

# SE FITNESS RESTRICTED RETURN TO WALKING AND RUNNING GROUPS

## Introduction

This guidance document has been developed in adherence with government guidelines as outlined by the government on 9<sup>th</sup> July 2020 and can be put in place immediately. Guidance will be updated as per government guidelines when they are made available or as soon as possible thereafter.

SE Fitness meets at Wyndley Leisure Centre and during the summer months runs or walks in Sutton Park. In accordance with government guidelines we started offering restricted groups from 4<sup>th</sup> July. From 17 July Athletics and Running activity can take place in unlimited numbers as long as it is within a COVID secure environment which can be open space such as a park or road.

A Covid-19 secure environment means in summary:

- Your group has a Covid Officer in place – SE Fitness Director
- Your group complies with all other social distancing guidance – see this guidance
- Your group develops a risk assessment – completed and available to view on the website
- Your group must capture all participants contact details which can be shared upon request with the NHS test and trace initiative – participants complete 'Join Form' before attending session and must text Leader to let them know they are coming.

The safety of SE Fitness runners, walkers, Leaders and our wider community is crucial and this document provides advice to help keep all our participants safe. Please note that relevant government guidance may be subject to change at short notice and so it is the responsibility of each participant, Leader and Coach to keep up to date with the latest information before joining a session.

Any activity must take account of local conditions and it is the responsibility of each participant, as well as SE Fitness Coaches and Leaders, to risk assess based on the environment we operate within. We have carried our Risk Assessment which are available to view at [www.sefitness.com](http://www.sefitness.com). All individuals should assess their own risk and the risk to their household before deciding to join us.

## Guidance for Runners and Walkers

At this point in time Government guidelines state that outdoor activities such as running and walking can take place in unlimited numbers in a Covid-19 secure environment. All participants must adhere to latest social distancing guidance.

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## Before Leaving the House

- If it is your first time at an SE Fitness session please complete the 'Join Form' on the website: <https://www.sefitness.com/membership/become-a-member/>
- Your Health – It is paramount importance that everyone monitors themselves for any signs of the virus as well as general health. Follow government advice and the advice of your GP in all cases. If in any doubt **do not attend the session.**
- Text the Leader of the session you wish to attend and they will confirm if there is capacity. The maximum number is 12 for a single Leader with a group. Second or third Leaders in a group can take a maximum of 6.
- Check you're up to date with local government advice.
- Follow all hygiene guidance including washing your hands before and after attending session. Suggest you also apply hand sanitiser.
- SE Fitness HQ will not be open and for the time being there will be no access to the toilet facilities in the main Wyndley building so use the loo before you come.
- Carry any medical supplies you need with you eg inhaler and your ICE details.

## The Session Itself

- SE Fitness groups will continue to meet in the small car park near SE Fitness HQ but at staggered times.
- As you meet your group there will be no register, no cash taken and you must adhere to social distancing guidance. You will need to carry your own car keys on the run.
- Spread out on the grass or track in winter months for dynamic warm up, the Leader will check you feel 100% well. Do not continue with the session if you are in any doubt. . Remember to catch any sneezes or coughs in a tissue and 'Catch it, Bin it, Kill it' once home.
- It is everyone's responsibility to adhere to latest social distancing guidance whether on the track, in Sutton Park or on the roads. As a general rule participants should run in pairs keeping to opposite sides of the path/road unless encountering bottlenecks or other people in which case drop back into single file 1m plus apart in order to pass safely. You may even need to stop and step off the path to allow another person to pass safely. Maintain a distance of 1m plus from the runner/walker ahead of you and do not hold gates open for one another.
- Be prepared to be flexible.
- Be especially courteous to other park users, and maintain the 1m plus social distance.
- Please be aware that should you require First Aid during the session then the Leader will try to assist at a safe distance as far as they can. Should you require CPR then the Leader will

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only deliver chest compressions and defibrillator (if we can access one). They will not deliver rescue breaths.

## After the Session

- Ensure hygiene guidelines eg handwashing takes place as soon as possible and critically before eating or drinking.
- Avoid congregating after the session, return home.
- Provide feedback to the Leader or Coach via text on 07788 628755 about how the session went and any ideas for improvement.