



## RETURNING TO “NORMAL” ACTIVITIES

### Before you train

In this phase you must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas or exposed to someone with COVID-19 in the last 14 days.
- Have COVID-19 symptoms (self-isolate for 7 days) or are feeling unwell.
- Have been told to self-isolate as part of the contact tracing measures in place.
- You may be subject to a symptom check by your facility provider or club prior to training.

### Physical distancing & good hygiene

- Refrain from handshakes and high fives.
- Keep 2 metres away from other people at all times.
- Do not share food, towels, and drinks.
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and take it home with you.
- Wash your hands for 20 seconds or sanitise afterwards.
- Avoid spitting unless into a tissue which you should take home and dispose of.
- Avoid touching your face.

### Welfare

A comprehensive risk analysis has been carried out. This has identified the main risks associated with the SARS-CoV-2 virus and the COVID-19 disease. This builds upon the existing analyses of risks in “normal” times.

We've stocked our principal first aid kits with COVID-19 PPE and sanitisation supplies. We've also drawn up procedures for treating casualties and treatment results in close contact. Each COVID-19 pack contains a copy of these procedures.

These are in line with official guidelines for such circumstances. In the event of a mishap, you can be sure that proper procedures are in place.

### Facility Procedures

We are not aware of any specific additional procedures that are in place within Falkland Estate or the Lomond Hills Regional Park.

The Scottish Government has said that land managers should respect access rights and, if necessary, use helpful signs to highlight issues to users and suggest reasonable alternative routes.

Wherever you run - whether as part of a group run or on your own, please be on the lookout for such signs and ensure you adhere to any reasonable requirement made by land managers.

### Booking process

Many running clubs / groups ask members to book their place on a session - normally this is an online booking system.

We could have designed and implemented such a system but our numbers are quite small and we don't expect attendances to exceed the Sport Scotland guideline of 15 per group. If that does happen we can split into 2 groups.

We therefore don't see a need to demand formal pre-booking for sessions. If we see that numbers are enough to warrant such a system, we will put one in place.

Instead of formal bookings, we will operate a registration system. Everyone attending a session will have their attendance recorded. If someone attends a session and subsequently shows signs of COVID-19, we have to make sure that others at that session are informed. This will allow us to work with Test Protect to make sure that this can be done.

The register will be limited to name and contact number. We already have contact information for most people so, most of the time, we will not have to record this. Please help us by making sure that the contact details in our records are up to date. You can check and update your details by logging in to the web site and taking the option to view your profile. In any event, the first time you attend a session, please give us your details.

### Procedures at Training

Sessions will be organised in compliance with the Sports Scotland / Scottish Athletics / Jog Scotland “Practical Guide for Athletics and Running”. A copy of this is available from the Scottish Athletics web site.

No specific additional procedures will be in place during a group run. Neither are there any specific exclusions from the guide.

Participants should arrive at the venue, ready to run, not more than 5 minutes prior to the scheduled start time. They should wash or sanitise their hands upon arrival.

Before the start of each session, the leader will conduct a “symptoms check” to make sure everyone is fit to take part. The leader will also run through the most important “rules” which participants should follow; for example, social distancing.

Participants will be in groups of not more than 15. Groups must not congregate together. Each group forms a “bubble” from the start of warmup until the end of the session. During a run, social distancing must be observed within the bubble, with 2m between runners

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who are side by side, and 5 metres between any runner and the runner in front.

As we always have done, we will monitor the route for gates, fences, etc. that might have to be handled. However, participants should in any case wash and/or sanitise their hands at the end of every run.

Should there be a local outbreak or cluster of COVID-19, additional mitigating measures might be put in place. If this is the case, an announcement will be made on the "Get Fit Falkland" Facebook page.

### **Training information**

We plan to offer the same sessions as we did pre-Covid:

- a. 5k run every Thursday evenings at 6:30
- b. 8-10k run every Sunday morning at 10am

We may offer a session on Saturday mornings at 10am. These will run until parkrun restarts. The aim is to get people back to fitness in an environment similar to parkrun. If we go ahead, information will be posted on the Facebook group.

For most sessions, we will (subject to numbers and availability of leaders) break into groups based on ability. This will let everyone work at a level appropriate to their current fitness.

Sessions will normally start from the Duck Pond car park at Falkland Estate. The estate has a limited choice of 10k routes, and we are likely to also start from other locations. If so, we will place a notice in the "Get Fit Falkland" Facebook Group.

### **Couch to 5k**

We hope to resume the Couch to 5k programme in June. This will, of course, be subject to the conditions, guidelines and regulations in force at that time.

### **After training advice**

- Once the run has finished, wash and/or sanitise your hands, then leave as soon as possible, maintaining social distancing.
- Ensure personal gear is cleaned thoroughly after use.
- If you become unwell after training, contact your GP/ NHS 24 and then inform the coordinator.

### **COVID Contacts**

If you are concerned that the relevant guidance is not being followed, please contact the coordinator.

The official "COVID Coordinator" and "Return to Sport Coordinator" is Malcolm Mactavish. You can contact him by email at [info@recreational-running.com](mailto:info@recreational-running.com). Contact him by phone on 01337 831799 (no later than 9pm please).

Susie Ramsay is also a COVID Officer.

### **Run Leaders**

Our Run Leaders are:

Colin Aitken  
Rod Cooke  
Gordon Dickson  
Bill Gillan  
Carolann Kinnear  
Linda Mackie  
Susie Ramsay