



## **Mini Mountain Marathon Series 2021**

### **KONG MINI MOUNTAIN MARATHON - 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 been outside of the UK within the last 14 days
- 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.

As our races are score orienteering races with variable start times and participants choosing different routes, they lend themselves very well for social distancing.

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.

We have relaxed our procedures from earlier this year with the governance restrictions being lifted, but still feel these measures below are important to keep in place. Please help us to avoid the spread of Covid-19.

#### **ENTERING THE RACE**

- Entry numbers will be limited to 300 to maintain social distancing. To better enable social distancing you will be selecting a 15 mins start window between 8 am and 10:30 am in SI Entries under EDIT YOUR ENTRY. Each 15 mins window will have a maximum of 30 people starting

- 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
- We will be using an online disclaimer form that needs to be 'ticked' during entry to confirm you have understood the conditions for entry

## ARRIVAL AND REGISTRATION

- 15 mins start windows are pre-allocated so we can minimise the number of people at the various stages of the race. Please time your arrival to maximum 30 mins before your allocated start time so you can register and get to the start just in time
- Park in the dedicated parking area for the event – see Kong Mini Mountain Marathon signs, please follow directions from our marshals. We will aim to have ample space for parking to enable social distancing
- Observe the 2m social distancing in the registration queue, please wear a face covering and use the hand sanitisers provided
- Be prepared to offer items for inspection at kit check (no touch)
- 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 will be available, but please observe 2m social distancing in the queue and in the toilet area and use hand sanitiser afterwards

## START

- Present yourself to the start ONLY in the 15 mins start window you selected
- Observe the 2m social distancing in the start queue

## OUT ON THE COURSE

- During the race please be aware of who is around you and try to maintain distance specially when approaching check points
- When you stop for a break please sit away from the check point so that you do not impede access for others. Use hand sanitiser before eating
- 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

## FINISH

- Keep 2m distance in the SI card download queue
- Sanitise your hands with the sanitiser provided
- Cut the dibber strap yourself with the scissors provided, put the old strap in the rubbish bag provided, dib the dibber in the download box, take the receipt from the printer (for pairs: after both have dibbed, dib one dibber twice if you want an extra print for your partner) and put the dibber in the empties box

- 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
- We will provide food and drink again, but please follow the instructions from the Marshalls
- Please observe 2m social distancing after the race and don't form crowds