



# 2021 East Grinstead 10k

## COVID-19 Spectator Code of Conduct

**Whilst the easing of mandatory measures for Covid 19 took place on July 19<sup>th</sup> please remember that some of the adult population have still not been double vaccinated and those under the age of 18 years may not been vaccinated at all. It is also recognised that those who have been vaccinated can still catch and spread the virus. With this in mind, we would request that all participants read and adhere to the following Code of Conduct in line with UK Athletics guidance.**

- 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

If you have any of these 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)
- 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.
- 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>.