

## Covid Code of Conduct for Athletes!

- 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 sanitiser
- If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system

