

NVRR. Return to club running. July 2020 Briefing Note. **UPDATED by Emma David for 29/03/21**

Please read the COVID19 risk assessment document on our web site.

We will begin running from the club **(or from the location of the interval session)** at 7pm on Tuesday 31st March 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 getting into 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 choice of routes will be allocated for each Tuesday and Thursday and will be listed on the web site and club Facebook Group. Choose a group when you get to the club according to your pace.

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.

Emma David
NVRR Covid Co-ordinator