly before and after runs.
- Do not share water bottles with other runners.
- Avoid touch points such as traffic light controls (use elbow or clothing).
- Refrain from spitting!
- Do not stay and socialise after the run has ended.
- Wash hands when upon return to home.



Leaders

Leaders must adhere to the rules as set out above for runners, and additionally:

- Be aware of the general risk assessments for road runs and the protocols for first aid (inc. the new Covid-19 specific ones) and actions assigned to them.
- Remind runners of all Covid-19 policies at the start of the session. Including a reminder that anyone with Covid, with Covid symptoms, or anyone who has been in contact with someone with known symptoms, must return home.
- Remind runners of all other policies (inc. social distancing) at the start of each run.
- Run leaders will endeavour to avoid routes that they know are likely to be busy and where social distancing will be difficult.
- Will take a register of run attendees for track and trace purposes and provide to club administrators immediately following the run.
- Run leaders will carry hand sanitiser, a mask and disposable gloves with their first aid kit to deal with any accidents. If the leader is not first aid trained, any first aid should be administered by a trained first aider from the session's participants or the next most appropriate person (those administering first aid should not be from a "high risk" group).
- All run leaders should seriously consider first aid training as part of their role.

Club Administrators

- Ensure an accurate register of all session participants is taken and recorded and provided to NHS Track and Trace if necessary.

Last updated 23 March 2021 by Jamie Zucker (Covid Officer and Club Chair).