

# GUIDED RUNS & NAVIGATION COURSES

## COVID-19 INFORMATION FOR PARTICIPANTS

V2.1 July 2020

### Introduction

Our activities restarted in June 2020 with additional measures in place to ensure the risks to health and safety from COVID-19 are managed to a level that is as low as reasonably practicable, and compliance with current government and England Athletics guidelines. This is in addition to the usual measures that we apply to ensure the health and safety of participants our coaches/leaders and members of the public that we may come into contact with.

In order for us to operate safely, if you are planning to join any of our runs it is essential that you:

1. Understand the arrangements that are currently in place to provide a **'covid secure environment'**, and
2. Actively help us to ensure all participants strictly adhere to them.

Therefore, can you please take a few moments to read and understand the following before booking onto a run.

### 1. Advanced Bookings Only

All activities must be booked and paid for in advance to avoid the need for close contact at registration on the day.

### 2. Participant Information

When booking, please provide **ALL** the relevant information requested during the booking process, including any medical issues and an emergency contact. (*Our privacy policy is available on our website*).

**PLEASE NOTE:** We are obliged to provide participant contact information to the Government's Track and Track initiative upon request. Acknowledging and confirming you are comfortable with this is, therefore, a condition of participating in a run.

### 3. Group Size

Groups sizes and the ratio of coaches/leaders to participants will be limited to a number that ensures compliance with current England Athletic and Government guidelines. The specific limit may vary between different activities to take into account the location/environment and the availability of leaders.

### 4. Social Distancing

Please maintain at least 2 metres distance from any other person (except members of your own household) before, during and after the activity. This may be reduced slightly if you are running/walking side by side but must not be less than 1 metre.

Avoid running/walking directly behind another participant wherever possible and, if not possible maintain a greater distance behind them to avoid being in their slipstream.

Be mindful of other trail users to ensure you maintain sufficient distance from them. Slow down or stop and step aside to let them pass where necessary.

### 5. Hand Hygiene

As there will not usually be hand washing facilities available at meet-up locations or out on the trails, please apply sanitiser to your hands before and after the activity.

We will have hand sanitiser available at the meet-up point. However, we would recommend that you bring your own and carry it with you.

### 6. Contact with Surfaces

Avoid contact with surfaces as much as you can, especially with your hands. Use your arms or other parts of your body to operate gates and/or aid balance over stiles if you can do so safely, rather than using your hands.

### 7. Kit Requirements – Including Face Covering

It is important that you are equipped with the necessary items to keep you and others safe in the case of an incident or emergency that causes the group to stop or significantly slow down (e.g. an injured participant). It is especially important that you are self-sufficient during this time, as relying on spare clothing, drinks or emergency food carried by others is not appropriate.

In addition, all participants **must carry a suitable face covering** to minimise the risk to others if they need assistance, e.g. after a fall requiring first aid. It is not necessary to wear it while running/walking.

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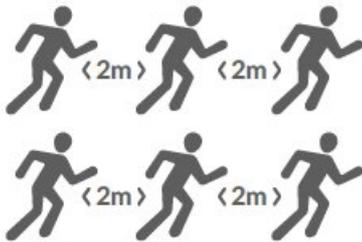
### 8. COVID-19 Symptoms

Please do not attend any activity if you have any covid-19 symptoms or need to self-isolate due to contact with others that have symptoms.

### 9. Questions

If you have any questions or concerns regarding the above, please get in touch via [info@peakrunning.co.uk](mailto:info@peakrunning.co.uk)

## ENGLAND ATHLETICS GUIDANCE



**Groups of 6  
or unlimited in  
a covid secure  
environment**



**Outdoor  
exercise only**  
(Indoor can open 25th July)

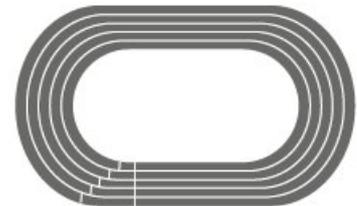


**Maintain  
2 metres at all  
times**



**Follow equipment  
hygiene  
procedures**

**Athletics and  
running for  
everyone**



**Follow  
venue  
guidance**



**Virtual challenges  
& competitions  
still available**



**Follow public  
guidance for health**



**Do not take part  
in activity if self  
isolating**