

## Guidance for athletes and runners: return to activity

### Your health

It is of paramount importance that athletes monitor themselves for any signs of the virus, as well as general health.

### Before and after training

#### Stay up to date

- Check all guidance that has been published, especially concerning social distancing and hygiene and any athletic specific guidance.
- Be aware guidance can change quickly and more restrictive rules may be applied in the future, so please refer to the England Athletics website regularly and group leaders or Royston Runners Covid-19 coordinator Team.
- Athletics and Running activity can now take place in unlimited numbers as long as it is within a COVID secure environment (which can be a track, indoor hall (25<sup>th</sup> July) open space such as a park or road). Where a [COVID secure environment](#) is not in place groups will need to be either 2 household units or a maximum of 6.
- Check directly with your athletics club, coach, or leader on their policy for club, coach, or leader activity.

#### Before leaving home

- Follow all hygiene guidance including washing your hands.
- Ensure that all arrangements have been made prior to leaving home so that any government advice on social distancing, as an example, can be maintained at any facility. This may mean prior coordination of activities with the club, facility management or your coach or leader.
- Athletes and runners should ensure they are prepared and have planned for circumstances where injuries or other accidents occur, and they have mitigating procedures and plans in place to resolve the issue while maintaining all government guidance.
- Be aware that changing facilities and toilets may not be open. The Heath toilets are available.

#### Equipment/Facility

- Take hand sanitiser with you.
- Read all the facility guidance in the England Athletics [Guidance for Athletics Venues](#) document.

#### Training and coaching

- Do not congregate before or after training, return home.
- Ensure specific event guidelines are followed.

#### Athletes in Higher Risk groups

- Athletes and runners in the higher risk groups should follow any medical guidance they have been given about ensuring good health and welfare. If there are further concerns, please consult with your medical or national organisations for support and best practice.

[The latest government Guidance for the public on the phased return of outdoor sport and recreation in England can be found here \(last updated 19/8/20\)](#)