We are so pleased to announce that all of the due diligence required from England Athletics is now complete and Biddulph Running Club is able to recommence Running Club nights from **Tuesday 1st September**.

Within the guidelines, we have tried to keep the traditional club night format as close to ‘normal’ as we can, but there are a number of new things which we need to let you know about, with a little bit of covid-common-sense thrown in.

**The basics**

Days: Tuesday and Thursday (we are unable to offer a formal Monday morning group at this time)

Time: 6:30pm meet for a 6:45pm start time

Meeting point: In the yellow bollard area on the top car park of Biddulph Valley Leisure Centre (BVLC)

Running groups: Runners will be able to self-select a running group A-D as per pre-covid

Booking system: There will be a booking system available on the website in advance of each club night.

**Covid officers**

Each club night will have a pre-appointed Covid officer. Who will ask you to complete the following:

* Pre-activity checklist of symptoms
* Track and trace contact form

|  |  |
| --- | --- |
| Kate Jones | Helen Burndred |
| Rowena Jukes  | Tracy Shufflebottom  |
| Simon Hodgkiss  | Katie Brookes  |

* BRC appointed Covid officers are:

**Track and trace**

In order to run with BRC, all members are required to complete a track and trace form at the start of each run. Without completion of the form, you will be unable to run. Please allow sufficient time before 6:45pm in order to complete this.

All personal data will be stored in line with the Data Protection Act.

For more details on track and trace, see the following: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

**Booking system**

We strongly recommend that before each club night, you mark yourself as ‘attending’ on the online booking system link available at <http://www.biddulphrunningclub.co.uk/> in advance of each club night. We do appreciate that situations change and therefore, by clicking ‘attending’ it does not tie you being there, it just helps manage numbers in advance.

**Social distancing**

Social distancing: All runners must follow up to date government guidelines regarding social distancing at all times. For more information, see:

<https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home>

Numbers: There is no limitation on the number of runners able to meet at each club night or number of runners in each group

**Facilities**

BRC are not permitted to enter BVLC under any circumstance. We therefore do not have access to:

* Key holding facilities
* Toilets
* Changing rooms

**Other essential requirements**

We also ask as a standard requirement each club night you observe the following:

* Carry a mobile phone at all times
* Carry a small piece of paper with next of kin name and contact details to be used in an emergency
* Carry a face mask or covering

**Biddulph Running Club responsibility**

In order to mitigate all risks identified in the Covid-19 Risk Assessment, BRC has the responsibility to all runners to ensure:

* Faster running groups are the first to leave Biddulph Valley Leisure Centre, allowing for a natural separation in groups (groups further down the pace order will only be required to set off a few seconds behind)
* Routes avoid using narrow alleyways
* All off road running is over by the time sun-sets
* Each group has a designated leader who will be asked to ensure all runners in group arrive back to BVLC safely
* The local covid case numbers are within safe limits to provide a safe running club environment

**Runner’s responsibility**

In order to mitigate all risks identified in the Covid-19 Risk Assessment, BRC asks all runners:

* Maintain social distancing from other runners at all times
* Carry a face covering with you at all times
* Carry a mobile phone with you at all times
* Carry next of kin contact details with you at all times
* Wash hands before and after all club nights and either store your own hand sanitiser in your car or carry with you
* Not to spit or do snot-rockets during any part of the run
* Arrive at club night wearing clean, freshly laundered clothes
* Go straight home after running, shower and put on clean clothes
* Do not share water or drinks bottles with any other member
* Arrive at running club in separate cars, or walk or cycle

We really hope that everything above provides you with enough confidence and reassurance to come back to running with BRC. We’re excited to see you all over the coming weeks. And please remember, BRC is for all members. No member will be left behind, and if your running has gone off the boil a little over all of this time, don’t worry, that’s what we’re here for. Let’s just get back to doing what we love doing.