

## **LAUNCESTON ROAD RUNNERS**

### **ROAD RUNNING IN A COVID-19 SECURE ENVIRONMENT**

All routes have been risk assessed to ensure a Covid-19 secure environment – so far as is reasonably practical.

The LRR risk assessment and C19 risk assessments are available on our website.

<http://launcestonroadrunners.co.uk/>

12 QUARRY CRESCENT, PENNYGILLAM INDUSTRIAL ESTATE (where we do our warm up on Thursday nights!) has been identified as a suitable meeting point – free car parking available and sufficient space to allow for social distancing. Please be aware that no toilet facilities will be available.

All runners will be required to register each week to ensure that “track & trace” can be implemented if required.

All LRR members have individual responsibility for adhering to all Government Guidance in relation to Covid 19.

First Aid will only be available in an emergency situation.

- **ONLY PAID UP MEMBERS MAY ATTEND TRAINING SESSIONS**
- **ONLY MEMBERS WHO HAVE COMPLETED A C-19 HEALTH QUESTIONNAIRE MAY ATTEND TRAINING SESSIONS**
- **ONLY ATTEND IF YOU AND ALL MEMBERS OF YOUR HOUSEHOLD ARE FIT & HEALTHY**
- **WASH OR SANITISE HANDS PRIOR TO & AFTER A TRAINING SESSION**
- **CARRY A FACE COVERING & IF YOU CANNOT MAINTAIN 2M SOCIAL DISTANCING – USE YOUR FACE COVERING**
- **TRY TO AVOID CAR SHARING OTHER THAN WITH PEOPLE FROM YOUR HOUSEHOLD OR BUBBLE, OR, CAR SHARE WITH THE SAME PEOPLE, OPEN WINDOWS, WEAR A FACE COVERING**
- **DO NOT CARRY ITEMS FOR OTHER RUNNERS OR SHARE WATER**
- **DO NOT SPIT! AVOID SHOUTING, COVER YOUR MOUTH IF YOU NEED TO COUGH**
- **GIVE PRIORITY TO THE GENERAL PUBLIC AT ALL TIMES**
- **CARRY AN EMERGENCY CONTACT NUMBER**