



Covid 19 Safety Rules for Ware Joggers

Dear Members,

The club has put into place a Risk Assessment in conjunction with government and England Athletics advice. This can be found on the Club website and Facebook page. In addition to these, you must abide by the following rules if you are to take part in general/muster runs and training once this restarts.

1. You must not attend if you have a temperature or any recognised Covid-19 symptoms, live with anyone who has or have been informed that you must self-isolate.
2. If you have travelled outside the UK, you must follow government guidance regarding quarantining and must not return to the club until this has been satisfied. You must confirm with the club that this is the case.
3. When taking part in club activities, all members must remain socially distanced as set out by the government. This is currently set at 2m.
4. Members must not share equipment, including water bottles.
5. General Runs will be follow pre-set routes which have been risk assessed and will be lead by a run leader who will carry a mask and gloves in case of accidents and the need to help another runner.
6. The maximum number of members running together has been limited by the government. This is currently set at 6. You must follow the club procedures for signing up for runs. If a run has already reached maximum capacity, you will not be able to join that run.
7. You must remain within the "bubble" of your running group and not interact closely with runners from other groups or members of the public.
8. By participating you have read and understand all parts of this document and are participating at your own risk.
9. Members attending will be ask to make an advance payment of £10 to cover subs for a period of 3mths. If you do not attend this amount will be rolled forward, but there will be no refunds. The bank account details for payments are: Sort code 40-45-42 Acc No. 51141546 Please ensure you enter your name in the reference in this format: RWaddinghamSubs

If you have any questions or concerns, you should contact any committee member.

Any changes to this policy will be updated on the Club website, Facebook and emailed to you.

SignedDate.....

I have read and agree to the listed Covid 19 Safety Rules (set out above) which have been put in place by Ware Joggers Committee.

Name.....

Signed Date