**PLEASE DO NOT LEAVE HOME TO ATTEND OUR SITE IF GOVERNMENT ADVICE MEANS YOU SHOULD STAY AT HOME BECAUSE YOU OR SOMEONE IN YOUR HOUSEHOLD HAS OR HAS HAD SYMPTOMS OF COVID 19, OR IF YOU ARE IN THE MOST VULNERABLE CATEGORY AND HAVE BEEN ADVISED TO SHEILD FROM THE CORONAVIRUS. ALONGSIDE OUR GUIDELINES YOU SHOULD ALSO READ ADVICE ON THE GOVERNMENTS WEBSITE.**

**BEFORE LEAVING HOME AND AFTER YOU RETURN FROM LEAVING OUR SITE**

* WASH YOUR HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS - OR USE ALCOHOL GEL IF WASHING YOUR HANDS ISNT POSSIBLE

**TRAVELLING TO AND FROM SITE**

* AVOID USING PUBLIC TRANSPORT WHERE POSSIBLE - WE HAVE AMPLE PARKING

**ARRIVAL ON SITE**

* ALL PARTICIPANTS/SPECTATORS WILL BE TEMPERATURE TESTED AND SCREENED ON ARRIVAL AND ARE EXPECTED TO SANITISE THEIR HANDS
* REGISTRATION WILL BE MANAGED WITH SOCIAL DISTANCING

**STAFF/VOLUNTEERS**

* ALL STAFF/VOLUNTEERS WILL BE EQUIPPED WITH THE NECESSARY PPE

**EXTRA TO DOS**

* PLEASE BRING HAND SANITIZER AND TISSUES
* CLEAN AND WIPE DOWN ALL YOUR EQUIPMENT BEFORE ARRIVAL ON SITE AND AGAIN ON DEPARTURE
* ENSURE YOU TAKE ALL YOUR BELONGINGS WITH YOU AT THE END OF YOUR TIME WITH US -**ANYTHING LEFT BEHIND WILL BE THROWN AWAY**

**CHANGING/WASHING**

* ARRIVE CHANGED AND READY TO GO ON COURSE
* THE SHOWERS WILL BE AVAILABLE (COLD AND HOT) ALBEIT WITH CURRENT GOVT GUIDELINES WHICH REDUCES THE NUMBER OF PARTICPANTS ALLOWED TO USE THEM AT ONE TIME – THEREORE PATIENCE AROUND QUEING WILL BE NEEDED
* BRING A CHANGE OF CLOTHES AND BLACK BIN BAGS FOR YOUR DIRTY CLOTHES SHOULD YOU WISH TO CHANGE
* WE WILL HAVE EXTRA TOILETS ON SITE AND HAND WASHING STATIONS

**SOCIAL DISTANCING – SITE REGULATIONS**

* MAINTAIN SOCIAL DISTANCING IN COMMUNUAL AREAS AND FOLLOW GOVT GUIDELINES ON ACCEPTABLE SOCIAL INTERACTION

**HYGIENE**

* IF YOU NEED TO SNEEZE/COUGH, DO SO IN A TISSUE OR UPPER SLEEVE

**ALL OF THE ABOVE IS SUBJECT TO AMENDMENT ACCORDING TO GOVERNMENT GUIDELINES.**

**THE COURSE**

* WAVES WILL BE RESTRICTED TO A MAXIMUM OF 30 AND PARTICIPANTS WILL BE ASKED TO STAY IN THEIR BUBBLES AND AVOID PHYSICAL CONTACT WITH OTHER RUNERS
* WAVES WILL BE STARTED APPROXIMATELY EVERY 10-15 MINUTES TO ENSURE WE MAINTAIN SOCIAL DISTANCING – PLEASE HAVE PATIENCE IF YOUR START TIME IS DELAYED
* THERE WILL BE A ONE WAY SYSTEM IN PLACE AROUND THE SITE
* TRANSITION WILL BE SPLIT INTO PARTICIPANT ZONES WITH CORRECT SOCIAL DISTANCING
* HAND SANITISING STATIONS WILL BE SITUATED THROUGHOUT THE COURSE TO ENSURE WE COMPLY WITH UKOSF AND GOVERNMENT GUIDELINES
* HAND SANITISERS WILL BE MANAGED BY MARSHALLS TO REDUCE CROSS CONTACT
* WATER STATIONS WILL BE MANAGED WITH PAPER CONES, PARTICIPANTS WILL TAKE THE CONE TO THE TAP AND THE MARSHALL WILL FILL AGAIN TO REDUCE CROSS CONTACT
* THE WATER SLIDE HAS BEEN REMOVED DUE TO UKOSF REGULATIONS