

BEARCATS
On the Run

**TERMS &
HOW TO TAKE PART**

HOW TO TAKE PART

NIGHT/DAY BEFORE

- Charge your phone
- Headphones out
- Download zoom app on your mobile phone.

I suggest the night/day before to go outside your front door and work how to listen to Zoom on your phone and the process that you will go through in the morning - when you might be a bit blurry eyed!

You could also print this out so you have it to hand for tomorrow morning!

ON THE DAY

The session will start at the advertised time and not before – with a few minutes at the start for everyone to get settled. There will then be 2 tracks to warm up.

- **Ensure your mobile data is ON**
- **Ensure your wifi is OFF**
- **Ensure your volume is UP**

Make sure you are OUTSIDE when you get on Zoom so that you are using Mobile data, not wifi.

Tap the Zoom app on your phone and enter the CODES which can be found in The Bearcat Running Club's weekly email or Facebook for that week or on Caitlin Limmer's personal Facebook.

- **Join Audio when requested.**
- **Turn your Video OFF (this will save your data and help a clearer connection)**
- **Please mute yourself - I shall ensure my end I have muted you too.**

CONNECTIVITY – IMPORTANT TOP TIPS

Please **START and END the session OUTSIDE YOUR HOUSE** - as moving from inside to outside the house can disrupt the connectivity for a few seconds as soon as the session starts. Your mobile data needs to be established.

Connection issues can and do happen, as the Zoom platform was not made for what we are using it for. However the advice is "Don't panic!" Just wait a few seconds and the connection will automatically come back.

Might I recommend you choose a route that is not too rural so that your connection is not challenged too much! If you go under bridges, down alley ways, it might go for a few seconds.

Open fields and forests/area with lots of trees not recommended!

This session will be available for the first 100 that get on board.

Please note: I will not be able to message you individually if you have any problems during the session, so please do not text, phone or message me.

PLEASE JOIN US - YOU WOULD BE MOST WELCOME

TERMS & CONDITIONS, HEALTH & SAFETY AND DISCLAIMER

If you have not already filled out a new Par-Q form (January 2020 onwards) for The Bearcat Running Club, please use the link below to download it. Once completed, scan or photograph it and email it to caitlin@bearcatrunningclub.co.uk:

www.bearcatrunningclub.co.uk/images/Run_England_disclaimer_and_personal_details.pdf

HEALTH AND SAFETY INFORMATION

- A guided warm up will be given in the first 2 tracks of the class.
- Please ensure you are well enough to run particularly paying attention if you have any symptoms of Covid-19.
- If you are pregnant please ensure you have referred to your GP for approval and work within any limitations.
- If you are new to running please be sensible, keep the pace low and walk whenever you want.
- Please ensure you can hear traffic so either keep your volume low or only use one earphone to hear cars/lorries/bicycles/pedestrians passing you.
- Please wear suitable footwear and check your laces are tied tightly.
- Please carry water if it is a hot day and wear suncream.
- Please do not run or walk under the influence of drugs or alcohol.
- Please cross the roads at the appropriate times and places, paying attention to the highway code.
- Any children or minors that are participating should be supervised at all times by an adult.

DISCLAIMER

As with all fitness and exercise programmes you must use your common sense, if you are not feeling well or if you do not have the appropriate footwear please do not take part.

To avoid and reduce injury risk please check with your doctor before beginning any fitness programme.

Caitlin Limmer and The Bearcat Running Club will not be responsible or liable for any injury or harm you sustain as a result of this live audio run - "Bearcats on The Run".

Thank you and I cannot wait for you to join me on Bearcats On The Run - Live.