



COVID-19 protocols for runners

All competitors must adhere to the following guidance at all times, failure to do so would be a breach of government guidelines and will jeopardise the safety of the event.

MAR 21 Last updated: 30th March 2021

Pre-race

- On **Wednesday 5th May** our race briefing video will be posted on <https://chilternridgeultratrail.com/updates> and emailed to all competitors. You must watch this prior to the event, there will not be a briefing in-person on race day.
- It is a mandatory requirement to complete a **pre-attendance symptom check**. This must be submitted via our online form in the 48 hours prior to arrival. The form will be available at <https://chilternridgeultratrail.com/updates> from Thursday 6th May.

If you fail the pre-attendance symptom check you must not travel to the event.

Event base (pre-race)

Competitors must adhere to the latest travel guidance, this can be found at: <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

Arrival:

- Please arrive, register and start in a short time as possible.
- The event site will open at **0730** and all runners should have arrived by **0830**.
- You may start anytime between **0800-0900**. *There will be no starters permitted before or after this window.*

Registration:

1. Registration will be open between **0730-0845**.
2. Registration will be split into two queues based on your last name, the queuing system will be marked out with floor markers.
3. Competitors must wear a face covering at all times.

Start:

1. When you are ready to start, make your way to the start line and join the queue.
2. Participants will be set off with a minimum of 10 second gap.
3. If you are running with another person, you may start together as a pair.

Spectators / Non-competitors:

Spectators are not permitted under COVID regulations. We appreciate that this may be frustrating, however the event cannot go ahead unless we enforce this rule.

If you are being dropped off by a friend or family member, this person must stay in or next to their vehicle and not attend the registration or start area, once dropped off they must leave promptly.

Social distancing:

1. You must stay social distanced from other competitors at all times and you must not create groupings of more than 6 people at any time.
2. When in groups of up to six people, individuals must still be socially distanced from each other.

Using facilities:

1. If you are using the toilets, coffee stand or interacting with another person you must wear a face covering at all times.
2. Hand sanitiser will be available at the registration desk and toilets.

During the race

Whilst in the race, you will be running on public footpaths and will encounter other members of the public and competitors.

- **Do not under any circumstances** overtake or pass another person unless there is sufficient (2m +) room to do so. Failure to follow this rule will put you and the other person at risk of COVID transmission.
- Stop and give way to members of the public if necessary.
- If a member of the public moves out of the way for you, please acknowledge that and thank them.

Checkpoints

1. Before entering the checkpoint, please put on a face covering.

2. Before taking any food/water you must sanitise your hands.
 3. There will be space for 2 people at a time in order to maintain social distancing, other competitors must wait in a queue.
 4. You may remove your face mask once away from the main checkpoint area, in order to drink or eat food. Please keep away from other competitors or race staff whilst doing this.
 5. Please move through the checkpoint as quickly as possible in order to reduce queuing time for other competitors.
 6. We would encourage you to carry as much nutrition as possible in your race bag to reduce use of checkpoints.
 7. If you are using the toilets at the checkpoints, we will operate a 1 in 1 out policy and you must wear a face covering at all times.
 8. No spectators are permitted at checkpoints.
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Event base (finish & post race)

1. After you finish the race, you will be required to scan and return your timing wristband, you will then pick up a medal and be asked to move away from the finish area.
 2. You may stay at the event base after finishing whilst recovering, provided you maintain social distancing, we have a huge field so this is easily achieved.
 3. Spectators are not permitted at the finish line.
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If you have any questions about this document, please email [**racing@runawayuk.com**](mailto:racing@runawayuk.com)