



Actions and Advice to Members to attend club sessions.

STEP ONE	STEP TWO	STEP THREE
<p>Ask yourself –</p> <p>Am I in the high risk category for Covid-19 or any of my immediate family?</p> <p>› Should I isolate myself from Club activities?</p>	<p>Ask yourself -</p> <p>Should I be taking part in this activity?</p> <p>› If you’re experiencing flulike symptoms, do not attend any Port Pacers Running Club Sessions or events. Stay home.</p> <p>› Members are responsible for assessing their personal involvement in any activity.</p> <p>› Consider any health advice, including information about self isolation for at-risk groups, or advice from your own health care provider.</p>	<p>Ask yourself –</p> <p>What actions should I take to protect myself and others?</p> <p>› Take responsibility for the health of yourself and those around you by following good hygiene – washing your hands regularly, sneezing into your elbow or a tissue, and keeping a safe distance from others if possible.</p> <p>› Consider other options for activities, such as Virtual runs or solo challenges.</p> <p>› Have I got all my own equipment such as hydration, clothing, headlamp.</p> <p>› Do I have my own transport to get to and from club session.</p>

Club Guidelines to attend sessions and activities

- › Port Pacers Running Club and its members must comply with Public Health (Covid-19 Restrictions on Gathering and Movement) Order 2020 all Club activities or sessions.
- › Members are requested to adhere to Physical distancing during run briefs and whilst running at least 1.5m apart from each other.
- › No more than 10 attendees at any session to allow for physical distancing to be possible. If more than 10 attendees arrive at any session, the group must be broken into sub-groups or different times to limit numbers and comply with NSW legislation.
- › Long hair is to be pulled back and a sweat band/towel is required to limit bodily fluids from being shared with other runners or passers-by. Good Hygiene practices are to be met before, during & after club activities. The most consistent advice on Coronavirus is that basic hygiene is effective at minimising transmission. Regularly washing your hands, covering your coughs, cleaning surfaces and minimising physical contact with other people are all recommended.
- › Members are asked to bring their own equipment such as hydration flask, head torch, sunscreen and to not share equipment, phones/camera and clothing of any kind.
- › No club equipment is to be used during Covid-19 pandemic whatsoever.
- › Payments are only accepted via our website or tap and go square facility.
- › Car-pooling to and from run sessions is to be avoided unless you are travelling with other members of your household.
- › Group photos are to adhere to physical distancing laws of 1.5m apart from each other. The photo must be taken by the person who owns the phone/camera.
- › Social grouping following activities (such as coffee after your run) should comply with current NSW legislation and physical distancing measures of at least 1.5m apart.
- › Members are recommended to download the COVIDSafe app as this will speed up contacting people exposed to coronavirus (COVID-19). Members should carry their mobile phone so that the COVIDSafe app can send necessary warnings of possible contact.
- › Where committee meetings are required, they are to be held over the phone or zoom technology and information sent by email where possible.

Risk Reporting

- › Members are briefed on symptoms of COVID-19 and have been told to stay home if they aren't feeling well.
- › If a member becomes unwell, they must isolate and arrange for medical attention. Said member should inform the Club President or Secretary immediately so that they may warn all other Members who may have come in contact to isolate and seek medical testing.

› Members will be reprimanded or suspended from Club activities if they are seen to be breaking Public Health (Covid-19 Restrictions on Gathering and Movement) Order 2020 or club attendance guidelines.

› The committee will advise NSW Health immediately of any incidents to avoid public health risk.