



The LFR Risk Assessment Procedure applies with the following additions whilst social distancing and Government Guidelines are to be adhered to:

Risk- Spreading / transmission of Covid-19 through contact with disease on a surface

- All meeting places to be outside to limit the touching of surfaces such as doors, etc.
- Meeting places to be those with space where social distancing can take place.
- Where coming into contact with surfaces on runs such as gates and styles then runners are advised to carry hand sanitiser with them. If they do not this is at their own risk.
- There will be no access to the clubhouse or toilet facilities to limit contact with surfaces.
- Runners to avoid shouting, spitting, nasal clearance etc
- Run leaders are to remind their group of the guidance at the start of each run.

Risk- Spreading / transmission of Covid-19 through airborne transmission of the disease by an infected person

- All club members when booking on to a run must tick the terms and conditions stating that they will follow government guidelines and have not been unwell or self isolating.
- At all times social distancing must be maintained; this applies to yourself with other runners within the group and with other runners or walkers.
- If social distancing can not be maintained then you must be prepared to stop and let others pass in order to keep the safe advised distance.
- Run leaders are to remind their group of the guidance at the start of each run.

Other Covid-19 guidance for limiting the spread / transmission of the virus

Routes are pre approved to ensure that social distancing can be maintained. This is to be regularly checked. Canal towpath and narrow alleys are not to be run on.

EA and Government guidelines to be regularly checked incase of any changes.

There must be regular communication between the club and the members to ensure everyone is aware of guidance and to ensure compliance.

Reviewed and Updated 16th May 2021