



## NEWSLETTER 28 JUNE 2020

Dear all, please find below the news on 28 June 2020:

With lockdown restrictions easing from 4th July we can start to think about going to the pub, getting a haircut, going on holiday, although when all children can go back to school remains a mystery. Or when the swimming pools will open 😊!!

The latest [guidance](#) from England Athletics (19th June) should therefore be updated early July, however at the moment the guidance remains: don't run if you don't feel well and don't overdo it, you can meet outdoors in a group of up to 6 as long as 2m distance is observed.

Getting back to club activities would be good for many of us, so how we can put that into action is going to be the focus of our next Harriers Committee meeting on July 7th.

We expect the 2m distance rule to be reduced to 1m but in conjunction with hygiene and other considerations. We don't expect any change in the group size i.e. still a maximum of 6 and still outdoors only.

From what we do know to restart club activities the club will need to prepare detailed risk assessments. Coaches and session leaders do this anyway but as you can imagine we need to record them in a much more professional way, update them with changing conditions and have a complete register of who is attending each session with all personal information having been updated.

Athletes, i.e. all of us, will need to take responsibility for our health and will need to know what should happen if we have an emergency.

Whereas informal gatherings of a few runners as friends are happening and will obviously continue, as a club we need to do things by the book for our England Athletics insurance benefits to be valid. As a club we also need to be aware of not running in 'herds' and upsetting our local communities.

If you have any views to be taking into consideration at the next Committee meeting we would love to hear them. Talk to any of the Committee or send directly through to [Hilda](#)

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With a heightened focus on health and safety of all runners this is a good time to ensure the club has an up to date record of everyone's details and especially emergency contact details. Please login to your member account via LoveAdmin [here](#) to review and if necessary update your details. Your username is the email address this newsletter has been sent to (unless you have joint membership, in which case it is the email address of the 'lead' member). If you have forgotten your password you can request a new one by clicking 'forgot password'.

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Every month we receive enquiries from members who have 'mislaidd' their sportsshoes.com discount code. In most cases this is down to 'user error', i.e. deleting the email or not checking spam email. Whilst we are always happy to help you out as we know how important it is to purchase that pair of pink Vaporflys, you can help matters by marking these emails as from a 'safe sender' so they do not go to your spam folder. If you change your preferred email address please update your account.

Please note that in addition to sending out the [sportsshoes.com](#) code at the beginning of the month we created an area in your Ilkley Harriers LoveAdmin account where you can view the code should you misplace it. This has been communicated last year but a reminder might not go amiss.

To do this you must be a paid up member. Log in to your account [here](#) with your username.

Then in the top left hand corner where it says 'viewing form for...' change it to the 'payment for 19-20 made' tab and the form that opens will have the current code at the top.

Where members have joint membership the code will be visible in the lead member's account (i.e. the person who pays the membership fees).

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Dan's weekly 5k or segment challenge is now in week 12. Check out his latest update and what he's got in store for you next [here](#) Even if you are not planning on doing any of the runs, the write-ups are fantastic and will give your day a boost!

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Brit Tate's circuits for runners class on Zoom is an ongoing success and this session takes place at 7pm every Thursday. It lasts for just over half an hour and if you are not already, join our [Facebook](#) and WhatsApp groups to get access.

The Harriers Facebook group is also the place to find Steve Coy's turbo session training plans each week.

The [Facebook group](#) has recently been renamed 'Ilkley Harriers members group', to distinguish it from the [Facebook page](#) which is public facing.

Even if you are not a great FB fan we would encourage members to join the FB group and/or the WhatsApp group for ease of communication. Please contact [Petra](#) to be added to the WhatsApp group, for FB apply directly on the [Facebook group](#)

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## Exercise in groups of 6 or fewer while maintaining social distancing\*:

Exercise and fitness:



Coaching outside:



\* Social distancing does not apply if you're with people from your household.