

VIRTUAL CROSS COUNTRY SAFETY GUIDANCE



OPEN
VIRTUAL
GAMES

Following the UK Government's new national COVID-19 restrictions, the information below will help ensure all participants are taking part safely within government guidance.

Who can I run with?

- You can run either on your own or with your household or support bubble, or with one other person in a public outdoor space while keeping 2m apart.
- U16 are advised to run with a parent or guardian as per the above guidelines.

Where can I run?

- Public places such as parks and public gardens remain open.
- You should look to reduce the number of journeys you make and therefore look to run as locally as possible. However, you can travel to do so if necessary, for example, to access an open space.
- Plan your running route in advance and encourage your friends to complete the same route!
- If running in the dark, ensure you choose a space that is well lit

How far should I run?

- For the competition, only run the distance advised per age group;

Male		Female	
U11	1500m	U11	1500m
U13	2000m	U13	2000m
U15	3000m	U15	2000m
U17	4500m	U17	3000m

Other safety considerations and 'DO's':

- Do tell someone where you are planning on running and how long you will be
- Do try and run in a place other people are nearby (remembering to social distance)
- Pace yourself! Do not start off too fast!
- Warm up before starting your run.
- Do wear appropriate clothing for running (trainers, sportswear etc and remember you will get warmer as you run and then colder quickly once you finish)
- Do walk parts of your run if you need to
- Remember to time yourself and submit your finish time!