



**WELSH ATHLETICS**  
ATHLETAU CYMRU

# LIFTING ATHLETICS OUT OF LOCKDOWN

**#StaySafe**

## **Spectator Code of Conduct**

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

- Consider whether it is necessary for you to attend as a spectator. Welsh Government only permits those persons who need to attend e.g. parents or guardians.
- Do not travel to the event in any capacity if you are showing symptoms of COVID-19 as outlined by Public Health Wales, or any other illness.
- Ensure that you have read and are familiar with the pre-event information and briefing that is supplied by the event.
- Be self-sufficient – bring your own hand sanitiser and refreshments.
- Avoid the most congested areas of the course including the start and finish and plan how you plan to get to your viewing position.
- If you are travelling home with a participant, agree a designated meeting place after the race which is away from the more congested areas.
- Avoid physical contact with participants, volunteers and spectators including high fives, hugs etc.
- Wherever possible, keep toilets clear for the use of participants and event staff and volunteers.
- Be respectful to volunteers, event staff and participants, and follow the mitigations in place at the event at all times.
- Observe social distancing wherever possible.
- Carefully consider your travel plans, avoiding public transport if at all possible.
- Leave more time than you normally would to get to and from the event.
- Be mindful of your surroundings and the impact of your actions on other spectators, participants, volunteers and the public. Please dispose of any rubbish responsibly and safely.
- 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.