

RETURN TO LEARN

WITH THE ALBERTA MEDICAL ASSOCIATION YOUTH RUN CLUB

WAYS YOUR CLUB CAN LOOK



With your class or cohort before, during or after the school day

There are many curricular connections that can be made to the AMA Youth Run Club. The YRC is also a great way to get outside and participate in Daily Physical Activity during the school day



Virtual: students can participate from home

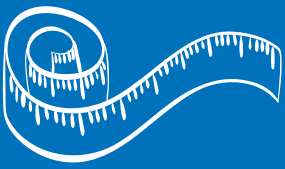
TIPS FOR STAYING SAFE



Outdoor settings are preferable



If using equipment, the coach should be the only individual to touch it. Equipment should be sanitized after every use



Two meter physical distancing should be reinforced by the coach at all times. Distancing can be facilitated through barriers like pylons, hoops, etc.



Have participants wash hands before and after run club. Encourage participants NOT to touch their face



As per health recommendations, face masks should not be worn during high intensity activities.

TIPS FOR TAG



Taggers can tag by stepping on shadows without making any contact



Taggers can call out the name of individual they tagged without making any contact

Tagger must be approximately 2 meters away from their target and they can call out the individuals name or t-shirt colour to tag them



Taggers can try and get participants to step out of bounds or herd them to a specific zone without making any contact

LINKS

[GUIDANCE FOR OUTDOOR FITNESS](#)

[GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION - STAGE 2](#)

[PARENTS' GUIDE 2020-21 SCHOOL YEAR](#)