

DDAC Club Runs Resuming 7pm on Tuesday 14 July from the Pie Hall

With the gradual easing of lockdown restrictions and the re-opening of the Pie Hall on 4 July it is planned to resume Club Runs for the senior section of the Club from the Pie Hall on Tuesday 14 July, from 7pm.

To keep everyone safe, there will however need to be some changes in how our club runs are organised, to take account of Government guidelines and those issued by England Athletics and also to comply with the procedures introduced at the Pie Hall.

Current guidance allows us to exercise and train in groups of up to 6, provided 2.0 metres social distancing is maintained. The plan for Club evenings is set out below. This cannot cover every eventuality so please read carefully and use common sense:

1. For our Club runs we will have three categories of runner; fast, medium and slower, very much as we did before lockdown, with a designated leader in each category.
2. Each category should assemble in a separate area of the Pie Hall car park prior to the run. Please see the plan below indicating where to assemble, maintaining social distancing at all times.
3. If there are more than 6 runners in any category, the designated leader will split the group before setting off to make sure that the each running group is limited to a maximum of 6 runners.
4. The designated leader of each group should keep a list of names of those running in each group (for possible contact tracing purposes).
5. Wash your hands thoroughly or use a hand sanitiser prior to coming out on club evenings.
6. When arriving at the Pie Hall by car, please park on-street so that the car park is kept as clear as possible for the runners
7. Try to avoid use of the Pie Hall toilets as far as possible. If you have to use the toilets, you will need to sign in and use the one-way system referred to below
8. Arrive ready to run and please do not use the toilets at the Pie Hall for changing before or after the run.
9. Keep your car key with you when running, in a secure pocket or bum-bag rather than leaving keys behind the bar.
10. When running try to minimise contact with surfaces which could potentially be contaminated, particularly metal and plastic, and try to avoid touching your face whilst running.
11. Consider taking hand sanitiser or antibacterial wipes with you on your run in case you come into contact with a potentially contaminated surface.
12. At the end of your run, wash your hands thoroughly or use hand sanitiser as soon as possible and immediately on entry to the Pie Hall.
13. If after running you feel unwell and experience symptoms which could be Coronavirus related, please contact Abbie Dagg as Club Secretary immediately (abbiecoldfeet2@gmail.com). You should not wait for test results before contacting Abbie!

There have also been changes at the Pie Hall to comply with Government guidance. Phil, Glynis and all at the Pie Hall look forward to welcoming back members of DDAC, however it is important we comply with the new procedures which are set out below.

- a) A one-way system has been introduced which involves entering through the double doors on the car park side of the building as usual. The doors are to be kept open so that it is not necessary to touch the doors.
- b) There will be a signing-in book in the entrance lobby which must be filled in by everyone visiting the Pie Hall for track and trace purposes, should the need arise. There will be hand sanitiser in the lobby which must be used on entry and exit.
- c) The one-way system involves walking through the lounge bar area, continuing past the toilets, through the main hall and exiting the building via the fire door at the side of the stage.
- d) The usual range of drinks can be bought at the bar, either in the lounge area or in the main hall. After buying a drink everyone must be seated, with no lingering at the bar.
- e) Seating is available either in the lounge area, where the number of tables and chairs has been reduced for social distancing reasons or in the main hall when further tables have been set out.
- f) For those who prefer to be outside, a beer garden is proposed to the rear of the building. There is also a table and chairs by the main entrance.
- g) A contactless card payment system is being introduced but was not operational on 4 July. Payment by card is clearly preferable however be prepared to pay cash if necessary.

We hope that all club members will feel comfortable in resuming Tuesday evening Club runs and returning to the Pie Hall. If you feel unwell or if you've been in contact with others who are unwell, please stay at home and consult Government guidance on what to do. Also, if you are categorised as medically vulnerable or extremely vulnerable you should consider taking medical advice before resuming club evenings.

