

Looking at the current guidance on the way out of lockdown in England and, provided there is no hiccup, **it looks like we can resume our organised training activities after the 29<sup>th</sup> March.** It will have been a while since we last met as a club so here is a reminder **for everyone** of the rules/process.

We still need to see if any additional controls or requirements are placed on Organisers when the date is confirmed, but we assume it will be back to Tier 3 controls.

We are following the England Athletic protocol for organised activities in a Covid secure environment so, as ever in these covid days, **we all need to comply** with the process. You can find the England Athletics guidance [here](#).

Meeting outdoors is a safer environment but we still need to comply with the Social Distancing regulations. Other people may also be meeting/using these public spaces.

Club members will be invited to use the RunTogether website to book their slot in each pace group via a weekly club wide email. We could have around 6 to 10 groups, at various paces. Potential new members would need to contact the club via the club email address, [eynsham.err@gmail.com](mailto:eynsham.err@gmail.com), for access to the (link to the Runtogether) website to be provided.

We will have moved to British Summer Time by then so the evenings will be lighter but the first couple of weeks may still benefit from a head torch/reflective gear.

If you have been shielding contact us if you have concerns over coming.

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**For all club Sessions**

When you arrive, we know its tantalising to mingle BUT please don't!

Remember it's currently 2m for SOCIAL DISTANCING unless you're in the same household or a legal Covid bubble.

Please go straight into your training/Pace group area

Space out when running.

Respect other Runners and Pedestrians space when you're out and about.

Bring your own drinks if needed.

Wear a face covering before or after the activity if it helps you feel safer.

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**On Tuesdays**

The sessions will be led by Ian. A separate weekly club wide email will be circulated.  
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## On Wednesdays

We have been communicating with EPC and the Playing Fields Association so the car park should be open for when we're there, or at least till dusk!!

Initially we're not asking for access to the pavilion, so no loos or other access. We will review that once the conditions allow.

On Wednesdays we'll gather for 18:30, with the first pace group leaving around 5 minutes later, faster groups first to minimise overtaking.

Routes will be notified each week in advance, where possible.

Pace groups will have a designated leader, hopefully wearing a Blue Club top, plus up to 5 others.

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Hands. Face. Space.

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**RunTogether** – you need to have registered individually as an athlete. [RunTogether](#)

Ian Keeley is managing the account and process. Here is Ian's user guide to booking. [is here](#)

RunTogether is our attendance list if needed by Track and Trace.

Unfortunately, the website doesn't say how many of the 5 spaces are free

When you get the weekly email, hit the hyperlink, scroll down the pace groups to find your pace select it and remember to tick the box to the righthand side (landscape helps if on a phone or tablet)

**The deadline for booking is NOON on the day**, so the pace leads can have their attendees circulated to them. The activity will be closed for bookings after then.

If you don't get your booking email and the "your booking" section doesn't confirm a booking **Don't Turn up**. You can always ask Ian for help or try booking again if the user guide doesn't help.

If you find you have multiple bookings for the same session please cancel the excess ones as early as possible so others might attend.

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**Don't book one group** and try to swop to another on the night. Pace leads have to confirm who turned up and ran with them after each run.

**Don't give your space** in a pace group to someone else.

**Don't Turn up** if you feel unwell or if you have been in close proximity with someone with Covid or have been contacted by Track & Trace. We may have to cancel the event.

**Don't Turn up** if you have not booked a space on the session.

**And finally**, we hope you enjoyed your Club run, but if you subsequently come down with an illness following the session, consider the covid symptoms list and book a covid test if appropriate. Please advise Simon Walker, Ian Keeley or Hugh Morris if you are covid **positive as early as possible**, as that may require us to advise members who ran with you and could impact on the next club events.

Enjoy!!