

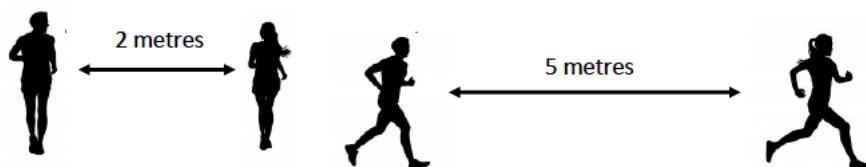
TRAINING UPDATE 20th November 2020 – Level 4

Dear Member,

The Scottish Government have announced that Glasgow City, East Dunbartonshire, West Dunbartonshire, East Renfrewshire and Renfrewshire (along with 6 other local authority areas) will enter Level 4 COVID restrictions on Friday 20th November.

The good news is that training can continue but we have to make some changes:

- **Training groups can have a maximum of 8 athletes.**
- **You should only attend a training session if it is in the same local authority area in which you live,**
- **Social distancing must be maintained at all times; before, during and after the session.**



Please note that for training sessions taking place under level 4 restrictions,

- Where possible, please consider walking / running / cycling to training sessions
- Do not car share with people from outside your extended household wherever possible
- Please use public transport only if absolutely necessary.

This guidance also applies to informal group runs, taking place under the club umbrella

We will be re-organising the training schedule to ensure there are sessions in different local authority areas, but this may mean that there may be some mixing of our usual training groups.

The update will be published on the club forum, please continue to book a place using the booking form; remember the deadline is 11:59pm the night before the session.

With the level 4 restrictions, we may need some volunteers to help out leading some of the training sessions. If you would like to help out, there is more information on the club forum:

<https://forum.bellahoustonroadrunners.co.uk/t/tier-4-helping-the-club-organise-sessions-could-you-help-by-leading-a-group/3997> and if you are interested, fill out the form and we will be in touch.

Keep an eye on the members forum for updates and please let us know if you have any questions, concerns or suggestions.

Thank you for all your support and enthusiasm.

Richard, Emer and Louise on behalf of the Board and Lead Coaches
20th November 2020