

RFRC meeting 29th July to review trial of return to club activity

Present: Peter, Mary, Ola, Dave, Sandra, Michelle, Nic, Linda, Kate, Paula

Apologies: Sam, Ali, Helen

Feedback from trial runs has been positive. People very grateful to be out running with other people. Social distancing can slip at times but people are quick to correct when reminded.

Discussed next steps and looked at revised EA guidance. Agreed the following.

- Increase group sizes to 10, including leader. However, group leaders will have the option to lower the limit to a size that they feel comfortable with.
- Start runs on the old club schedule. ie Track on Monday, trail runs Tuesday, club night Wednesday and weekend runs. See how this goes over the next few weeks and consider runs on other days if there is demand. Will need to keep in mind nights that other groups such as TRC are running and avoid areas where groups may meet accidentally.
- Club leaders to be advised to continue to avoid the town centre. This may need to be reconsidered as evenings start to get darker.
- Members to be free to wear club kit on runs if they wish.
- Ola to revise sign up to include a tick box to indicate that people have read the rules, which includes information about their health.
- We need to be keeping a record of contact details for track and trace, if it is needed. Ola to add group leaders to booking. If anyone turns up to a run and hasn't booked on, if there are spaces, then the group leader will need to take contact details to retrospectively book them on the run.
- Members should still travel in separate cars, as this continues to be government guidance.
- Peter to prepare communication document for club members and group leaders, to be ready in the next couple of days.
- Mary to review risk assessments and return to activity document to take into account new group sizes. To be ready on Saturday. Sandra to review track risk assessment once drafted.
- Revised CPR guidelines needs to be circulated to group leaders – this was an action on previous risk assessment. Mary to review document Malcolm has sent to Peter.
- For this week, runs will be offered for groups of 6 on Sunday. New group sizes and schedule will start next week.

Next meeting Wednesday 2nd September