


jogscotland



Supporting groups and joggers as we ease out of
lockdown

Hints and tips for groups as we head back into group activity



Preparing to return to group activity

As groups prepare to restart activity, joggers, and indeed leaders, may have some anxieties and questions about getting together to run safely. In addition to our formal guidance we have created this document to present some scenarios you may encounter, and to give some tips on getting back as a jogger and/or supporting your group as a leader.

Before you return to group sessions, we would ask each group

- Jog leaders should familiarise themselves with the latest jogscotland and Scottish Government guidance, which can be found [here](#).
- Share the relevant guidance with your joggers prior to group sessions restarting. You can use our 'Group return to activity template.
- Practice good hand and cough hygiene, ask joggers to wash their hands when they leave and once they have returned home, using anti bacterial hand gel in between, if required.
- Ensure your contact details for joggers are up to date. Where appropriate use a booking system to manage numbers attending and prepare a process for recording attendances.
- Ask group members to let their Jog Leader know if they test positive for Covid-19. The tracers working for NHS Test and Protect will work with the member who has tested positive to contact anyone who needs to self-isolate.

Risk assess

- Your local route might not be suitable with current restrictions e.g. difficult to distance, so re-assess your route before the group returns.
- Physical distancing, following the current guidelines will need to be in place.
- Share this with your group, as this may help relieve some of the anxieties around the return to group activity.
- Review the risk assessment at the end of each session and every time the government and/or jogscotland move through another phase.



Mental health

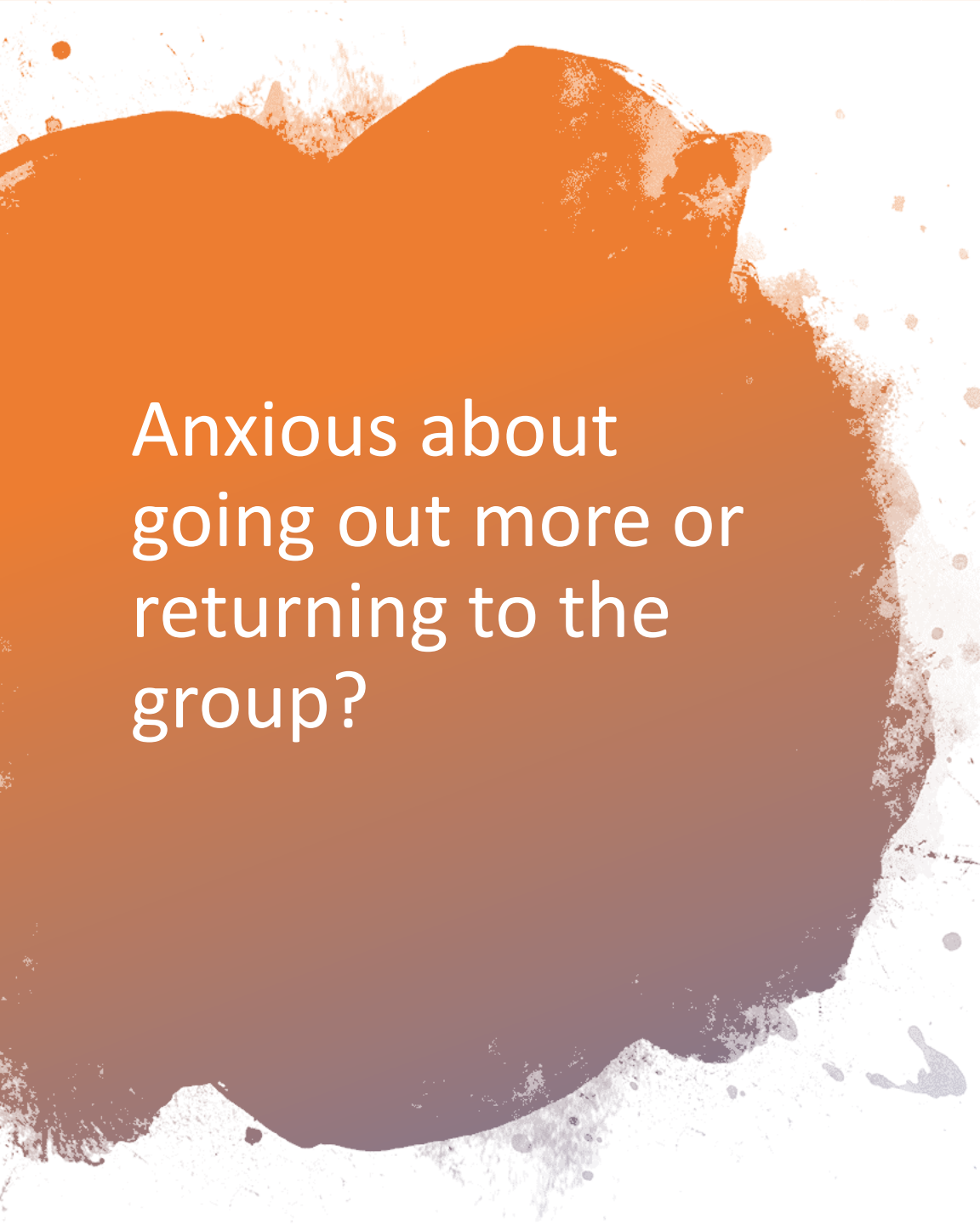
Please remember that the current situation has affected everyone's mental health in different ways please be kind to yourself and each other.

