

COVID-19 Participant Code of Conduct

The easing of mandatory measures which will see an increase in running events with the subsequent benefits that brings in physical and mental health, it should be borne in mind that a significant percentage of the adult population have not been double vaccinated and that those under the age of 18 years have not been vaccinated at all.

Participants, officials and spectators will be in this group and can catch and spread the virus.

“We would encourage mask wearing when waiting in pens prior to the start and in any areas you could be in close contact with other racers”

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- **VERY IMPORTANT - Please limit the number of spectators you bring to the event and take personal responsibility for your own health-only attending if you do not pose a risk to the health of others (by taking a lateral flow test 24 hours before and only attending if you have no symptoms of COVID-19).**
- You must undertake a self-assessment for COVID-19 symptoms. Do not travel to the event if you are showing any symptoms of COVID-19. No-one should leave home to participate in sport if they, or someone they live with, has symptoms of COVID-19 currently recognised as any of the following. - A high temperature - A new, continuous cough - A loss of, or change to, their sense of smell or taste

Should you report or demonstrate any such symptoms, you must follow NHS and PHE guidance on self-isolation.
- Do not attend if you have been asked to self-isolate (through the NHS COVID app or by NHS track & trace)
- Do your homework – make sure you are aware of and understand the pre-race briefing information offered by your event.
- **Come ready to run - minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible.**
- Under no circumstances swap your number or give your place to another participant • Be respectful to volunteers and participants.
- Observe social distancing wherever possible.
- Leave more time than you normally would to get to and from the event.
- Be self-sufficient - be prepared to bring your own water, food and carry it with you during the race and please dispose of rubbish responsibly.
- Be aware of your personal hygiene e.g. avoid spitting and nasal clearance.
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public. • Bring your own hand sanitizer.
- If you experience COVID-19 symptoms soon after the event, you must report this using the NHS COVID-19 App - <https://covid19.nhs.uk>. your surroundings and impact on other partic

