

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 are in a period of self-isolation as advised by any government (e.g. following travel)

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

2. During an LFR activity:

We are currently in the process of moving back to using our changing facilities as and when our changing venues allow us to return.

Where we are unable to make use of changing facilities, activities will be conducted on a turn-up-and-go basis. We will not be able to provide changing or bag storage. 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.