



STANMORE JAFFERYS LADIES COVID-19 GUIDANCE - RUNNING

In addition to the general Covid-19 guidelines set out in preceding pages, please see further guidelines to be implemented at all Stanmore Jafferys Ladies Group Runs:

- Please bring your own water bottle
- To keep everyone safe, we will be using social distancing, running single file (unless you are with someone in the same household) and minimising personal contact. Group runs will be organised with a maximum of 6 per group including the leader(s)
- Please bring and use hand sanitiser regularly throughout the session. You may wish to wear a face mask and gloves but these are not compulsory
- At present, none of our runs will include coffee/café stops and use of any public toilets. You may prefer to ring your own refreshments