

Covid Policy

While restrictions have been lifted fully in England, we encourage members to maintain good hygiene during sessions and be alert to the current list of potential symptoms, remaining away from sessions if you suspect you have Covid.

Should partial restrictions be re-introduced, we will immediately revert to the previous covid policy, as at Summer 2021:

- All runners should be registered members of Metros and provide their contact details
- All runners have a responsibility to self-assess, and not attend if they have symptoms
- If a runner does test positive after a run, they MUST inform the Metros immediately
- All runners should register before the session (to allow track and trace if necessary)
- On arrival runners should identify themselves to the coordinator and get checked off
- The maximum number of runners is unlimited however any group training together should not exceed 30
- Sessions and runs will be split into sub-groups where possible, 12 per subgroup
- The session coordinator is responsible for confirming who is in attendance
- Runners attending should not turn up excessively early, and pre-run, not congregate in large groups
- During the run, maintain good separation.
- No hugging or touching.
- Staggered starts are to be encouraged – a small time gap (5/10 seconds) between subgroups or use different routes.
- During the session, keep a good separation, even when re-grouping at pauses
- Shared equipment – care is needed to minimise cross contamination

Session specific changes:

- No assembly in Tennis Club before Tuesday evening runs
- No social event in Scout Hut after Saturday morning runs