

## **Final Instructions - Strength & Mobility for Running Tuesdays.**

Welcome to Strength & Mobility for Running (SMR). Whether you are coming for one class or for a block of 4 weeks (6 classes), I hope you enjoy the experience.

To attend any SMR session you MUST complete a brief Exercise Readiness Questionnaire (PARQ) at least 24 hours in advance. The PARQ is available to download by clicking on the link in the session/group information. Please complete it and return it to me ([scottercoach@gmail.com](mailto:scottercoach@gmail.com)) as soon as you can. I will be in contact if there is anything I need to clarify to enable me to best meet your individual needs in the context of a small group session

This document provides key information about the venue and the classes plus final instructions for the first session. Please read it carefully. Many Covid-risk reduction measures are still in place at Dorridge Methodist Church (DMC). Please familiarize yourself with the venue map on page 3 and a mat layout schematic on page 4.

### **Venue:**

Dorridge Methodist Church, 135 Mill Lane, Bentley Heath, B93 8NY.

### **Arrival time:**

Please arrive about 5 -10 minutes ahead of the session time and remain, socially distanced, outside the building until admitted by me unless you have organized earlier access with me (e.g. to change clothing).

### **Parking:**

If arriving by car, park either in the Church Car Park or, (considerately) on the road.

Please check before every session that:

- you are still at low risk of transmitting Covid-19 and safe to attend.
- nothing on your PARQ has changed and that you remain physically capable of exercise.

If in doubt, contact me (07887997694) as early as possible and definitely not less than 4 hours before class so that the appropriate advice is available to you. A register is being maintained electronically so any Track & Trace (or equivalent system) requests can be met, should this ever be required.

Please bring:

- A small water bottle
- Your kit (yoga mat, short resistance band set). I lend these in the session for those new to sessions/trying one session out but regular participants tend to purchase their own.

You will be notified of the need to bring any other kit well in advance.

Parts of the Church may be cooler as all windows and internal doors will remain open and fans will be running continuously to enhance air flow. Please dress in layers and in clothing suitable for exercise. Participants are welcome to wear face masks but this is not required.

Entry to class, during class and at departure:

Entry is via the main Church doors. Please use hand sanitizer on arrival (dispenser on right hand side of inner doorway) and make your way to a marked space (chair/floor disk marking). Please keep your belongings near you (at the head of the mat/under the chair) and do not share any kit with others. Try to fill the Church sensibly and maximizing the use of space to help with Covid-security. You are

requested to always maintain social distance when indoors, and at times of high Covid risk, to wear a mask except when in the class session. Exercise within and near your mat unless there is a need to use the wall/chair. Your designated area of wall/chair will be marked; please use ONLY this. Attract attention by raising hand except in emergency (where you would also alert your nearest neighbour verbally).

Should you need to use the toilet, please maintain social distance on corridor and in toilet and, after handwashing, on return to the Church, please use my 70% alcohol hand sanitiser (in a pump dispenser). This is available for you should you need to sanitise your hands for any other reason.

In general, please restrict movement and touching of surfaces/your face. If you need to cough/sneeze, do so into your elbow/tissue and do not attend if have a cold (where increased risk cough/sneeze for non-Covid reasons).

At the end of class, leave the Church promptly via the main doors, socially distanced, taking all your kit etc. with you. This will enable me to air and sanitise any areas we have used as required so the space is safe for the next set of users.

Please note: if the fire alarms rings, it is probably a real alert so please leave the Church via the main doors and go around the side of the building to the car park where there is a fire assembly area at the far end. DO NOT LEAVE THE VENUE WITHOUT NOTIFYING ME SO EVERYONE IS ACCOUNTED FOR. If you encounter any problems with other users' covid awareness, please let me know.

After the session:

For those who have attended the session as a one-off, I hope you enjoyed the experience and, if you would like to join for another session, please book this on the RunTogether system (<https://groups.runtogether.co.uk/enjoyrunning/Runs> ).

