



Doug Anderson 5K – Covid-19 Code of Conduct for Spectators



Bedford Harriers AC are delighted to host our first race back since the start of pandemic. With large numbers of people now having been vaccinated against the virus, and evidence that outdoor sporting has consistently shown to be low risk in transmission, we are excited to be able to return to racing. We would appreciate everyone's co-operation in following the procedures we have implemented to ensure a safe and enjoyable event for everyone.

- Please DO NOT travel to our event if you are showing any symptoms of covid-19 as defined by the NHS or if you have had a positive test or have been asked to isolate in the 10 days prior to our race.
- Even if you have had your vaccine, please be mindful that some people are not yet fully vaccinated and social distancing should continue to be maintained.
- Please consider wearing a face covering, especially if you are calling out encouragement.
- You must scan our race venue QR code using the NHS covid-19 Test & Trace app on arrival.
- Be prepared – before arriving make sure you understand and are aware of the pre-race briefing information on our website.
- Be self sufficient – bring your own hand sanitizer and refreshments.
- Please avoid the most congested areas of the course, including the start and finish and plan how you will get to your viewing position.
- Avoid physical contact with runners, race officials, volunteers and other spectators including high fives and hugs etc.
- Wherever possible keep toilets clear for the use of runners, race officials and volunteers.
- Remember to observe social distancing.
- Be mindful of your surroundings and impact on other spectators, runners, race officials and the public. Please dispose of any rubbish responsibly.
- Carefully consider your travel plans - try to avoid using public transport.
- Leave more time than you normally would to get to and from our race.
- If you experience covid-19 symptoms soon after the race, then please follow guidance regarding testing and self-isolation.