

## **Procedures for arriving, during and after club runs**

We are looking forward to seeing you on Tuesday night at 7pm for the club run.

Please walk to the Cricket Club where possible and try not to arrive too early to avoid hanging round in large groups, adhering to social distancing guidelines

On arrival at the Cricket Club, please make your way to the cemetery car park for registration.

You will be split into groups with your run leader

Please remember to bring your own hand sanitizer, if possible, to use throughout runs in case we need to open gates, go over stiles/fences etc

Please try and avoid sharing water bottles, spitting etc

Please remember social distancing guidelines when running in groups.

The Cricket club will be open after the run and if you feel comfortable joining members for a drink please do so and observe the clubs distancing guidelines – their doors and windows will be open to keep the air moving.

If not staying for a drink then again please avoid large groups and leave the club as soon as possible

**If you have any of the following symptoms or are feeling unwell please don't attend the run.**

- **Fever, a new and continuous cough, loss of taste or smell**

**If a member of your household has any of these symptoms and is waiting for a test, please self isolate and don't attend the run.**

**If you have knowingly been in close contact with anyone who has tested positive for Covid-19 in the last 14 days please don't attend any runs**

**until 14 days from that contact has elapsed.**

**Further advice is available from the NHS Coronavirus service**

**[www.nhs.co.uk/conditions/coronavirus-covid-19](https://www.nhs.co.uk/conditions/coronavirus-covid-19) or call 111 for advice**