



## COVID-19 UPDATE

*Please note that this document is reviewed regularly and is subject to change in response to the latest government guidelines. If you have questions or concerns regarding its content, please email [canicrossaberdeenshire@gmail.com](mailto:canicrossaberdeenshire@gmail.com)*

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**Updated 20 July 2021:** As of yesterday, all of Scotland is now in Level 0 of the COVID-19 Protection Levels. Our guidance notes have been updated below to reflect the latest easing of restrictions, including the lifting of all travel limits around Scotland.

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Canicross Aberdeenshire Club Committee and Club Event Hosts have discussed and agreed to implement the following measures to ensure that Canicross Aberdeenshire Club Members can continue to train and exercise safely.

Our Club Chairperson, Katie Ross, is our **assigned COVID-19 Safety Officer**. Katie has undergone training to inform our procedures and is committed to reviewing these regularly with the club committee. We are following Scottish Government Guidance for **organised non-contact outdoor sports**. Further information can be found online: <https://www.gov.scot/coronavirus-covid-19/>

The Scottish Government has implemented **protection levels** for us to operate safely in. Canicross Aberdeenshire has established the following procedures which will be followed in **protection levels (Levels 0-4)**.

These procedures will be followed at each Club Event (NB: an event is an organised run or training session posted on our Facebook page with a dedicated host/leader). The Event Host/Run Leader will be present to help us all keep to the govt. guidance and stay safe. Please read on to find out more.

## BEFORE YOU ATTEND

- **Sign up in advance** - Please click “going” on the FB event\* **and** fill in the relevant Club Sign-Up Form before you attend.
  - The form complies with the Club’s Privacy Policy and is a necessary part of efforts to keep everyone safe.
  - The links to the Sign-Up Form will be in the Event Description.
- By completing the Sign-Up Form, you are agreeing to **comply with the guidelines** set out in this document in order to keep you and the other runners safe.

*\*If you don’t want others on Facebook to see your response to an event, you can respond privately so that only the Event Host can see your response. [Click here](#) to find out how.*

## DURING A CLUB EVENT/ORGANISED RUN

- **Keep your distance** – physical distancing is important when taking part in canicross. Keeping a safe distance at all times means that runners and dogs can run happily knowing that others will respect their personal space.
  - A “safe distance” is the distance equal to that of your bungee line plus the length of your dog, plus a bit more, so that if your dog was to lunge suddenly (friendly or not), they will not be able to come into direct contact with others.
  - Keep your dog(s) on a lead at all times. We advise you to keep your dog(s) close to you and do not allow your dog to approach other members or their dogs.
  - No overtaking on the track, unless the path is wide enough for you to give fair warning and allow a safe distance at all times.
- Limited group size – Meet-ups will be limited to the current **government permitted group size** which will be monitored by the Event Host/Run Leader.

As always, please do not hesitate to contact us with any questions.

**Stay safe, canicrossers!**

**Canicross Aberdeenshire Committee 2020-21**

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