

MaD Races Participant Code of Conduct

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

- 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 who is sick in the past 14 days,
 - you have been advised by NHS track and trace that you may have been in contact with someone with COVID-19,
 - you have travelled within the past 14 days to any international location where you are required to quarantine on your return to UK.
 - You and any spectators 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
 - arrive at the start area 5 minutes before
 - know your route
 - carry your own nutrition and water
 - 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 before race weekend (and ahead of race week as far as possible)
- You are welcome to bring spectators (this may be of help to you as they will this year be allowed to aid you with re-stocking nutrition / fluids), but spectators should not remain at race HQ. Once they have dropped you they should move elsewhere around the course.
- 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
- 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 SMRT 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 SMRT.

- If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system

- Be aware of limitations:
 - 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). SMRT & 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 SMRT.