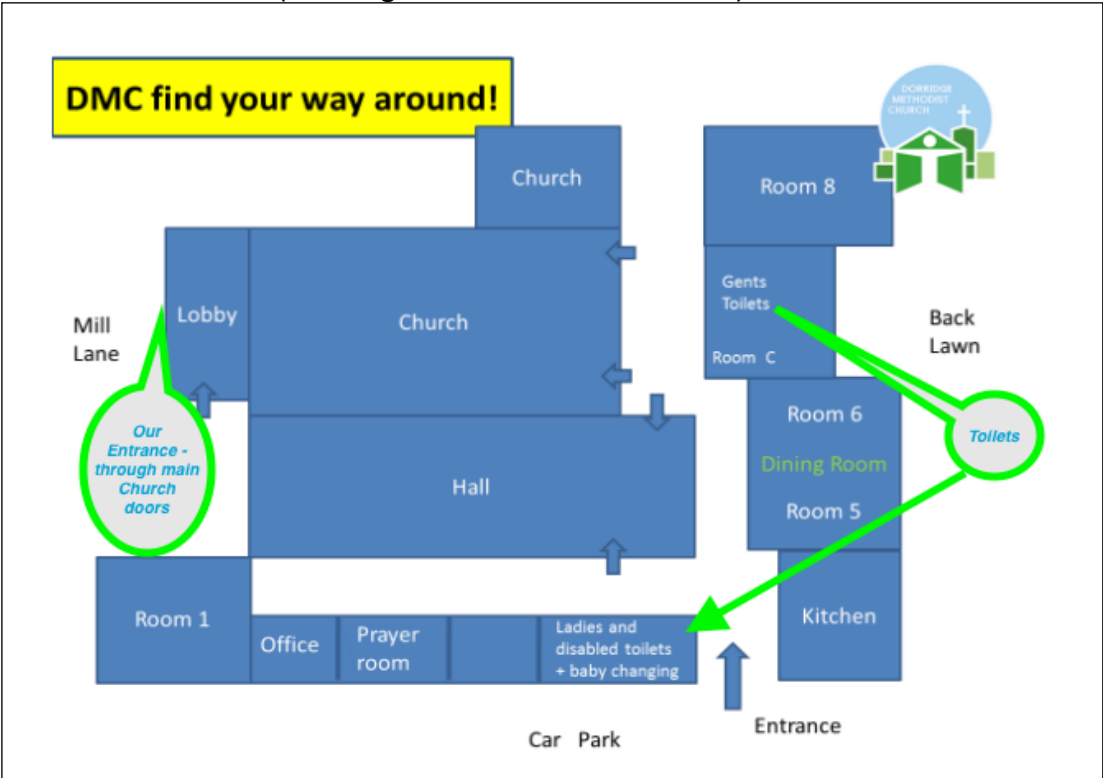
For those attending the 4-week block, on the following day, I will email you a pdf of the session's exercises plus links to any video materials. I hope you can use these to practice the exercises at home at least once in the following week. I may contact you individually if I feel you could benefit from more specific guidance. Please email me any questions you have and let me know if you are finding any of the material too challenging/too easy!

For those on the 4-week block booking system, I will circulate an email on week 3 of each month asking you to confirm if you want to book on for the following month. That email will contain payment details for the following month also and payment is due by the 27<sup>th</sup> of the month. If you no longer wish to attend the classes, please let me know ASAP and certainly by the end of week 3 so your space can be made available to others.

If you have questions, please email me. In the meantime, thank you again for signing up for this course. I look forward to seeing you very soon.

Best wishes, Siobhan

We are in the main Church (this diagram also shows the toilets).



Schematic of space layout in the Church showing where a person would place their Yoga Mat and also showing the chair (the circle with an X) and the wall area (black solid line) that they would use for exercises such as wall squat (same number as your mat area). Colour coded disks will be used to show these at each session. Please take up spaces in number order (lowest to highest), lay out your mat in the orientation shown and, in general, stand/lie with your head furthest from me (I'm in the middle). The arrangement of mats may change to suit the needs of specific session (e.g., running drills)