More information on how to support your mental health can be found through the [Clear Your Head Scotland](#) website.



Scenarios

Here are some scenarios that may come up during the return to group activity.


An orange watercolor splash graphic on the left side of the slide, with the text 'Anxious about going out more or returning to the group?' written in white. The splash has a textured, painterly appearance with various shades of orange and some darker spots.

Anxious about going out more or returning to the group?

- Totally understandable!
- Reassure yourself about the current guidelines both from the Scottish Government and jogscotland.
- Communicate well with fellow Jog Leaders and joggers prior to, and during the session to remind everyone of the guidelines and to help maintain physical distancing.
- Anyone not adhering to physical distancing is asked respectfully to adhere to physical distancing.

Ideas and information for joggers:

- Start small: a walk around the block, steadily increase your activity.
- Run or walk on your own at first, using virtual links to keep in touch with your group.
- Meet with one other member of your group and go for a socially distanced run.
- Group runs will be smaller initially due to Scottish Government guidelines. This will help manage the return to group activity safely.
- Speak to your Jog Leader(s) to discuss your return to the group. They will help provide the assurances you may be looking for.



Our group has folks who were shielding and/or their fitness not the same as it was pre lockdown.

Always follow your doctors and NHS guidance on going back to physical activity.

Start slow and build on your physical activity step by step.

Groups may benefit from a Learn to Run or Couch 2 5K block when they can start back up.

Groups should be smaller.

Shielding?

