

### **Important announcement from Caerleon RC committee**

It is with very heavy hearts and with much sadness that in light of yesterday's announcement by the UK government, and the subsequent statement from Welsh Athletics, with respect to coronavirus COVID-19, we have decided to suspend all club training sessions for the foreseeable future.

The government's announcement requested that non-essential social gatherings of people are to be heavily discouraged. Social distancing is required in order to control the spread of the virus. As a result we strongly advise against using the club pages to organise group social runs. This is to avoid groups congregating together and risking further spread.

This should not discourage you from running at all!

We all need to maintain our fitness and keep our heads clear. We all need to keep hitting the roads to achieve that. We just need to do this in a mindful way understanding that we need to keep our distance from others while we do it.

The bottom line is that we now need to start thinking as a community and not as individuals. We need to look at the bigger picture and think about those around us.

We have built an amazing purple community. We need to use those strong bonds between us to support each other through this difficult time. Reach out to each other. Stay in touch. Help each other out. Of course all the time being conscious of acting sensibly in line with the guidelines to ensure everyone stays safe throughout the coming weeks.

It is inevitable and important that we will continue to interact as a group without us all physically being together, until it is safe for us to run together again!

Keep abreast of the guidelines on Public Health Wales about staying well, and if there is anything at all we can do then please get in touch via the usual channels.

Look after yourselves.