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