

COVID Plan : Lakes in a Day : 9th October 2021

Key Rules for participants

- Masks must be worn when you are indoors or are in close proximity of other people even if outside
- Masks must be worn for the whole of the coach transfer – NO EXEMPTIONS
- Time indoors should be strictly minimised
- If you have any symptoms which might indicate COVID19 infection (including but not limited to, temperature, cough, loss of sense of taste or smell) you must not attend the event. A negative lateral flow test is not sufficient evidence that you do not have COVID

Guidance for Runners:

- If you are unwell (as above) – DO NOT COME
- Follow social distancing and hygiene rules. You will be asked to move on if groups are congregating. No more than 15 mins to be spent at each feed station
- This is not a spectator event. Spectators will not be allowed on feed station sites, they must use trackers and see runners away from feed stations. Any runner who is seen to have a support on the course will be disqualified and not be given a finish time.
- You must carry a face mask (please note we do not accept a Buff type face covering as a facemask please bring a proper mask) and wear this at all times when indoors or in close proximity to other people even if you are outside. The 1m distance should be maintained with anyone who is not part of the household or bubble, indoors and outdoors. There will NO EXEMPTIONS, if you are unable to wear a facemask you will be asked to remain outside feed stations, food & drink will be brought to you.
- Hand sanitiser will be available in feed stations, and should be used before taking food. We recommend you carry your own as well.
- All indoor sites will operate on a one-way system to keep your time indoors at a minimum. You can go round more than once (e.g. for second helpings of food).
- There are no indoor waiting areas at any point during the event; indoor sites are to be passed through for a purpose rather than spending time in them (e.g. to register, to use the facilities, to collect food only). At Registration you will be asked to queue outside – come prepared....
- If you are taking the coach transfer you will have to wear a face mask for the whole journey. There will be NO EXEMPTIONS, No Face Mask No Transfer.
- Once you have completed the run & collected your medal, please move away from the finish area. Collect your runners meal, eat, shower and leave site – go home, back to your tent or accommodation. Please do not stay around the school site we do not want to offend you by having to ask you to leave.