

1. We're looking forward to seeing you at the free NHH Jog Scotland beginners group.
2. Please don't come to a session if:
 - you have Covid-19 symptoms.
 - you have been asked to self-isolate at home by the Scottish Government Test and Protect system.
 - you are returning from a country outside the UK, you must follow the Scottish Government guidance on quarantine.

3. Masks are not required at the sessions but please;
 - practice good respiratory hygiene during the activity (i.e. coughing, sneezing into a tissue or the crook of an elbow)
 - give other public users of the jogging areas plenty of space when passing

4. Please write the following information on a sheet of paper and bring to the session:

Name of Jogger: _____

Phone number of Jogger: _____

Your Jog Leader needs to be aware of your health history and how active you have been recently so that you can be led through a safe and effective exercise programme. The only people that will have access to your details are your Jog Leader(s)/ group coordinator.

Person to contact in case of Emergency

Name: _____

Contact Number: _____

Relationship: _____

Are you participating in this activity programme AGAINST your doctor's advice?

Yes No

Please detail in the space below any medical / health conditions you have which you think your Jog Leader should know about prior to you taking part.

6. Please register with jog scotland at <https://jogscotland.org.uk/joggers/>

It is free.

7. If you're on facebook watch the North Highland Harriers facebook page for last minute information about sessions