

# COVID-19 (CORONAVIRUS)

## Guidance and advice for competitors in a Fylde Coast Runners event

### What is COVID-19

Public Health England describes COVID-19 as a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus infection include fever and cough. In some people the illness may progress to severe pneumonia causing shortness of breath and breathing difficulties. COVID-19 is a new disease caused by a recently discovered virus.

### How is COVID-19 spread

From what the authorities know, Public Health England states it is most likely spread through close contact (within 2 metres or less) with an infected person. Droplets or aerosols containing the virus are most likely to be the most important means of transport (coughs or sneezes).

Two routes people could become infected are; Directly transferred into the mouth or nose or inhaled into the lungs; Touching a surface contaminated and then touching their own mouth, nose or eyes.

## We are taking a sensible and practicable approach to combat the spread of COVID-19

### Steps being taken by FCR

- No entries are being accepted from overseas competitors.
- We are closely monitoring advice, information and guidance from the relevant local and national authorities.
- Ensuring none of our staff, stewards, marshals or volunteers present any symptoms.
- Thoroughly sanitising all surfaces (tables) and equipment used at each event.
- Supplying hand-sanitiser in all toilets, the registration area, aid stations and at the finish.
- Extending the length of the starting areas to reduce close contact. The events are chip timed so your time (chip) starts when you cross the line.
- Offering advice to competitors as required.

### Steps YOU should take

As a competitor of any sporting event, you must be medically and fit enough to complete the event. This is appropriate at all times, not just during this current situation.

- If you feel unwell, or presenting any symptoms of COVID-19 then you should **not attend the event**.
- Limit the amount of spectators that travel with you to the event, thus reducing close contact at event areas such as the finish area.
- Do not share bottles of water provided at the event.
- Consider wearing a long-sleeve top so you can wipe your face of sweat without using your hands.
- Don't congratulate fellow runners with a hand-shake or hug. Try an elbow tap instead.

## We will not be cancelling or postponing our events unless ordered to by a local or national authority. We will also be taking guidance and instructions from UK Athletics.

### Entry Deferrals & Transfers

Here at FCR we understand the frustration of injuries and the impact of family commitments which may affect your ability to compete in an event. You can also defer or transfer if you feel or become unwell before the event. Our flexible entry policy reflects this by giving you several options with your entry so you don't lose out on the money you have paid!

- **Defer your entry to the same event the following year**
- **Change your entry to another event**
- **Transfer your entry to another runner**

For further information see the 'Deferrals & Transfers' page at [www.fyldecoastrunners.com](http://www.fyldecoastrunners.com)