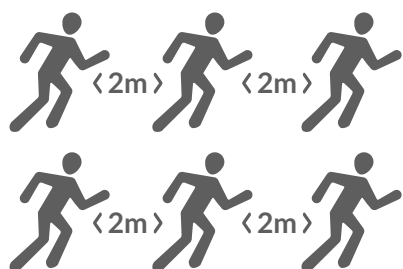


RETURN TO ACTIVITY ATHLETES & RUNNERS

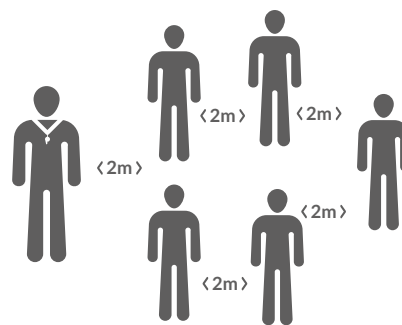
STEP 2



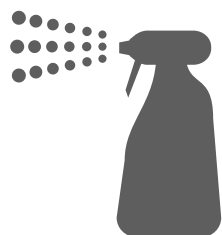
Up to 6 athletes
and runners



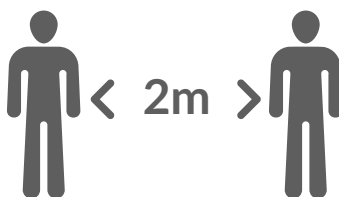
Outdoor
exercise only



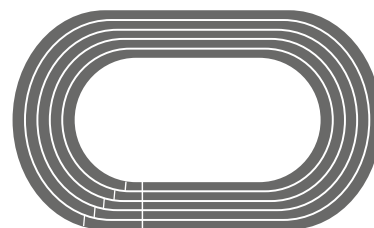
Only 1 : 5
coach and athletes



Follow equipment
hygiene
procedures



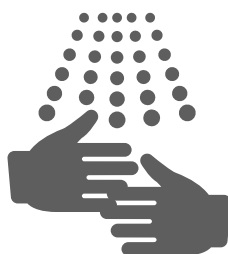
Maintain 2
metres at all
times



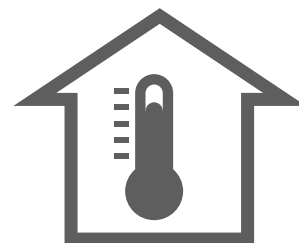
Follow venue
guidance



Virtual challenges
& competitions
still available



Follow public
guidance for
health



Do not take part
in activity if self
isolating

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