

AYR Motor Centre

COVID-19 OPERATIONAL PLAN 2021 COUCH TO 5K RUNNING PROGRAM

The AYR Motor Centre will continue to follow the Provincial State of Emergency, the Provincial Recovery Plan, and the guidance and direction of the Office of the Chief Medical Officer of Health (CMOH) as its recreation facilities are opened during the COVID-19 pandemic.

In addition to the requirements set out below, all user groups must be familiar with and in compliance with all of the most recent relevant requirements outlined by the Province of New Brunswick, and their respective Provincial Sport Organization.

- Runners should not attend group training if they exhibit ANY symptoms consistent with COVID-19, or if they have recently come into contact with anyone that exhibited any symptoms, including:
 - fever
 - new cough or a cough that is getting worse
 - sore throat
 - runny nose
 - headache
 - new onset fatigue
 - new onset muscle pain
 - diarrhea
 - loss of taste or smell

- Group members will meet in a designated open area, that allows for appropriate social distancing (minimum of 6 feet).

- Group members will maintain social distancing while running.

- Group members will maintain social distancing when not running (6 feet of space and no touching) before/after the run.

- Each runner should carry their own water in a handheld or hydration pack and should not share with running partners

- Group photos should abide by social distancing guidelines – 6 feet of space and no touching.

- Group members will use virtual high-fives and fist bumps.

- Everyone should have face coverings available and they should be worn anytime that social distancing is not possible.