

Tuesday runs from 21st July 2020 - Guidance to ARC Members:

1. The committee of ARC have approved the following guidelines for members of the club to meet on a Tuesday evening from the Stick and Wicket Club to enjoy a run together within current government guidelines and legislation. The club stress that the following is not be classed as “an official club run”. The club will say that members are running as independent groups of 6(six).
2. According to Recovery Phrase 2 of step 2 of the recovery plan produced by England Athletics, groups of 6 (six) may train together provided that they maintain social distancing in open spaces.
3. The committee of the club will encourage members to meet at the club to train provided the law and any current guidelines are strictly adhered to. We have set out the following paragraphs as to how this may be achieved.
4. On Tuesday evenings from 7pm, starting on 21st July, 2020, (for a trial period) the club members may arrive at the Stick and Wicket Club “ready to run” in groups of up to 6 (six). Club Chair and or the Vice Chair (or a member of the committee) will be on hand at the Stick and Wicket Club to act as a Covid co-ordinator for the night. They will remain there until 7.30pm. It is imperative that if any member coming to the club has a cough, a temperature, shortness of breath or any signs of a COVID 19 infection then they should not run or come to the club. Similarly, any member currently shielding or in quarantine for any reason should not run or go to the club.
5. Members should try as much as possible to arrange themselves in groups of up to 6 in advance of the run via social media or by phone, text or email. They should all agree on the distance, 4 miles, 6 or loops. Each group should wherever possible be of the roughly the same pace as breaking off from the group will not be allowed. The group should also nominate a run leader who should be aware of the routes the club takes and be prepared to take responsibility for the group as a whole as to ensuring the law including social distancing rules and current guidelines are adhered to. It need not be the same group of six (6) from week to week.
6. Names of members of each group should be provided to the Covid co-ordinators in advance of the run so that any member(s) who cannot form him/her/themselves into a group of 6 or less can be put into other groups by the coordinators (albeit such groups shall not be more than 6 people).
7. Members who arrive at the Stick and Wicket Club should not congregate on the car park and should find the rest of their group as quickly as possible so they can set off on their run without delay. If possible, they should meet on the field adjacent to the club to avoid meeting anyone using the club generally.
8. Groups setting off on their run shall not do so at the same time. There shall be a gap of about 2 minutes between the groups setting off. Wherever possible the route for each group shall be decided in advance. It is preferable that group choose different routes to ensure that there should be no chance of one group merging into another. The run leader shall decide the route. As stated, no one in the group should break away from the group and the group should consider those who are slower than the others in the group. The Covid co-ordinator will supervise setting off if it is necessary.
9. Whilst on their run, groups shall observe social distancing law and guidance issued by the authorities. Members of each group shall apply common sense when it comes to avoiding members of the public. The run leader shall notify the COVID co-ordinator should there be any issues within the group.

10. After completing their runs, groups should not congregate anywhere around the Stick and Wicket Club. Taking a shower at the club is not allowed at this current time, however if any member wishes to use the toilet facilities at the club they may do so. Additionally, if any member wishes to use the bar facilities at the club that is a matter for them and the Stick and Wicket Club.

11. It is important to know that the club are encouraging members to run in groups from the club on a Tuesday night in accordance with guidelines issued by the Government at the time. If the law or guidelines change (which includes law applicable in the locality) then the committee without recourse to the members will act accordingly and these guidelines may be changed or revoked.

12. The committee hopes that this will allow members to begin to get back to normal training and it is further hoped that as time progresses guidelines will be less restrictive on members and a full return to all club activity will be achieved. At least this way it gives us the chance to run with our friends once again in a safe and secure way on a Tuesday night that we were all used to doing.

13. In order to allow this to happen the club has had to have a Covid 19 risk assessment in place which sits alongside the current general risk assessment. This is now available on the club's web site and we would encourage members to read the same.

14. Finally, if you find yourself in the unfortunate position of injuring yourself, for the time being you should try and help yourself unaided without the support of your colleagues in the run group. In serious case please ring 999. Likewise, if one of your run group colleagues are injured please try and ensure that the injured runner helps him/herself as much as they can without your support.