

PROTECTING OUR RUNNERS



SCREENING

Introduction of health screening on arrival at events.



REGISTRATION

Events may have specific race pack pick up times as well as time specific bike check-in for Duathlon/Triathlon



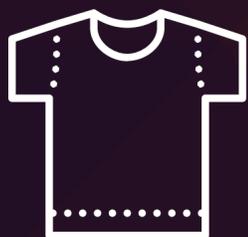
DISTANCING

Physical distancing markers to be placed around venue and areas of congregation to maintain 2m social distancing advice



BRIEFINGS

Event and race briefings will be fully digital to avoid non essential gatherings. These could be included in race guide.



MERCHANDISE

Merchandise tents may be larger and queues set up with barriers to maintain social distancing. Card Payments Only, masks worn at all times



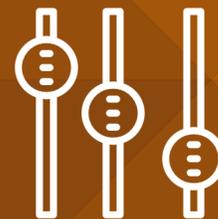
AID STATIONS

Stations to be set up for grab and go items with aid workers wearing gloves and masks.



FINISH LINE

Extra room to accommodate all runners, volunteers and staff for all your celebrations



TRANSITION

Spacing and infrastructure may change to comply with distancing rules. This may include less bikes on racking.



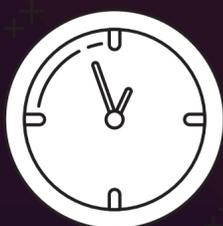
SWIM STARTS

This only applies to any triathlon event. Changes in start configurations to avoid congested enclosed areas.



MASKS

Masks must be worn on arrival and in all areas of congregation (registration, merchandise etc)



ALLOCATED TIME SLOTS

To relieve congestion start times may be allocated to participants to prevent a mass start.



SANATISING STATIONS

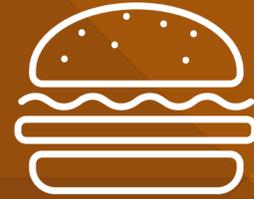
A number of sanitising stations set up in key areas providing plenty of opportunities to sanitise.



TOILETS

All runners are advised to sanitise their hands before and after using the toilet.

Spread out to allow for social distance queuing.



VENUE FOOD

Food staff to wear masks and have a sanitation plan in place. 2m queue restrictions in place. All food and drinks take away only

CONTINUED

HEALTH SCREENING AND TEMPERATURE CHECKS

You might be subject to temperature checks and health screening, to make sure everyone is symptom free and safe to take part.

REGISTRATION

From the moment you arrive at the venue, you'll see everything we're doing to ensure your safety and wellbeing. So that everyone can maintain a safe distance. You Can Socialise and have fun (At a Safe Distance)

We all need a little space sometimes. We've added queue markers to help you keep your distance while you wait to register, and we're limiting the number of runners in the queues to ensure everyone can maintain a safe distance.

START TIME SLOT

Depending on the latest government guidance the start of the race may be broken down into wave time slots.

SYMPTOMS

If you have had any of the below symptoms within the last 14 days, or feel unwell, please DO NOT attend the event:

High temperature
New or continuous cough
Loss or change in taste and /or smell