

**Updated 22<sup>nd</sup> May 2021**

## **MaD Races Participant Code of Conduct**

**This is based on the recommended code of conduct for runners & spectators from the UKA. Please ensure that you read and observe this code to ensure a safe and enjoyable event for everyone. This also applies to any spectators attending the event.**

- Do not travel to the event if:
  - you are showing any symptoms of COVID-19 as outlined by the NHS,
  - you have been in contact with anyone with Covid in the past 10 days,
  - you have been advised by NHS track and trace that you may have been in contact with someone with COVID-19,
  - you have had a recent positive Covid test and are still within the recommended isolation period
  - you have travelled to any international location where you are required to quarantine/self-isolate on your return to UK, and are still within the quarantine/self-isolation period
  - You are subject to any local restrictions which mean you should not attend
  - You are also advised not to attend if you fall into a Covid High Risk group
  
- Do your homework – make sure you are aware of and understand the pre-race information offered by your event (watch the briefing video, read the pre-race information email and check the updates section of our website event page <https://www.madraces.co.uk>)
  
- Come ready to run and minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible:
  - Face Masks must be worn at all times except when racing: you must carry it with you whilst racing (this is to protect personnel if attending to you during the race). You will also need to wear it in the finish funnel.
  - Bring your own hand sanitiser, use it regularly, and carry it with you
  - Arrive for registration at the allotted time
  - Know your bib number for registration
  - try to use toilets offsite where possible
  - return to your vehicle to await the start where possible, or find a spot away from the race route & maintain social distancing, and not gathering in groups of greater than 30
  - arrive at the start area 5 minutes before
  - know your route
  - carry your own nutrition and water
  - consider using your hand sanitiser after opening and closing gates
  - ensure your bib number is visible for checkpoint marshals
  - take all rubbish home with you
  - avoid 'on the day' enquiries as far as possible: if you have a query please contact the race directors on [carol@madraces.co.uk](mailto:carol@madraces.co.uk) before race weekend (and ahead of race week as far as possible)
  - ensure that if returning to physical activity after a lengthy break, especially if you have had a positive Covid test, that you are fit and well to take part.

- Under no circumstances swap your number or give your place to another participant
- Be respectful to volunteers, participants and members of the public
- Observe social distancing at all times, including when overtaking
- Carefully consider your travel plans, avoiding public transport if at all possible. You may car share, but are advised to follow the gov.uk guidance at <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#private-cars-and-other-vehicles>
- Leave more time than you normally would to get to and from the event
- Be aware of your personal hygiene e.g. avoid spitting and nasal clearance
- If you experience COVID symptoms during the event:
  - If you are still at HQ, please isolate by returning to your vehicle, then contact the Safety Officer to make them aware that you are returning home immediately. If unwell, go to the medical tent
  - If you are out on the course, contact the Safety Officer to make them aware, then make your way to the closest point where you can arrange pickup by private transport (family, friend), whilst maintaining social distancing. Use your face mask once in transport. If unwell, contact medical team.

### **Spectator specific info**

- Spectators are now allowed to attend. Spectators should maintain social distancing and not gather in groups larger than 30 people. Multiple groups of spectators are permitted.
- Spectators must use the check in on the NHS COVID-19 App using the venue QR codes that will be on display. Runners do not need to check in as we have their details from registration.
- Avoid the most congested areas of the course including the start and finish and plan how you will get to your viewing position.
- Avoid physical contact with other participants, volunteers or spectators outside your household, including high fives and hugs etc
- Wherever possible keep toilets clear for the use of runners, event staff and volunteers, especially before the start of the race.
- If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system. If you then have a positive test within 48 hours of the event, please contact MaD Races on [carol@madraces.co.uk](mailto:carol@madraces.co.uk) as we are required to send you a link for a UKA Covid report form (as this is an event held under UKA / England Athletic governance)
- Be aware of limitations at the event:
  - Medical aid will take longer to reach casualties (time taken for full PPE donning procedures)
  - There can be no mouth to mouth resuscitation (cardiac compressions and other procedures unchanged)
  - Need for self-reliance in case of abandoning the race (whether through injury or withdrawal). The medical team & MaD Races are unable to offer a pick-up service due to Covid measures. Only those in need of medical attention and unable to mobilise can be transported by calling emergency services.