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>

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| **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/>