

ILAM FELL RACE - COVID-19 MEASURES

The safety and wellbeing of all our participants and volunteers is at the heart of our races. We will only organise our races in compliance with government and FRA guidelines and therefore the measures below are subject to change and we will keep you up to date via our website, social media pages and emails.

YOU MUST NOT ATTEND if:

- You are shielding
- You are unwell with a cough, fever or other Covid-19 symptoms
- You have been in close contact with anyone who is suspected of or confirmed as having Covid-19 in the 14 days before the race
- You are undergoing testing for suspected Covid-19
- You have to quarantine

GENERAL

Our main objective is to ensure social distancing and minimise touch points during the event from parking, registration, start, during the race and finish. Please note and pay careful attention to the instructions below and to any others given by the marshals and organisers on the day.

Anyone who refuses to observe these safety measures and any others we feel necessary on the day, will be retired from the race and asked to leave.

ENTERING THE RACE

- Please ensure your car registration and emergency contact details are entered correctly in SI Entries (you can use EDIT YOUR ENTRY) by latest Thursday midnight before the race
- All runners below the age of 18 on the day of the event will need to provide a completed and signed Parental Consent Form. You should have been prompted to do this when entering but if not there will be some spare forms at registration

ARRIVAL AND REGISTRATION

- Observe the 2m social distancing in the registration queue, please wear a face covering and use the hand sanitisers provided
- Registration is outside under cover to have ample ventilation
- At registration you will receive your race number and your dibber – please attach the wristband with your dibber yourself
- The dibbers have been sanitised
- Leave the registration area promptly and wait outside until it is time to go to the start
- It is not possible to leave any bags at registration, please keep them in your car
- Toilets are available, but please observe 2m social distancing in the queue, wear a face mask and use hand sanitiser afterwards

START

- Present yourself to the start 15 mins before the start time
- Start is a mass start

OUT ON THE COURSE

- During the race please be aware of who is around you and try to maintain distance specially when approaching checkpoints (on the 4.7 and 7.2 km races)
- In an emergency if you have to attend to an injured person be aware of the risk of infection and try to balance that against the need to help the person
- We recommend marshals to wear masks specially at dibber check points (Dovedale stepping stones on 4.7km race and Flagpole Hill on 7.2km race)

FINISH

- Keep 2m distance in the SI card download queue
- Our team will take the dibber from you and download. You will receive a receipt with your result
- There will be a results screen but please avoid crowding around the screen and keep socially distanced. Results will be uploaded to our website at the end of the day
- Please observe 2m social distancing after the race and don't form crowds

FOOD & PRIZEGIVING

- Please observe 2m social distancing