

## **COVID MITIGATION – UPDATED 27/4/22**

Whilst COVID-19 remains prevalent we will continue to implement the majority of the COVID-19 mitigation that we have implemented at our events over the past 12 months. This will help reduce the spread and risk surrounding COVID-19 at our events and make them safe for all attending.

Please respect that other participants and event staff/volunteers might be vulnerable to COVID-19 and therefore we request that all participants do the following whilst attending our events.

### **Face Masks Indoors**

We politely request that participants wear a face mask anytime they are inside an event building.

#### **REGISTRATION**

#### **TOILETS**

#### **INDOOR CHECKPOINTS**

#### **DOWNLOAD**

### **Maintain Good Hygiene**

Participants must maintain good hygiene and regularly sanitise their hands. We will ensure that sanitiser is widely available. Participants must ensure they cover their mouth when coughing, sneezing etc. and then wash or sanitise hands immediately.

**NO SPITTING OR SNOT ROCKETING AT ANY TIME PLEASE!!**

### **Turn Up Race Ready**

We ask participants to turn up to the event as ready as possible in order to minimise the time spent indoors. We urge all participants to leave registration as soon as possible after registering for the event.

### **Registration**

To ensure there is a steady stream of people through registration, we request participants do not turn up more than 1 hour before their designated start window. This will minimise queuing and indoor congregating.

We request participants ensure they plan their journey to the event so they can register and start on time.

#### **REGISTRATION PROCESS**

At the registration event staff will provide participants with the following in a sealed plastic bag:

#### **EVENT MAP**

#### **RACE NUMBER AND SAFETY PINS**

**SPORTident TIMING CHIP** – participants are required to self-strap their Si Timing Cards (dibber) to their wrist and wear it for the duration of the event. How to strap and use the dibber will be explained in event video briefing.

### **Event Video Briefing**

We will continue to use a video briefing rather than a start line briefing in order to help reduce congregation at the event. The video briefing will be available to watch online before the event; a transcript of the briefing will also be available to read.

Last minute updates if required will be provided to the participants at the start line.

**PARTICIPANTS WILL NOT BE ALLOWED TO START WITHOUT HAVING WATCHED/READ THE BRIEFING!**

## **Rolling Starts**

We will continue to utilise rolling starts to prevent congregation at the start.

### **START PROCESS**

**ARRIVE AT THE START READY TO GO** – participants must only arrive at the start line within their allotted start window and must arrive ready to go, with all the compulsory equipment.

**SELF DIB TO START** – participants are required to self dib into the SPORTident START box using their SPORTident timing card (dibber).

## **Using Your Timing Chip/Self Dib**

Participants are required to self-dib in the following SPORTident timing boxes:

**START**

**CHECKPOINT(S)**

**FINISH**

**DOWNLOAD**

Instructions on how to self dib will be explained in the event video briefing.

## **Feed Station(s)**

The feed station will be set up so participants can collect food and water. We ask participants to maintain good hygiene and sanitise hands before touching anything. We will ensure all food is individually wrapped. Participants may fill their own water bottles/cups only – no disposable plastic cups will be provided.

## **Finish**

Participants must stop at the finish line and self dib into the SPORTident finish box. Failure to stop and dib will result in a non-finish.

After finishing we recommend participants sanitise hands and then head back to registration to download.

## **Download**

All participants must return to the event registration building to download their time, hand back their SPORTident timing chip and collect their certificate.

**SELF DIB** – self dib into the download SPORTident box.

**REMOVE DIBBER** – remove the dibber using the provided safety scissors and place the dibber into the 'dibbers' plastic box and the used strap into the 'straps' plastic box.

**COLLECT CERTIFICATE** – self collect the appropriate timing award certificate.

## **Series/ Individual Event Prizes**

Age category winners and runners up will be provided their prizes through the post rather than on the day.

## **Post Event Refreshments**

Post event refreshments will continue to be individually wrapped and take away only to help prevent indoor congregation. We ask participants to maintain good hygiene and sanitise hands before touching anything.