



Life's A Beach

31st July 2021

9.30 – 3.30pm

Race Instructions including COVID-19 measures

Race delivery will be based on the principle of social distancing to reduce the risk of person to person transmission and by removing all possible touch-points at source with an increased cleaning regime for people and surfaces where touch cannot be avoided to minimise the risk of touch-based transmission.

The measures outlined below will be implemented for all Hare & Tortoise race events and updated in accordance with the latest government guidelines. Runners will be expected to adhere to all measures and controls and to abide by any instructions given by the Race Director or Race Marshalls for the purposes of keeping runners, volunteers or members of the public safe and to comply with government requirements. Any runner refusing to comply with reasonable requests will be disqualified from the event and asked to leave the race village. We're not usually so strict about things, but this is about keeping everyone safe so we really don't have any choice in the matter!

Pre-race measures

- Race instructions will be emailed to all participants ahead of race day, advising of Covid-measures on the day, race registration and race starting protocols.
- Final race instructions will be sent out in the few days before the race event and will include on the day information to reduce any on-the-day race briefing requirements.

Race Day

Runners, volunteers or race staff should not attend the event in the following circumstances:

- They are symptomatic or living in a household with someone else has a possible or confirmed COVID-19 infection.
- They have been asked to isolate by the NHS Test and Trace because of contact with a known COVID-19 case.
- They have been asked to self-isolate following international travel to a country requiring quarantine on return.
- If they are experiencing symptoms of fever of $\geq 38^{\circ}\text{C}$ on the day of the event; or have been experiencing signs or symptoms of COVID-19 in past 14 days prior to event. (fever of $\geq 38^{\circ}\text{C}$, new or continuous cough, loss of taste or smell)

Race Start

We will be operating a socially distanced single race start. Race start is at 9.30am

Bag Drop

There will be a self-service bag drop option at the start, which will be clearly marked & located in the race village area. This bag drop area will be accessible for the duration of the race for any personal drinks or race nutrition you may wish to access. ** Please be aware there will be no provision for personal race nutrition or drinks to be located on the aid station tables.**

The Race

Runners are expected to maintain social distancing whilst running the course and at any feed stations.

Passing should be attempted when it can be completed in a single move, allowing a minimum of 1m distance between runners. The runner behind should alert the runner ahead that they intend to pass.

We're runners, we know you do it when you are out training, but please do not spit, snort, snot rocket or any other means of clearing your nose or throat while participating in this event for the safety of other runners, spectators or members of the public.

Feed Stations

The aid station will be managed to provide single portions per runner in a socially distanced and obsessively cleaned environment to avoid cross-contamination. We know that you are used to feed stations, H&T style, and we apologise that (hopefully) just for the short-term we simply can't provide the wide array of goodies you are used to. We have devised a method to be able to safely refill your reusable cups/bottles so whilst we will have a limited number of disposable cups available, we encourage you to bring your own reusable cup.

Hand sanitiser will be available.

Supporters

Supporters are not permitted in either the race village/race start or feed station locations in order to manage social distancing and minimise any risk of transmission. They are welcome to provide support and encouragement outside of these areas but ask that they respect social distancing guidelines and leave ample room for other runners to pass.

Finishing & your all-important medal and goody-bag

Goody bags & medals will be provided in a no-touch transaction with race finishers responsible for placing their own medal over their head. We'll cheer your success from an appropriate distance and then respectfully ask you to leave the race finish area as quickly as possible to keep the area clear for other runners and finishers!