



## **Doug Anderson 5K – Covid-19 Code of Conduct for Runners**



Bedford Harriers AC are delighted to stage our first race back since the start of pandemic. With large numbers of people now having been vaccinated against the virus, and evidence that outdoor sporting has consistently shown to be low risk in transmission, we are excited to be able to return to racing. We would appreciate everyone's co-operation in following the procedures we have implemented to ensure a safe and enjoyable event for everyone.

- Please DO NOT travel to our event if you are showing any symptoms of covid-19 as defined by the NHS or if you have had a positive test or have been asked to isolate in the 10 days prior to our race.
- Even if you have had your vaccine, please be mindful that some people are not yet fully vaccinated and social distancing should continue to be maintained.
- Please consider wearing a face covering pre- and post-race (i.e. at any time you are not actually racing).
- You must scan our race venue QR code using the NHS Test & Trace app on arrival.
- Be prepared – before arriving make sure you understand and are aware of the pre-race briefing information on our website.
- Come ready to run – minimise your interactions with race officials, volunteers, and other runners by being as self-sufficient as possible.
- Travel alone, or within your household bubble, and try to avoid using public transport.
- Under no circumstances swap your race bib or give your place to another runner.
- Be respectful to race officials, volunteers, and other runners.
- Observe social distancing, wherever possible. Remember the 'rule of 6' and do not gather in larger groups.
- Please do not gather to take team photographs.
- Leave more time than you normally would to get to and from our race.
- Consider bringing your own water and dispose of any rubbish responsibly.
- Be aware of your personal hygiene e.g. avoid spitting and nasal clearance.
- Be mindful of your surroundings and impact on other runners, spectators, race officials and the public.
- Whilst we will have sanitiser, please bring your own, if you can.
- If you experience covid-19 symptoms soon after the race, then please follow guidance regarding testing and self-isolation.