



COVID-19 EVENT PROCEDURES

MANDATORY KIT FOR ALL RUNNERS -

A Face Covering - to be kept with you at all times throughout the event (a bandana/buff is acceptable)

If you are doing Lateral Flow tests please do a test on the morning of the event and if it indicates a positive result please DO NOT attend the event.

The Delta Covid variant has different symptoms to that of the original virus.

You should NOT attend the event if you have had any of the following in the previous 10 days:

- Are feeling unwell
- A high fever of $\geq 38^{\circ}\text{C}$
- A new continuous cough
- A change/loss of taste/smell.
- A shortness of breath
- Diarrhoea and/or vomiting
- Aching Muscles - not the DOMS sort from doing a marathon.
- Blocked/Runny nose
- Long-lasting Headache
- Sore Throat
- Tired and Unwell

OR: You have been in contact with anyone who is sick, isolating or who has tested positive for Covid.



ADDITIONAL COVID MEASURES:

- Race bibs will be posted out to all runners to eradicate queuing for race registration on the day.
- All Volunteers and marshals are supplied with a PPE Kit consisting of their own personal hand sanitiser gel, face masks, gloves, an apron if on food and refreshments and a mini first aid kit.
- Hand sanitiser or hand washing facilities are provided for runners at areas such as toilets, aid stations, finish area etc
- The “Jollification Station” (snack and refreshment station) has a touchless hand sanitiser stand, please sanitise your hands before receiving snacks.
- The event is cupless to reduce cross contamination so please bring your own cup or they can also be purchased from Race HQ.
- Chip timing is provided so you can adhere to social distancing guidelines. Please give each other space on the start line there is no need to huddle together as the race is chip to chip timed so your time starts when you cross the start line NOT from my start.

- No-Touch aid stations with individually packaged provisions – no pick n mix options.
- NO Baggage Drop (to reduce possible transmissions)
- No Spectators will be permitted in the immediate start-finish area but they can spread out around it.
- Hi-5's and hugs are not permitted but we will always verbally encourage and support you.

As this is a CUPLESS event you will need to carry a personal cup or bottle which you can refill at the aid station. This is to reduce plastic waste and reduce the risk of Covid transmission.

If you feel unwell during the event please come and see me or inform any marshals or medical staff. We also have various medical responder vehicles on the course.

Please see the separate Race Information pdf for all Non-Covid Specific details regarding the event.