

COVID-19 GUIDANCE

The safety of members is our primary concern. These guidelines are designed to minimise the risk of viral transmission at LFR activities and are prepared according to advice from England Athletics.

1. Please **do not** attend any LFR activity if:

- You are feeling unwell or show any signs of [COVID-19 infection](#)
- You have been in contact with someone with COVID-19 in the past 14 days
- You are in a period of self-isolation as advised by the government (following travel, eg)
- You have been advised to self-isolate by LFR

Please refer to [government guidance](#) on COVID-19 if you are in doubt about the current legal requirements.

2. Booking an LFR activity:

In order to comply with guidance from England Athletics, all runners are required to reserve a place before attending any LFR activity. Reservations help us manage group sizes and to facilitate track & trace in the case of a suspected COVID-19 outbreak within the Club.

All LFR activities will use the [Spond](#) platform for reservation – please do not attend an activity without a reservation.

3. During an LFR activity:

All activities will be conducted on a turn-up-and-go basis. We will not be able to provide changing or bag storage facilities due to social distancing limitations with our usual changing venues. Please take due care to be prepared to run and do not bring any items you cannot keep with you for the duration of the activity.

[Social distancing](#) must be maintained at all LFR activities. Please maintain a 2 metre distance from other runners and members of the public and follow instructions from Run Leaders and Coaches.

The meeting point for LFR activities will be advised via Spond. Please do not congregate in groups before, during or after an activity. Post-run socials will not take place.

- Carry hand sanitiser, tissues and water
- Avoid touching traffic buttons directly
- Do not share food, water or other items
- Cover your face with a tissue if you cough or sneeze and dispose of immediately
- Do not spit

4. After an LFR activity:

If you become unwell or show symptoms of COVID-19 within 48 hours of attending an LFR activity, please complete a report form at londonfrontrunners.org, so we can contact other runners with whom you may have come in to contact.