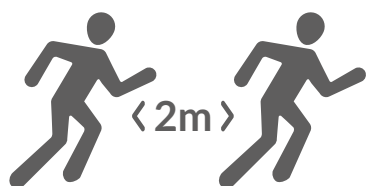


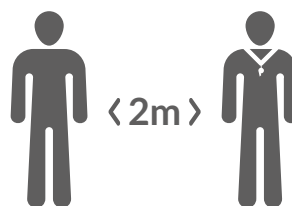
RETURN TO ACTIVITY ATHLETES & RUNNERS



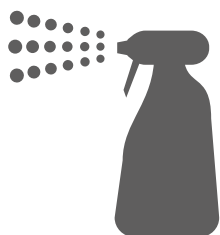
Only 1 : 1
athletes and
runners



Outdoor
exercise only



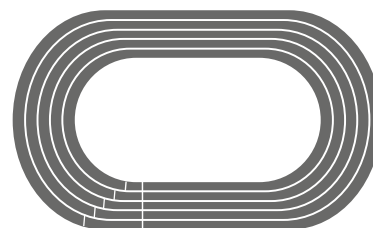
Only 1 : 1
coach and
athlete



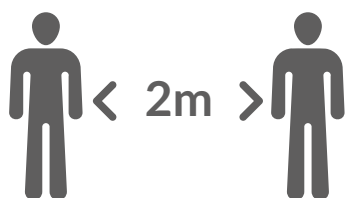
Follow equipment
hygiene
procedures



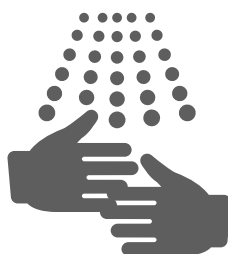
No
jumps



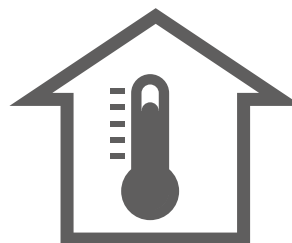
Follow venue
guidance



Maintain 2
metres at all
times



Follow public
guidance for
health



Do not take part
in activity if self
isolating

More guidance can be found here:
www.englandathletics.org/guidanceupdate