



# **COVID-19 SECURE** **Event Guidelines**



## **Participant Code of Conduct**

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

**Do not travel to the event if you are showing any symptoms of covid-19 as outlined by the NHS**

**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**

**Come alone if you can**

**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**

**Leave more time than you normally would to get to and from the event**

**Be prepared to bring your own water and 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 symptoms soon after the event, then please make this known through the government's Track & Trace system**

**[www.fyldecoastrunners.com](http://www.fyldecoastrunners.com)**



# COVID-19 SECURE

## Event Guidelines

These event guidelines are for the safe running of the event and to maintain the safety of all competitors, staff, stewards and the general public.  
**YOU MUST READ AND FOLLOW ALL THESE INSTRUCTIONS!**

### your bib number

Your personalised bib number is enclosed within this pack. It is more than important than ever that you do not pass this onto someone else, for the obvious safety reasons and to assist the NHS with Test & Trace should it be required.

Your personalised bib number has your timing chip pre-attached, so do not fold, bend or deface as it will not work at the event. Prior to arrival at the event, you need to attach the bib number to the FRONT of your running top and kept on for the duration of the event.

### event arrival and start

When you arrive at the event you will only be allowed into the secure event area if you have your personalised bib number pre-attached to your running top. A maximum of 30 people are permitted within the area. There is a strict one-way system in place. A diagram of the start area is shown on the back of this guidance sheet.

At the start point you must start individually, or with members of your own household, or another household to a maximum of 6 people (current guidelines). You cannot pause or wait in the start area as this will delay the start for other runners.

### timing & awards

As the event is now a 'time-trial', meaning there is no mass start of competitors your time will be recorded using the chip only. Your timing chip will be activated as you cross the start line and then your finish time recorded. Results will be published the following day.

There will be no awards presentation on the day of the event. Prizes will take the form of vouchers that will be posted to winners after the event.

### water station

On-Course water stations will be located as per the requirements of the event distance in the usual way. You will no longer be passed a bottle. It is your responsibility to pick up a bottle from an unoccupied table if you require one. Approximately 100m past the water station there will be a large bin. You must use this bin, do not drop your bottle on the floor or pass this point with it. There is also water available to collect at the start to take with you, but you must keep this bottle with you and not drop it onto the road or pavement.

### on the course

When on the course you must obey the current Social Distancing rules by keeping apart by a minimum of 2 metres. As the event is a Time Trial rather than a Mass Start, you will encounter runners of all abilities whilst on the course. Keep to the left of the course as much as possible to allow for faster runners to overtake, likewise when you overtake, move back to the left hand side as soon as possible. The same applies when you cross the finish line, please ensure you keep to Social Distancing.

### spectators

We know that bringing friends and family is a big part of your running experience, but we ask that you avoid this to enable us to maintain social distancing at the event. If this is un-avoidable then please do not stand or congregate at the start and finish areas.

Spectators should go out onto the course wherever possible and maintain their social distance. Arrange a suitable viewing position in advance as well as a post-race meeting point.

Please also note that the event toilets are for the use of RUNNERS ONLY. Spectators and members of the public are not permitted to use them under any circumstances.

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