

Running Club Practice Plan:

- Practice will take place individually. There will be no mandatory group runs hosted by the club officers.

Running Alone:

- Runners running alone will be advised to fill in the wellness health check before their runs for safety purposes.
- An officer will check the health screening

Running with others:

- Runners running in a group with others will be required to fill in the wellness health check before meeting each other.
- An officer will check the health screening

All Runners:

- A Strava club will be used to allow all runners to record their practices. The process will allow students to run alone and at their own time while also meeting club requirements.