COVID-19 Participant 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.
- Please consider wearing a face covering pre and post race (ie before and after entering the field of competition).
- You must scan the venue QR code provided by the race organiser using the NHS Test & Trace App on arrival.
- 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.
- 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.
- 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. Don't run with or carry children in the race.
- Bring your own hand sanitizer.
- If you experience COVID-19 symptoms soon after the event, you must report this using the NHS Test & Trace App - https://covid19.nhs.uk.

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