



Marlow Striders – Return to running

Key points for all Striders to remember as we make a staged return to regular club nights starting from the Marlow Sports Club on Tuesday evenings.

- Please do not come to training if you feel unwell, you have symptoms of COVID-19 or if a member of family/work colleague has displayed symptoms.
- Keep your distance in the car park and don't use the taped off spaces by the hockey pitch or the rear car park as this is being used by the EA for heavy machinery.
- Follow the one-way system in the MSC, come in the front and go out the side door. Only 1 direction of travel on the stairs at a time.
- The club will provide alcohol gel at the entrance to the MSC but we need you to carry your own personal small bottle throughout the evening.
- Toilets are available at the MSC but no showers/changing rooms are to be used.
- Please don't use any bins within the MSC – we need to take any litter we generate home with us.
- All runners need to book on via the website – make sure to sign in as the booking system is in a members only part of the website.
- Home page – Our training – training sessions – sign up for required session 😊
- Maximum 26 Striders indoors per evening due to restrictions on the numbers in the MSC bar. If we have more runners signed up then we will ensure groups meet outside to maintain social distancing.
- EA guidelines allow us to train on a 12:1 ratio but those groups must not mix, please maintain social distancing within your group but stay together from start to finish.
- The bar may or may not be open due to reduced levels of trade, if it is then please remember to stay socially distanced and enjoy a catch up within your running group and don't be tempted to mix with or get too close to other members.
- Members should inform the club COVID coordinator if they have any COVID symptoms or have a positive COVID test after attending a club training session.

Run safe, Stride on!

