



COVID-19 SAFETY LIVE CLINIC CHECKLIST FOR COACHES

Prior to heading out for the planned run/walk, each coach will verbally go through the following checklist with their individual small group coach. The purpose of this checklist is to ensure the safety of all RUNClub coaches and participants. Coaches will ensure that while delivering this checklist and any needed enforcement of these protocols, they practice our RUNClub core values: kindness, respect, integrity, trust, commitment and fun.


Please ask your group the following questions:

- 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?

→ *Should a participant answer “yes” to any of the above questions, coaches will kindly let the participant know that they may not participate in that RUNClub session or any for the next 14 days. The participant must leave the area and return home.*

Please read the following COVID safety protocols and reminders to your group (and try to make it fun if you can!)

- Please note that 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. We do this for your safety and the safety of our RUNClub family and community at large.
- Once out on the run, please stay 2 meters or more apart for the entire duration of the run/walk. Masks are optional while walking/running but need to be carried with you. Should we need to stop and group, if 2 meters or more cannot be maintained, please put your mask on.

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- Any photos taken during the run/walk must practice safe-social distancing protocols.
 - High-fives are not allowed. We LOVE Eye-fives though and encourage you to give as many of them as possible, especially to non-RUNClub peeps!
 - Any hydration or nutrition required for the run will be provided by you, the participant. No sharing or giving of hydration/nutrition is allowed.
 - In the event of a medical emergency while on the walk/run, coaches will follow the guidelines directed by WorkSafe B.C.
 - While out on the run/walk, please ensure to practice safe social distancing as much as possible with those also out there enjoying Kamloops roads and trails.
 - Let other walkers/runners/bikers know that you are coming up behind them by saying “on your left/right” and giving them 2 meters or more of space when possible.
 - Move into a single file line when passing others on the road/trail or when someone else is coming up behind you to pass.
 - DO NOT move onto the roadway from a sidewalk to pass others unless safe to do. Be aware of your surroundings.
 - SMILE and eye-five everyone you pass by. You’re all RUNClub ambassadors!
 - HAVE FUN FUN FUN. Isn’t it SO GOOD to be back together?!!