

Covid-19 running arrangements

This document sets out how Dark Peak Fell Runners will conduct runs under Covid pandemic regulations. The arrangements come in two parts:

1. Obligations for runners – The Athlete Code of Conduct;
2. Definition of how events must be conducted - Event provisions

Both parts must be complied with for each and every run, or the Club will be forced to cease to offer events.

This code applies to outside:

- Club Runs;
- Junior sessions; and
- Private club races.

This does not currently apply to:

- Open races organised by Dark Peak Fell Runners;
- Open races organised by others;
- Adult Coached sessions
- Non-running activities.

Athlete code of conduct

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable activity for everyone.

Before the run:

- Do not travel to the activity if you are showing any symptoms of covid-19 as outlined by the NHS;
- Do not travel to the activity if someone in your household is Covid positive;
- Do not travel to the activity if you are isolating;
- You must **bring a face covering**, to protect yourself and others in the event that 2m distancing is not possible. E.g. a Buff or a face mask.
- Follow government guidance on travel, public transport and lift sharing.

At the run:

- Observe social distancing.
- Come ready to run - minimise your interaction with others by being as self-sufficient as possible
- Upon arrival you must not circulate around other groups prior to taking your place in your designated run group. You must locate your group and stay with that group until the completion of the activity, or until it is agreed for you to leave the activity.
- Ensure you are aware of and understand the pre-activity briefing information provided for the event – if in doubt ask.
- Be aware of your personal hygiene e.g. avoid spitting and nasal clearance
- Be respectful to the public, volunteers and other participants

After the run:

- Disperse without mingling;

- If you experience COVID symptoms within 14 days of the activity, the event must be reported to the government's Track & Trace system to safeguard others.

Additionally, runners may wish to:

- Bring your own hand sanitizer
- Bring your own water and food, and carry it with you during the activity. Dispose of rubbish responsibly and in an appropriately sanitary manner

The Events

Club runs and club races covered by these Covid related rules and provisions are Risk Assessed as part of Dark Peak's overall Covid Risk Assessments. As such, provisions defined in those assessments must be undertaken by organisers and athletes.

Club runs

Club runs, do not operate in a Covid-Secure Environment. Groups of more than six people are prohibited.

- The Athlete Code of Conduct applies

Each club run requires a defined controller agreed and publicised in advance, to ensure the following are implemented:

- That all necessary pre-run information is provided via the Club Calendar. This should define assembly provisions that comply with the law and the rules set out below;
- That group allocations are effectively taken up without mingling;
- That individual groups do not encroach. Groups departing in the same direction must set off at no less than 3 minute intervals;
- That groups are no larger than 6 people;
- The collection of personal details: name and contact number and to ensure returning runners are accounted for. Details must be retained for 21 days to be made available to track and trace upon suitably authorised request.

Additionally:

- It is highly desirable for each group to have a nominated leader, to ensure that all group members are fully briefed as to the route, available options, emergency options and to ensure all group members are accounted for during the run.
- There is great benefit in individual groups starting from different locations (and pre-allocating places). In such circumstances a nominated group leader should ensure awareness of the group and leader contact details are communicated through the club website in all cases. The use of social media and other communications for subsequent formation of the group is likely to prove convenient.

Club Races

Club Races, do not operate in a Covid-Secure Environment. Groups of more than six people are prohibited.

- The Athlete Code of Conduct applies.

Each club race requires a defined controller agreed and publicised in advance, to ensure the following are implemented:

- That all necessary pre-race information is provided via the Club Calendar. This should define assembly provisions that comply with the law and the rules set out below;
- That start group allocations are effectively taken up without mingling;
- That individual start groups do not encroach. Groups depart at no less than 3 minute intervals;
- That groups are no larger than 6 people;

- The collection of personal details: name and contact number and to ensure returning runners are accounted for. Details must be retained for 21 days to be made available to track and trace upon suitably authorised request.

Club Time Trials

Club time trials defined in the calendar are not operated in a Covid-Secure environment. They are entirely unmanaged. These are defined routes that may be run and times of club members may be recorded.

It is the responsibility of each runner to comply with the law.

The window of opportunity to undertake these trials is set broadly enough to minimise the possibility of encountering others at the start, finish and on the route. It is the responsibility of individuals to maintain safe physical distancing.

Junior Runs – Covid-Secure

Junior runs operate in a Covid-Secure environment, by virtue of being led by an EA certified leader or coach, in conjunction with the provision set out below.

The Junior Athlete Code of Conduct is as follows:

Before the run:

- Juniors **Must Not** travel to the activity if are showing any symptoms of covid-19 as outlined by the NHS;
- Juniors **Must Not** travel to the activity if someone in their household is Covid positive;
- Juniors **Must Not** travel to the activity if they are isolating;
- Juniors over the age of 11 must **bring a face covering**, to protect themselves and others in the event that 2m distancing is not possible. E.g. a Buff or a face mask;
- Juniors must follow government guidance on travel, public transport and lift sharing.

At the run:

- Parents are to drop off the runner and agree collection time and location with the leader;
- Parents and Runners must observe social distancing;
- Juniors, come ready to run - minimise interaction with others by being as self-sufficient as possible;
- Juniors must have a small rucksack, or bumbag containing waterproofs, hat, gloves and an extra long sleeved top. They will carry this with them on the run;
- Upon arrival both parents and runner **Must Not** circulate around other groups prior to taking up the designated in the run group. Upon arrival the runner must locate their group and stay with that group until the completion of the activity and collection by a parent;
- Runners must be aware of your personal hygiene e.g. avoid spitting and nasal clearance;
- Runners must be respectful to the public, volunteers and other participants.

After the run:

- Parents must collect their children from the appointed location at the appointed time;
- Disperse without mingling;
- If the runner experiences COVID symptoms within 14 days of the activity, the event must be reported to the government's Track & Trace system to safeguard others.

Additionally, runners may wish to:

- Bring hand sanitizer. Dark Peak do not provide hand sanitizer;
- Bring a small amount of water and food, and carry it during the activity. Dispose of rubbish responsibly and in an appropriately sanitary manner.

Junior Run, session provisions and requirements

Junior runs operate in a **Covid-Secure** environment, by virtue of being led by an EA certified leader or coach, in conjunction with the provision set out below.

- The Junior Athlete Code of Conduct applies

Each group shall be a maximum size of 12 (including adults). There must be at least one certified (LiRF/CiRF) leader with each group.

Control of the group falls to the nominated Leader. It is their responsibility to ensure the following are implemented:

- That all necessary pre-run information is provided via the Club Calendar. This should define assembly provisions that comply with the law and the rules set out below;
- In the case of multiple groups, assembly provisions and instructions must ensure that no mingling occurs – typically by a significant distance separation of the groups;
- That individual groups do not encroach;
- Groups departing in the same direction must set off at no less than 3 minute intervals;
- The collection of personal details: name and contact number and to ensure returning runners are signed out. Details must be retained for 21 days to be made available to track and trace upon suitably authorised request.

Open Race procedures

No Open (Public) Race procedures are currently agreed. Consequently, none can currently be staged by the club.

Adult Coached Sessions

No Adult Coached Session procedures are currently agreed. Consequently, none can currently be staged by the club.