



WELSH ATHLETICS
ATHLETAU CYMRU

LIFTING ATHLETICS OUT OF LOCKDOWN

#StaySafe

Participant Code of Conduct

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

- Do not travel to the event in any capacity if you are showing any sign of symptoms of COVID-19 as outlined by Public Health Wales.
- Do not travel to the event if the borough in which it is taking place is under a local lockdown. Do not travel outside of your borough for an event if you currently reside within a local lockdown.
- Ensure that you had read and are familiar with the pre-race information and briefing supplied by the event organisers.
- Come ready to run – minimise your interaction with event staff, volunteers and participants by being as self-sufficient as possible.
- Do not travel with anyone else if you can.
- Under no circumstances should you swap your number or give your place to another participant.
- Be respectful to volunteers, event staff and participants and observe the various mitigations in place at the event.
- Observe social distancing wherever possible.
- Carefully consider your travel plans and avoid using public transport if at all possible.
- Allow more time than you normally would to get to and from the event.
- Be prepared to bring your own water and food, and carry it with you during the race. Please dispose of rubbish responsibly and safely.
- Be aware of your personal hygiene – runners should avoid spitting and nasal clearance.
- Be mindful of your surroundings and the impact your actions will have on other participants, spectators, volunteers and the public. Don't run with or carry children in the race.
- Bring your own sanitiser.
- If you experience COVID-19 symptoms within 7 days of the event, you should make this known through the Welsh Government's Track & Trace system. You should also inform the event's COVID-19 officer.