

COVID-19 Spectator Code of Conduct

The easing of mandatory measures which will see an increase in running events with the subsequent benefits that brings in physical and mental health, it should be borne in mind that a significant percentage of the adult population have not been double vaccinated and that those under the age of 18 years have not been vaccinated at all.

Participant, officials and spectators will be in this group and can catch and spread the virus.

- You must undertake a self-assessment for COVID-19 symptoms. Do not travel to the event if you are showing any symptoms of COVID-19. No-one should leave home to participate in sport if they, or someone they live with, has symptoms of COVID-19 currently recognised as any of the following.
 - A high temperature
 - A new, continuous cough
 - A loss of, or change to, their sense of smell or taste

Should you report or demonstrate any such symptoms, you must follow NHS and PHE guidance on self-isolation and report this using the NHS COVID-19 App.

- Do not attend if you have been asked to self-isolate (through the NHS COVID app or by NHS track & trace)
- 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 sanitizer 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.
- Carefully consider your travel plans, and if you are travelling home with a participant, agree a designated meeting place after the race.
- Leave more time than you normally would to get to and from the event.
- 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 and observe social distancing wherever possible.
- Be mindful of your surroundings and impact on other spectators, participants, volunteers and the public.
- If you experience COVID-19 symptoms soon after the event, you must report this using the NHS COVID-19 App - <https://covid19.nhs.uk>.