



COVID-19 SAFETY PLAN FOR RUNCLUB PARTICIPANTS

Please note that due to the ever-changing nature of COVID-19, this document and plan is considered a working document and will be updated as needed, provided any requirements or guidelines directed by the provincial and federal government.

By choosing to attend and participate in live RUNClub Clinics, you acknowledge and agree to RUNClub's COVID-19 Safety Plan.

HEALTH DECLARATION

The RUNClub team and coaches, all all participants will sign a declaration of health stating that they are not currently experiencing, and will not attend RUNClub in person if they they begin to experience any of the following symptoms of COVID-19:

- Fever
- Chills
- Sore throat
- A new, or worsening cough
- Shortness of breath or difficulty breathing
- New muscle aches or headaches

The RUNClub team and coaches, and all participants will answer the following questions upon arrival at the meeting location:

- Are you feeling any symptoms of being sick including but not limited to: a new cough, headache, weakness, fever, difficulty breathing or a sore throat?
- Have you travelled outside Canada in the past 14 days?
- Have you provided care or had close contact with a person with COVID-19 (probable or confirmed) while they were ill?

Please note: Should a participant answer "yes" to any of the above questions, participation in that RUNClub session (and possibly the next 14 days worth of sessions) will be refused.

- Anyone who has travelled from outside of Canada, or has had contact with anyone who has will self-isolate for 14 days.
- Anyone who has had possible or confirmed contact with COVID-19 will self-isolate for 14 days.



LIVE RUNCLUB GUIDELINES

Registration

- RUNClub will meet in one large group on Sundays with a maximum capacity of 50 people.
- **Pre-registration will be mandatory by anyone wishing to attend.** The opportunity to register will be given on a weekly basis, the week prior to the Sunday session. Registration will be due by Friday at noon in order to participate.
- Attendance will be taken at the beginning of each session prior to the run or walk, using the registration list. **Anyone who has not registered will not be allowed to attend. Sorry, no exceptions.**

Group Guidelines

- Participants will be required to wear masks during the pre-run meet (unless a previously existing health condition prohibits this) and to stay 2 meters or more apart from other participants.
- Once the RUNClub circle/pre-meet has concluded, participants will be divided into their pace/distance groups which will be made up of no more than 7 people including coaches.
- Once in breakout groups with the coaches, everyone must continue to stay 2 meters or more apart during the run/walk; masks are optional at this time.
- Prior to heading out for the run/walk, each group's coach(es) will go through the COVID safety checklist with their group to ensure understanding and compliance while out on the run/walk. Anyone who refuses to agree to the safety protocols or who is found to be deliberately or willfully ignoring them will be asked to leave immediately and potentially barred from participating in the future.
- Any photos taken during the run/walk must practice safe-social distancing protocols. High-fives are not allowed.
- Eye-fives are encouraged.
- Any hydration or nutrition required for the run will be provided by the participant. No sharing or giving of hydration/nutrition between participants or participants and coaches is allowed.
- In the event of a medical emergency while on the walk/run, coaches will follow the guidelines directed by WorkSafe B.C.