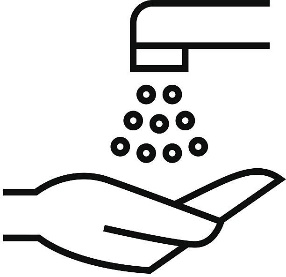
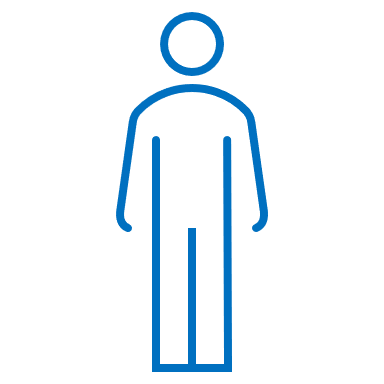
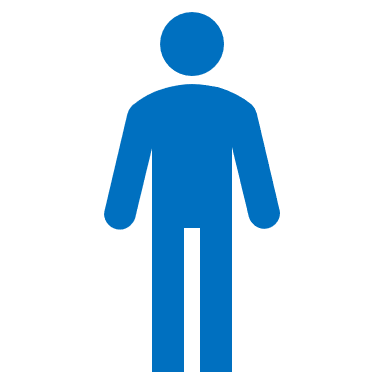
Welcome back to the group



Follow physical distancing at all times

Follow venue rules   
at all times

Wash your hands before and after and sanitise during the sessions



<2m>

|  |  |
| --- | --- |
| **Before you train**  In this phase you must stay at home if you:   * Have been in contact with someone with COVID-19 in the last 14 days. * Have been overseas or exposed to someone with COVID-19 in the last 14 days. * Have COVID-19 symptoms (self-isolate for 7 days) or are feeling unwell. * Have been told to self-isolate as part of the contact tracing measures in place. * You may be subject to a symptom check by your facility provider or club prior to training.   **Physical distancing & good hygiene**   * Refrain from handshakes and high fives. * Keep 2 metres away from other people at all times. * Do not share food, towels, and drinks. * Clean your hands and equipment frequently. * Cover your coughs and sneezes and dispose of any used tissue in your own bag and take it home with you. Wash your hands for 20 seconds or sanitise afterwards. * Avoid spitting unless into a tissue which you should take home and dispose of. * Avoid touching your face.   **Welfare**   * Note any other key points/actions you are taking to protect all joggers and Jog Leaders. * <https://www.scottishathletics.org.uk/about/welfare/> | **Booking process**  Insert your group booking procedures  **Procedures at training** (include arriving, departing and any relevant group specific information)  **Training information** (what groups on what nights and at what times? Will it be staggered)  **After training advice**   * Once training has finished leave promptly and maintain physical distancing. * Hands should be washed and/or sanitised as soon as possible. * Ensure personal kit and equipment is cleaned thoroughly after use. * If you become unwell after training, you should first contact your GP/NHS 24 and then inform your club/**scottish**athletics welfare team.   **Facility procedures** (for each venue/public space you use) |

Scottish Government guidance - <https://www.gov.scot/coronavirus-covid-19/>

jog**scotland** guidance - <https://jogscotland.org.uk/home/covid-19/>