

# A RUNNERS CHECKLIST

## RUNNING SAFELY DURING THE CORONAVIRUS LOCKDOWN

1. Stay local near to your home.
2. Only go outside and away from your home to exercise once per day.
3. At all times adhere to 2 metres or more of social distancing.
4. Run alone or with other members of your household.
5. Minimise the amount of time you are away from your home exercising.
6. Pick a route that allows for two metres of social distancing, so try to avoid narrow paths.
7. Do not touch your face whilst out running.
8. Wash your hands as soon as you return home.
9. Be especially aware of coronavirus contamination when opening gates or climbing over stiles.
10. Either, do not drive to a place for exercise; or if permitted to drive, do not drive an excessive distance to exercise.
11. Do not drive to beauty spots.
12. Choose a route with less rugged terrain so as to minimise the risk of falling and potentially having to go to hospital.