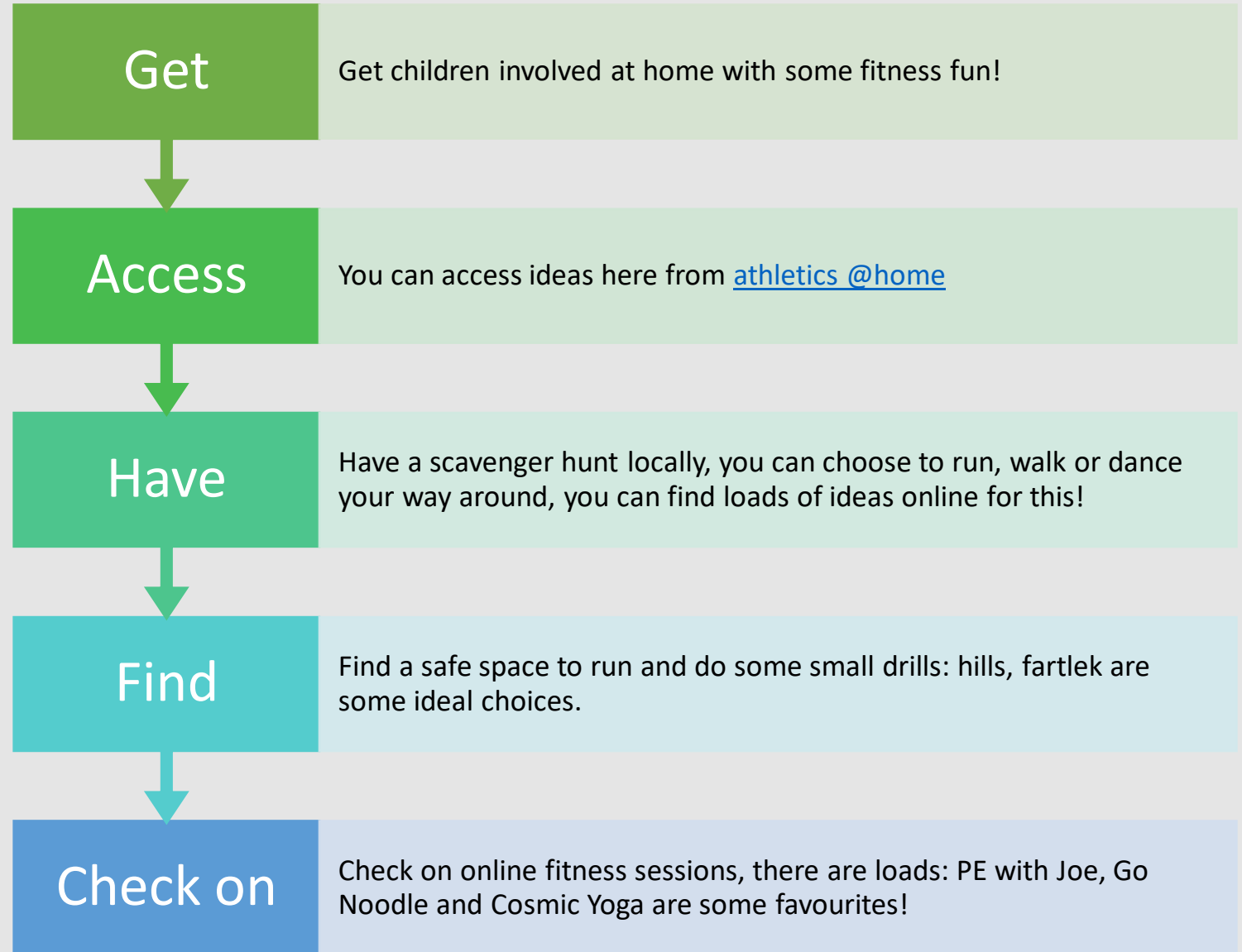
Join in with
virtual catch ups
online.

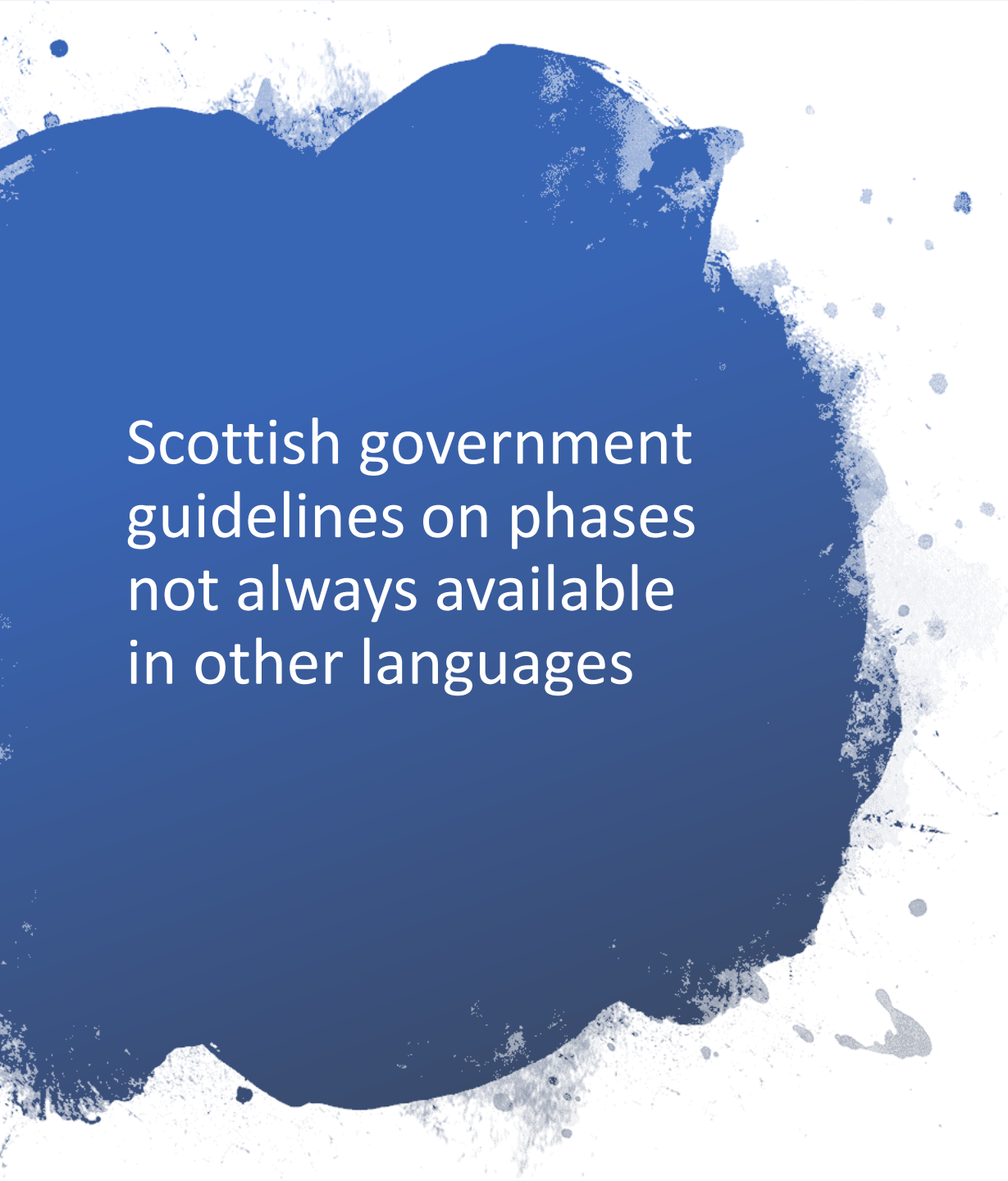
Use online
videos to keep
fitness levels up.

