

Caerleon Running Club

Return to running



Prepared by Caerleon RC Committee

15/4/2021

Outline

This document has been put together following the announcement by the Welsh First Minister Mark Drakeford of a return to outside group activities from Monday 26th April 2021.

The following instructions are set out having considered the details of the current restriction levels and follow quite tight guidelines. They are the starting point for getting the club back in motion and will be reviewed regularly, based upon both the delivery of the sessions and any further guidelines from WG and WA.

While attending any session you are representing the club within the local community, so you **MUST** adhere to these instructions and any further information passed on at the start of the session by the designated Run Leader. Anyone not following them will not be allowed to attend any future sessions. These also reflect the Welsh Athletics Code of Conduct.

The Rugby Club and changing rooms will not be available for use at this time. There may be limited access to the toilet in the future, depending on key holder availability but this should not be relied upon. The best approach is to arrive ready to run, using the toilet at home before heading out.

During **ALL** the sessions everyone must abide by the 2m social distancing rule which is still in place in Wales. You must maintain it while waiting at the meeting point, during the session and leaving the session. You must also be aware of other users of our run routes. Runners should communicate with each other during the run to maintain collective social distancing with members of the public. Please always give priority to members of the public when necessary.

Details of all Tuesday sessions will be calendared on the club website. Specific details for a Thursday session will be communicated in advance also.

There will not be a requirement to book onto sessions. We will revert to the pre-COVID-19 normal whereby you attend club sessions at your own discretion and joined whatever group you wish. The leader(s) in each group will keep a written record of attendees.

Each session will have a choice of time slots/groups. There will be at least one leader accompanying each group. There is no requirement for any leader to runners ratio currently. However, no single group should exceed 30 runners in total. In the event of this happening, the leader(s) in each group will ensure that the group is split into two distinct groups.

We will have up to 4 groups for each Tuesday session in the first instance, but this may be altered according to demand. The group standards will follow a similar arrangement to a normal club night, under normal conditions.

Group 1ab	Sub 8:00 min/mil
Group 2	8:00 – 8:45 min/mil
Group 3	8:45 – 9.45 min/mil
Group 4	9:45+ min/mil

For the Thursday session we will mix up the sessions. They will include mixed activities, pace-based activities and differentiated by leader sessions. They will be communicated well in advance.

Please be at the meeting point no more than 5 minutes before the start time, the Run Leaders will check everyone in. Runners should not greet each other physically and car sharing should only happen from the within the same household. Please do not be late, the group will be leaving on time and will not wait for any latecomers as this will impact on the next group starting. There will be staggered times for each group to depart. Each group should look to congregate on the grassed area to the right of the Fosse at their set time, and not before.

Please do not warm-up and cool down in the vicinity of the start/finish area. Please either incorporate this into your journey to club or ensure that it takes place well away from where groups are meeting.

It is recommended that all runners carry some ICE (In Case of Emergency) details with them. This can simply be your parkrun barcode/wristband, an ICE app on your phone (if you run with your phone) or there are templates online that can be printed off.

Runners should use their own hand sanitiser before and after the run wherever possible and should not touch anything with their bare skin e.g gates, handrails etc. Once the run is over, runners should leave the start/finish point promptly to avoid the gathering of groups.

If you are experiencing any symptoms associated with COVID-19, you must stay away, taking responsibility for your own health and that of others.

Tuesday Night

Details of the sessions will be posted on the calendar section of the club website. We will follow a familiar club run route that we have completed many times before.

By attending a session, you are confirming that you have read the Outline and Session requirements, and that you are agreeing to adhere to these rules laid out and any further instructions given on the day.

Parking will be in the Amphitheatre car park. Please do not car share unless you are in the same household.

The Rugby Club and changing rooms will not be available for use. There may be limited access to the toilet in the future, depending on key holder availability but this should not be relied upon. The best approach is to arrive ready to run, using the toilet at home before heading out.

The session will have 4 time slots. Runners must be at the meeting point no more than 5 minutes before the start. Run Leaders will remind runners of the rules and be part of the group during the session. The groups must leave on time, there is to be no waiting for latecomers.

Group	Meeting Time	Departure Time
4	6.25pm	6.30pm
3	6.35pm	6.40pm
2	6.45pm	6.50pm
1	6.55pm	7.00pm

All the groups will do the same session, unless previously agreed by the coaching team.

The meeting point will be located on the grassed area to the right, at the start of the Fosse.

The **2m social distancing** rule must be maintained while waiting at the meeting point, during the session and leaving the session.

The session will finish at the end of the Fosse in the Amphitheatre car park.

At the end of the session runners must leave the start/finish area promptly, to avoid group gatherings.

THE DEFAULT ARRANGEMENTS FOR THURSDAY NIGHT SESSIONS WILL BE AS ABOVE, UNLESS OTHERWISE DIRECTED THROUGH THE FACEBOOK MEMBERS PAGE. THURSDAY SESSIONS ARE INTERVAL SESSIONS THAT WILL VARY IN THEIR FORMAT.