



Terms and Conditions for all club run sessions by any attendee

August 2020

Runners should be aware of and abide by Ilkley Harriers Policies and Procedures as well as our "[Guidelines for run groups](#)".

Covid-19 specific:

Each member must be aware of the risk factors of contracting Covid-19 and adhere to the [Government guidance](#) regarding social distancing and limiting the spread of the disease.

If you are feeling unwell, have any of the Covid-19 symptoms or are isolating you must not attend.

Members must have updated all their contact information in the members database.

Members must carry photo identification and an emergency contact number.

Members must use the sign up system prior to attendance.

Members must confirm they are symptom free the day of the session via this [form](#), failure to do so will mean you can not participate

If you are not signed up to a session do not attend or pressure the session leader to accept you if numbers are at their limit or turn up without having a place.

Observe social distancing and be considerate to members in the session and the general public.

Runners should be prepared to deal with their own minor emergency ie a trip or feeling unwell. Runners must be responsible for their own PPE and sanitiser.

For anything more serious, prior to arrival of the Emergency Services, the leader will have PPE any contact between the group members should be minimal.

After the session if you have tested positive for Covid-19 you must inform the session leader who will liaise with the club chair and secretary to take the appropriate action.

A record of attendees will be kept so that you can be contacted if another attendee tests positive.

Hilda Coulsey
Ilkley Harriers Covid Officer

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31st July 2020