

NVRR. Return to club running. July 2020

Briefing Note.

Please read the [COVID19 risk assessment](#) document on our web site.

We will begin running from the club at 7pm on Tuesday 7th July 2020 and every Tuesday and Thursday thereafter.

We will meet in the car park outside the Hockey Club. There will be no toilet facilities or access to the hockey club.

We will be in groups of 6 people or less.

Each person in the group is to keep 1 metre or more apart.

The groups will be based around pace.

Each group will have a nominated group leader. This will not necessarily be a trained coach or run leader. Anyone can lead a group.

Please state if you're prepared to lead a group.

A route will be allocated for each Tuesday and Thursday and will be listed on the web site and club Facebook Group.

You will need to book a place in one of the groups prior to attending the club. Choose a group according to your pace.

You can do this by visiting our dedicated [COVID19 page](#) on the club web site or using this link [Running Booking Link](#) where you will find an Eventbrite booking form.

If you change your mind please unregister yourself on the Eventbrite page. You will be issued with a virtual "ticket" but you do not need to bring this with you to run.

Bring a hand sanitiser with you and a mobile phone.

You will need to have a contingency plan in the event of a minor injury or accident.

Please see the [COVID19 Club Risk Assessment](#) for full details on risk reduction and your responsibilities.

Christine Jones
NVRR Chair.