



## Welcome!

We are one of Scotland's biggest running clubs, based on the south-side of Glasgow. We are excited about the club re-opening for new joiners and we hope you enjoy training with us!

All members, new joiners and guests have to be booked in for the training sessions in advance therefore our club secretary will contact you following your initial enquiry to find out your availability and identify which of the three running groups at the club is best for you to try.

## Stay safe

Although there are some changes our main focus is about enjoying the session in a safe, welcoming space. Before attending your first training session to try out the club the club secretary will email you the pre-joining information and confirm your session with you. The COVID-19 club re-start plan will also be provided for you to read before attending the session, or you can access it via our website at [bellahoustonroadrunners.co.uk/coronavirus](https://bellahoustonroadrunners.co.uk/coronavirus)

We want you to have the best possible experience trying out the club and we are working with Scottish Athletics to keep everyone safe, who are working with Scottish and UK national sports and governmental bodies. We have made some changes in order to increase your own safety and that of others such as:

- The removal of access to the club room.
- No changing facilities therefore **when you arrive please be ready to start training.**
- A reduction in the number of individuals in each group.
- Each of the training groups are in their own bubbles and do not mix.

## The sessions

We meet for 6.30pm every Monday and Wednesday in Glasgow's south-side, generally near Bellahouston park or Pollok park. Once we have identified the best running group for you the club secretary will work with you to book your session for trying out the club. Our meeting points change because our training groups have different meeting points to ensure the bubbles do not mix. Sessions last about 60 to 90 minutes.

Each training group is now limited to 8 athletes, including the group lead and we must be fully socially distanced at all times during the training session. The Group Lead will go through the session:

During the session, we ask club members to:

- maintain a distance of 2m from fellow members when running side by side and 5m when running in single file.
- There are no end-of-session handshakes.
- Spitting and coughing is strongly discouraged.
- Be mindful of members of the public and ensure the social distancing is maintained when passing/overtaking.

The wearing of masks, gloves or other forms of personal protective equipment is not mandatory. If members wish to wear them, please safely dispose of the PPE at the end of the session.

Any questions? Please ask or email us at [info@bellahoustonroadrunners.co.uk](mailto:info@bellahoustonroadrunners.co.uk)  
Bellahouston Road Runners is a charity registered in Scotland (SC047300)

## After the session

Physical distancing (2m) continues at the end of the session. We continue to encourage members to upload the session to Strava.

We must emphasise that social distancing and the five - household group limits must be adhered to at all other times. This includes any social runs you organise between yourselves

**New joiners, guests and members must not come to the training sessions and stay at home if you:**

- **Feel unwell or have COVID-19 symptoms.**
- **Have been in contact with someone with COVID-19 in the last 14 days**
- **Have been told to self-isolate as part of the contact tracing measures in place**
- **Have been overseas or exposed to someone with COVID-19 in the last 14 days**



If you have any of the symptoms of Covid-19 do not come to training.

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Please cancel your training session with the [club secretary](#) at your earliest convenience if you are unable to attend so other new joiners/members can perhaps take your slot.

**Our coaches are club runners, with coaching qualifications, who volunteer to lead a session each evening.** Coaches prepare our training programme to improve our speed and endurance. Training includes intervals, hills and tempo runs. We run in nearby parks and roads, or on our track. All our training sessions/plans are available at [bellahoustonroadrunners.co.uk](http://bellahoustonroadrunners.co.uk)

At the start of each session **the Group Lead** will introduce you and explain the session.

We normally train in **3 pacing groups loosely based on your 10k running speed.** We use our club colours for our groups:

- Purple: under 42 mins
- White: 42 to 48 mins.
- Black: over 48 mins.

We do a 10-15 minutes warm up run, some running drills, and then up to 40 minutes or so of effort. Then we do a warm down back to our meeting point.

In your first few sessions take it easy. Don't feel pressure to push yourself too hard. All we want is for you to have the best possible experience and we will do everything we can to keep you safe.



After a couple of weeks we ask you join up at [bellahoustonroadrunners.co.uk](http://bellahoustonroadrunners.co.uk) – we have a range of memberships based on how much you intend to train with us and we have a concession rate. Membership includes your own famous Bella purple running vest!

There's more too than just training! We have an active social calendar, informal run options and groups, and a variety of club championships and events to keep you motivated. During lockdown our club members were amazing with creative ideas! Virtual races, virtual quizzes, online yoga and circuits classes along with a virtual 'Meet the Bellas' programme. While apart we could keep connected, and it was a huge help at a difficult time for us all.

So, welcome to Bellahouston Road Runners. Enjoy your run! Any questions? Just ask. We hope you decide to stay with us.

Richard Leyton

President