

# COVID-19 INFORMATION FOR PARTICIPANTS IN PEAK RUNNING ACTIVITIES & EVENTS

V3.3 December 2020

## Introduction

Our activities restarted in June 2020 with additional measures in place to ensure the risks to health and safety from COVID-19 are managed to a level that is as low as reasonably practicable, and compliance with current government and England Athletics guidelines. This is in addition to the usual measures that we apply to ensure the health and safety of participants our coaches/leaders and members of the public that we may come into contact with.

In order for us to operate safely, if you are planning to join any of our runs it is essential that you:

1. Understand the arrangements that are currently in place to provide a **'covid secure environment'**, and
2. Actively help us to ensure all participants strictly adhere to them.

Therefore, can you please take a few moments to read and understand the following before booking onto a run. **Including the restrictions on travelling to, from or between Tier 3 areas.**

## 1. Advanced Bookings Only

All activities must be booked and paid for in advance to avoid the need for close contact at registration on the day.

## 2. Participant Information

When booking, please provide **ALL** the relevant information requested during the booking process, including any medical issues and an emergency contact. (*Our privacy policy is available on our website*).

**PLEASE NOTE:** We are obliged to provide participant contact information to the Government's Track and Track initiative upon request. Acknowledging and confirming you are comfortable with this is, therefore, a condition of participating in a run.

## 3. Group Size

Groups sizes and the ratio of coaches/leaders to participants will be limited to a number that ensures compliance with current England Athletic and Government guidelines. The specific limit may vary between different activities to take into account the location/environment and the availability of leaders.

**The 'rule of six' law introduced by the government does not apply during the organised activities, as they take place in a 'covid secure environment' in accordance with England Athletics guidelines. However, participants are bound by this law outside of the organised activities and, therefore, must not gather socially in larger groups before or afterwards.**

## 4. Social Distancing

Please maintain at least 2 metres distance from any other person (except members of your own household) before, during and after the activity. This may be reduced slightly if you are running/walking side by side but must not be less than 1 metre.

Avoid running/walking directly behind another participant wherever possible and, if not possible maintain a greater distance behind them to avoid being in their slipstream.

Be mindful of other trail users to ensure you maintain sufficient distance from them. Slow down or stop and step aside to let them pass where necessary.

## 5. Hand Hygiene

As there will not usually be hand washing facilities available at meet-up locations or out on the trails, please apply sanitiser to your hands before and after the activity.

We will have hand sanitiser available at the meet-up point. However, we would recommend that you bring your own and carry it with you.

## 6. Contact with Surfaces

Avoid contact with surfaces as much as you can, especially with your hands. Use your arms or other parts of your body to operate gates and/or aid balance over stiles if you can do so safely, rather than using your hands.

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## 7. Kit Requirements – Including Face Covering

It is important that you are equipped with the necessary items to keep you and others safe in the case of an incident or emergency that causes the group to stop or significantly slow down (e.g. an injured participant). It is especially important that you are self-sufficient during this time, as relying on spare clothing, drinks or emergency food carried by others is not appropriate.

In addition, all participants **must carry a suitable face covering** to minimise the risk to others if they need assistance, e.g. after a fall requiring first aid. It is not necessary to wear it while running/walking.

## 8. COVID-19 Symptoms

Please do not attend any activity if you have any covid-19 symptoms or need to self-isolate due to contact with others that have symptoms. Attendance at any activity is subject to you declaring that you are free from symptoms and will not attend if you have displayed any symptoms, or been in contact with anyone that has, within 14 days prior to the activity. Symptoms include:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

## 9. Local Restrictions and Travel

The tiered system of covid-19 restrictions introduced by the government in December 2020, and the updated guidance issued by England Athletics, includes restrictions on travel to/from **or between** areas classified as 'Very High' (Tier 3). **We therefore ask that you do not travel across the boundaries of Tier 3 areas to attend any of our events/activities.**

If restrictions/Tier levels change after you booked and prevent you from attending, please let us know as soon as possible.

## 10. Variations to Terms and Conditions

Encouraging everyone to act safely and comply with current covid-19 restrictions is important to us. Therefore, if your circumstances change, or restrictions in your area become more severe, after you have made a booking, please let us know as soon as possible. Where appropriate we will defer your place to an alternative date or provide a refund.

## 11. Questions

If you have any questions or concerns regarding the above, please get in touch via [info@peakrunning.co.uk](mailto:info@peakrunning.co.uk)