Use your steps
or stairs at home
for a workout.

Share drills that
can be adapted
for the home.

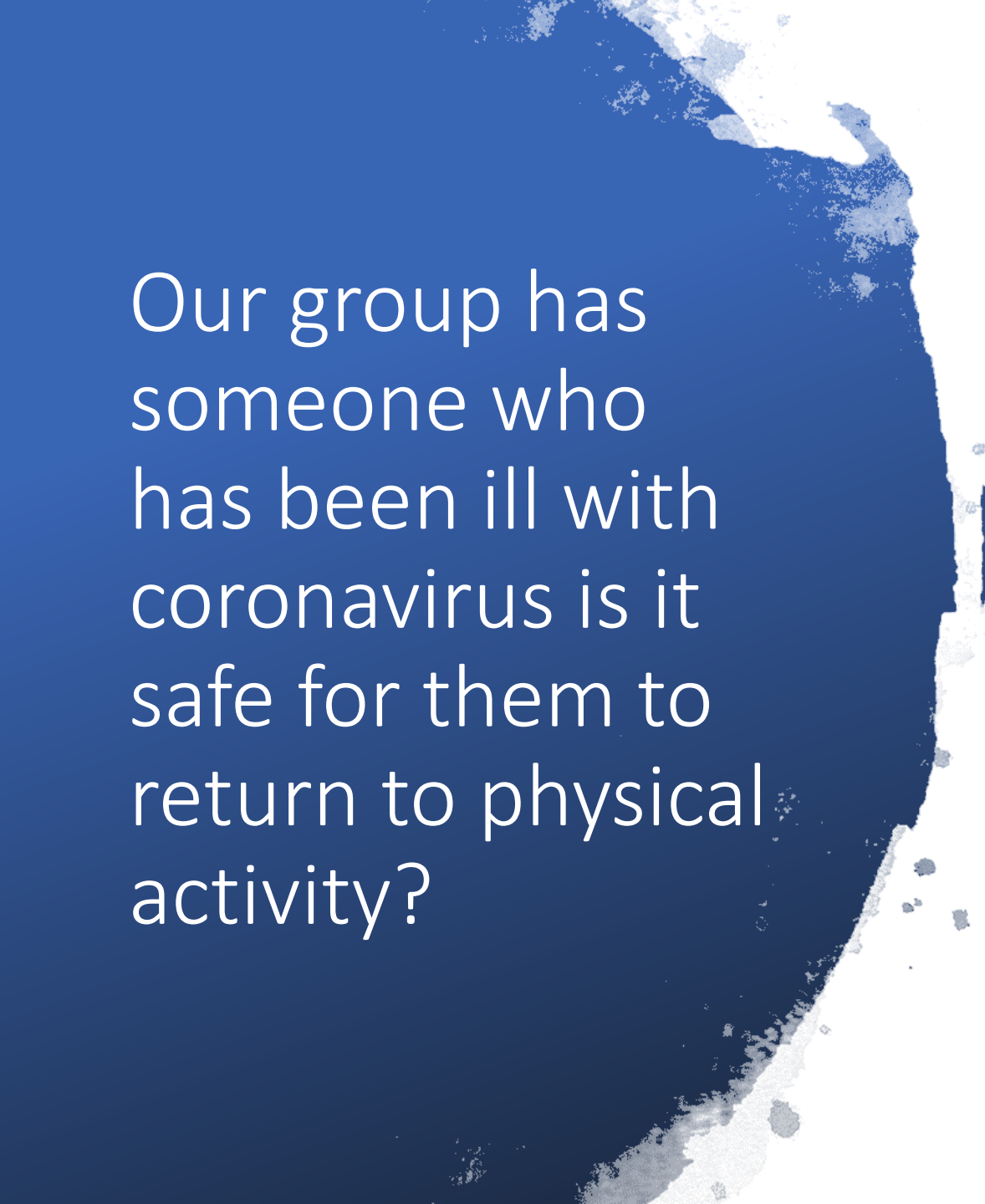
We have some group members who have children who are learning from home and can't come along to the group, what can they do to keep active?





