

Members large group training (12 participants) note (25th July 2020)

Where a club trainer has taken on a large group session (12), so that we can comply with England Athletic Covid Secure guidance you will need to:

1. Not attend club training sessions in any capacity if you have any Covid related symptoms or have recently had a positive test. This also applies if you are self-isolating due to exposure to a person infected with Covid, have been requested to do so as part of the formal NHS test and trace programme ([contact-tracing.phe.gov.uk](https://www.contact-tracing.phe.gov.uk)) or have recently returned to / arrived into the UK from abroad. The only exception to this would be if you are returning from a country on the official government exempt list www.gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk
2. Have updated or confirmed that the medical/health declaration and your contact details are up to date.
3. Inform the club Covid coordinator (Jeremy Reichelt) if you have any Covid symptoms or have a positive Covid test after attending a club training session.
4. Consider if you have previously been ill with Covid-19 that you might wish to seek medical advice before restarting physical activity and highlight this to leaders as you would with any illness or injury concern.
5. Take extra care when overtaking and passing to be at or more than 2 metres distance. Give priority to pedestrians and people using public places.
6. Have read the Large group Training (12 participants) risk assessment and Notfast RC Covid action plan.