

TRC CoVID Running Code

Purpose:

As the CoVID pandemic continues unabated there is increased nervousness from other footpath users vying for the same space as ourselves. This code applies to running on your own as well as groups. It's designed to hopefully help mitigate any possible negative reaction towards runners from other users of the limited footpaths we share around Thornbury.

EA guidelines currently allow running in groups of six (which was previously not allowed) but it should be assumed there is no general knowledge of this fact!

Suggested Guidelines:

Always run – and be seen to be running – with physical distance between runners and other members of the Group.

Try to avoid areas which we know will be busy with people walking. Where possible avoid single track passing places and if you find that you cannot pass with sufficient physical distance, stop and turn around, going back to a 'safe passing place'

When running towards people approaching from the front

- If in a group revert to single file running (and stop talking):
- Be the first to move, creating as much physical distance as you can (i.e. not just 2m)
- Move early & move in an exaggerated way
- Smile at people/wave as you pass (no need to talk) and thank them loudly afterwards if they have moved over too, or stopped

If you are approaching people from behind:

- Announce your presence and announce it in good time - don't wait until the last minute to give other footpath users the time to move if they wish.
- Again, move early and create sufficient physical distance
- Find a way which you are comfortable with to let them know you are coming (runners generally don't carry bells!) so that we don't startle them.
- Acknowledge them with a wave of the hand

If running in a Group and you stop for a break, don't clog up the pavement to allow other users to get past.

Conclusion:

Although these guidelines are pretty obviously good practice they are sometimes easy to forget. But hopefully if followed the running club will avoid any negative press aimed at runners.

Many thanks to Mick Stirrup in developing these guidelines which I have built on.

Mike Bennewitz: 13/12/2020