COVID-19 Volunteer Code of Conduct

Outdoor activities and outdoor sport are consistently shown to be low risk from a COVID-19 perspective and running events play an important role in improving the health of the nation. If you observe and respect the event rules, social distancing and hygiene measures put in place by the event organiser risks to you and others will be kept to a minimum.

Please ensure that your read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- Attend a pre-event briefing (in person or virtually).
- Receive written instructions on their roles.
- Do your homework – make sure you are aware of and understand the pre-race briefing information offered by your event.
- Follow the instructions given in your pre-event briefing, including any instructions on scanning the QR venue code on arrival, social distancing, hygiene and personal protective equipment (PPE)
- You must undertake a self-assessment for COVID-19 symptoms. Do not travel to the event if you are showing any symptoms of COVID-19. No-one should leave home to participate in sport if they, or someone they live with, has symptoms of COVID-19 currently recognised as any of the following.
  - A high temperature
  - A new, continuous cough
  - A loss of, or change to, their sense of smell or taste
- Should you report or demonstrate any such symptoms, you must follow NHS and PHE guidance on self-isolation.
- Leave more time than you normally would to get to and from the event. Avoid using public transport to the event where possible.
- Be prepared to bring your own water and food and carry it with you during the race and please dispose of rubbish responsibly.
- Bring your own hand sanitizer.
- Ensure you maintain Social Distancing.
- Please wear a face covering, and any PPE provided.
- If you touch a participant re-sanitize or wash your hands.
- When collecting and returning Instructions, Hi Vis, Radios etc. please keep to social distancing if in a queue.
- If you experience COVID-19 symptoms soon after the event, then please make this known through the government's test & trace system.

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