

COVID-19 Spectator Code of Conduct

Outdoor activities and outdoor sport are consistently shown to be low risk from a COVID-19 perspective and running events play an important role in improving the health of the nation. If you observe and respect the event rules, social distancing and hygiene measures put in place by the event organiser risks to you and others will be kept to a minimum.

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

- 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 and report this using the NHS COVID-19 App.

- Spectators are only allowed on public land where they must adhere to social gathering limits either in groups of six, or two households and observe social distancing.
- Please consider wearing a face covering.
- You must use the check in on the NHS COVID-19 App using the venue QR code provided by the race organiser on arrival at the venue.
- Do your homework – make sure you are aware of and understand the pre-race briefing information offered by the event.
- Be self-sufficient – bring your own hand sanitizer and refreshments
- Avoid the most congested areas of the course including the start and finish and plan how you will get to your viewing position
- Carefully consider your travel plans, avoiding public transport if at all possible. Car sharing is not permitted with someone from outside your household or your support bubble. If you are travelling home with a participant, agree a designated meeting place after the race.
- Leave more time than you normally would to get to and from the event
- Avoid physical contact with participants, volunteers or spectators including high fives and hugs etc.
- Wherever possible keep toilets clear for the use of participants and event staff and volunteers.
- Be respectful to volunteers and participants and observe social distancing wherever possible
- Be mindful of your surroundings and impact on other spectators, participants, volunteers and the public
- If you experience COVID-19 symptoms soon after the event, you must report this using the NHS COVID-19 App - <https://covid19.nhs.uk>.

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