



2021 East Grinstead 10k

COVID-19 Participant Code of Conduct

Whilst the easing of mandatory measures for Covid 19 took place on July 19th 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

Should you report or demonstrate any such symptoms, you must follow NHS and PHE guidance on self-isolation.

- Do not attend if you have been asked to self-isolate (through the NHS COVID app or by NHS track & trace)
- Please wear a face covering pre- and post-race (i.e., before and after entering the field of competition).
- Do your homework – make sure you are aware of and understand the pre-race briefing information.
- Come ready to run - minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible.
- Under no circumstances swap your number or give your place to another participant.
- Be respectful to volunteers and participants.
- Observe social distancing wherever possible.
- Leave more time than you normally would to get to and from the event.
- Be self-sufficient - be prepared to bring your own water, food and carry it with you during the race and please dispose of rubbish responsibly.
- Be aware of your personal hygiene e.g., avoid spitting and nasal clearance.
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public. Don't run with or carry children in the race.
- Bring your own hand sanitizer.
- If you experience COVID-19 symptoms soon after the event, you must report this using the NHS COVID-19 App - <https://covid19.nhs.uk>.