Scottish government
guidelines on phases
not always available
in other languages

- Where possible we will try to share links to the guidance in other languages with the groups we are aware of that need this.
- We will share information in the form of an infographic, showing the guidance that **jogscotland** is providing in a visual format.




Our group has someone who has been ill with coronavirus is it safe for them to return to physical activity?


- The jogger should always check with their GP and follow NHS/ public health guidance before returning to physical activity.
- The virus is known to affect people in many different ways: respiratory tract, kidneys, heart and mental health among them. Fatigue is a common and longer lasting after affect.

With that in mind we want to mindful of-

- Load and intensity - start small and build up do it often with rest days in between.
- Recovery is key - be mindful of nutrition, sleep and looking after mental wellbeing.



We are a big group, with limited jog leaders how do we manage the group, especially as some of our routes are single file and we need to keep a five metre distance?

- Use a booking app to manage the joggers who want to come along to the session.
 - Your group could meet for additional sessions as long as they adhere to the current guidelines for meeting other households.
 - Change your routes up, where possible. Can you use a grassy area or an unused car park to run a session?
 - Joggers can come on alternative sessions- one session on/one session off.
 - Utilise other days and times that you might not traditionally use. Your members routines may have changed during lockdown.
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Some members have found lockdown difficult and have lost contact with the group. How can we get them back again?



Our group hasn't seen each other for a while, we are worried they may all congregate as a large group after the session to chat, what can we do to prevent this?

Remind

Remind the group before each session of the guidance that is in place.

Meet

Meet at other locations or times for the different sessions.

Organise

Organise an online chat or catch up with the group before or after the session.

Our jogscotland group is delivered through a leisure trust, the sports centre isn't opening yet, can we still run?

Get in touch with the leisure trust to see what their plan is for the jogscotland group.

You may have to put other booking systems in place to keep track of who has attended the session if the sessions can be delivered.

The group may also have to meet at a different location, the leisure trust will be able to advise on this.

Contact the **jogscotland** team for further advice.

I am a little
anxious about
asking the group
about coronavirus
symptoms and to
remind the joggers
of social
distancing, how
can I do this in a
positive way?

- Share the **jogscotland** infographics and Fearbusters on social media
- Some booking apps allow the symptom checker infographic to be used before the jogger can book onto the session. If not you may be able to put this on the booking app as a term and condition of booking.
- Before the session begins remind joggers of the 2 metre side by side social distance or the 5 metre single file social distance.
- Give wee reminders as you are going along about the required social distance.

Resources

- jogscotland Covid 19 information [page](#)
- Clear Your Head Scotland page for hints and tips on [mental health](#)
- **scottishathletics** [athletics @home page](#)