

- **Keeping fit and active is good for you** – in terms of both Physical and Mental Health so don't cut back on your exercising, but likewise don't get overly excitable.
- **Maintain your normal level of exercising** e.g. if you normally run for 30 minutes twice or three times a week – attempting a 25 mile run would be a bad idea! Running long distances can take its toll on your immune system as your body recovers, so don't over exert yourself beyond your capabilities.
- **Think about where and when you are going to go running** – how can you make sure you are in an area with as few people as possible? Parks may be an obvious choice for running in normal times but there's an abundance of open green space to run in. How about trying out safe, lesser used routes? What about an early morning or late night run?
- **Run alone or with other members of your household** – however tempting it may be DO NOT run with friends from your running group / club – even if you think you can maintain a distance.

Viruses spread as people sneeze, cough or breathe (heavily) so:

- **SLOW DOWN AND MAINTAIN AT LEAST 2 METRES** distance – further if possible. Good for your running form, good for your immune system and good for those around you.
- Run on the left hand side – and if you have to pass someone in front of you, plan the pass carefully to keep you and them safe. Give a gentle call that you'll be passing them on the right – and stay at least 2 METRES away.
- If you are crossing a narrow bridge or path – don't rush over – wait until it is clear and safe to pass while maintaining at least 2 metre distance. You aren't running a Time Trial – pause and wait if necessary.
- **Remember to greet your fellow runners** – but remember that you may expel more virus by shouting – lift your arm to wave at them in a friendly greeting.
- If you have Hi-Viz running gear – wear it – so that fellow runners and walkers can spot you easily.
- Wear gloves and remember to **wash your hands thoroughly when you come back** from a run.
- **Run within a few miles of home, leaving from your front door** – no further away – you will know the area better and be more familiar with how to maintain distance.
- **Minimise any risks** – now is not the time to turn an ankle, crack a knee open on some rocks- we all need to reduce the pull on NHS resources.
- **Remember you can only undertake ONE exercise for the day** so if you've been out on your bike or for a walk – stay at home.

And to close, one tip to consider as to how we should all behave at the moment:

- **Rather than thinking of yourself as trying to avoid catching the virus, behave as if you have the virus and you are doing your best not to pass it on to others.**

**ENJOY YOUR RUNNING – STAY SAFE, HEALTHY AND PHYSICALLY DISTANT!**



STAY AT  
HOME



PROTECT  
THE NHS



save  
lives