

## **Macclesfield Harriers and Athletics Club – Guidance for club group runs and training from Monday 17 May 2021**

- As we enter stage three of the easing of restrictions please continue to exercise caution.
- Please limit group activities which take place out in the open on public roads, paths etc to one leader to 11 runners (group size 12).
- Please ensure that people attending group runs/training are known to you, you have their contact details, they have filled in a [health questionnaire](#), and are fit to run. Unless they are new (on a trial run), they should be paid up club members (please check at the start of each session).
- Please still aim to keep groups operating from separate locations and avoid areas populated by the public.
- Maintain social distancing both on runs and before and afterwards.
- Please **disperse immediately** after a run has been completed.

*Note: You can now choose places further afield as there are now no restrictions on travel.*

Above all remain vigilant but enjoy your training, and ensure that you follow the latest government guidance.

Stay fit and safe

**Bob Lynch (Club President)**  
**14 May 2021**

*Note: If there are any further changes to UK Government or EA Guidance a further update will be added to the website*