

January Training and Group Run Guidelines

Team World Vision Community,

As we continue deeper into this ever-shifting season of concern for public health, we stand united in protecting and preserving the health of children and communities both near and far. Our resolve to continue to fight for the health of kids and their communities globally remains strong and we are thankful for your YES and commitment to helping see the end of the water crisis in our lifetime.

The safety and health of our team is of our utmost concern. As we gather for group runs, we do so respecting and following the guidelines and recommendations set forth by local governments and the CDC. A central part of the TWV experience remains gathering as a team to encourage and uplift one another in our training and fundraising by creating a space where all feel safe and welcome.

Please note: The following is a framework that will guide us for the month of January. As the situation continues to be in flux, we continue to discern what is best for the health of our families and communities, and our TWV guidelines will be revised as necessary. In typical TWV fashion, let's all maintain a fun and flexible posture that recognizes our changing landscape and varying contexts in different states.

Team World Vision January Training Guidelines:

- Group runs can gather where permissible by state or local guidelines (see more below)
- Practice social distancing - ensure appropriate spacing between runners; the current recommendation is at least six to eight feet of separation.
- Respect community regulations of parks, tracks, and multi-use trails have been closed due to over-use during stay-at-home orders.
- Carry your own fluids and avoid contact with public water fountains. Only receive support from household members.
- Don't share towels, food, gels, or any other item if you run or walk with family or one close friend.
- Be conscience of your effort levels. If you use a heart rate monitor/watch you can monitor your effort level. Marathon training should primarily be done at a conversational pace that doesn't tax your body (65% of your maximum heart rate). Conversational pace means you should be able to carry on a conversation with

someone running next to you. This means without gasping for breath and short one or two-word sentences.

- Don't go out for a run or walk if you are feeling ill or have flu-like symptoms.
- Don't spit or "nose rocket" your nose in public – bring along tissues or a small towel or a good old-fashioned hanky if you need to get rid of some snot during your run/walk.

Team World Vision January Group Run Guidelines:

- **TWV group runs will abide by local governance and guidelines.** Let's be models of people who care about others and who will sacrifice our own comfort for the safety of other people and our communities at large.
- **There is NO pressure to attend a group run.** Please use your own discretion about attending a group run—same as you would for any other gathering. And of course, if you are feeling ill or have flu-like symptoms, please stay home.
- **Size of each group run is determined by local gathering guidelines.** Your team captain and TWV Area Director will be in communication with more information.
- **Please practice social distancing at all times.** Ensure appropriate spacing between runners before, during, and after your run. The current recommendation is at least six to eight feet of separation.
- **Bring your own nutrition and water.** We will not be providing any shared snacks or beverages at group runs, so please plan ahead.
- **No handshakes, hugs, high-fives, etc.** Verbal affirmation is highly encouraged! 😊
- **We encourage you to wear a mask before running.** Once you're ready to run, you may take it off or leave it on, whatever you're most comfortable with.
- **Group run leaders will be providing no touch sign-in sheets.** When you check in at your group run site, they will provide you with the info you need.
- **Remember you represent World Vision out there on the trail.** We take all of these measures to ensure the safety of our brothers and sisters and you represent much more than just yourself when you wear the TWV jersey. We expect everyone in attendance to do their best to follow these guidelines for the health and safety of the entire group as well as others who may be training in the area.

Importance and Benefits of Physical Activity:

Exercise is critical in healthy living! Marathon and half marathon training provide a regular exercise plan to get you out the door to get fit and stay in good physical and mental health. It is well documented that physical activity – walking, jogging, dancing -improve our physical wellbeing and reduce the risks of heart disease, metabolic syndrome, and other diseases that are associated with sedentary lifestyles. Exercise also benefits your mental health and quality of life. Running/jogging is aerobic exercise that improves mood, reduces depression and anxiety, and minimizes stress. Now more than ever we can benefit from an exercise routine. There are misconceptions about running that you must train ‘fast’. When training for a marathon, most of your training runs should be slow! We call this a conversational pace. Your body then learns to burn fat for energy so that you can build endurance and go the distance.

Good Resources:

Health Benefits of running/exercise:

<https://www.nytimes.com/2020/04/08/well/move/coronavirus-exercise-depression-anxiety-mood.html> <https://www.businessinsider.com/health-benefits-of-running-2018-4>
<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>
<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/>

Running safety: <https://www.rrca.org/news-articles/news-archives/2020/04/02/rrca-recommendations-for-runners-walkers-and-running-club-members---april-2>
<https://www.rrca.org/education/rrca-general-running-safety-tips>
<https://www.runnersworld.com/uk/training/a776622/how-slowng-down-can-help-you-speed-up/>

Running and Coronavirus: <https://www.runnersworld.com/news/a31439358/running-during-coronavirus/> <https://www.runnersworld.com/news/a30642790/what-is-coronavirus/>
<https://www.runnersworld.com/health-injuries/a20839244/dont-let-colds-and-coughs-stop-your-running/>