

Covid Code of Conduct for Spectators!

- Consider whether it is necessary for you to attend as a spectator
- Do not travel to the event if you are showing any symptoms of covid-19 outlined by the NHS
- Do your homework – make sure you are aware of and understand the pre-race briefing information offered by the event
- Be self-sufficient – bring your own hand sanitiser and refreshments
- Avoid the most congested areas of the course including the start and finish and plan how you will get to your viewing position
- If you are travelling home with a participant, agree a designated meeting place after the race
- Avoid physical contact with participants, volunteers or spectators including high fives and hugs etc
- Wherever possible keep toilets clear for the use of participants and event staff and volunteers
- 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 mindful of your surroundings and impact on other spectators, participants, volunteers and the public. Please dispose of any rubbish responsibly
- If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system

