

Fairlands Valley Challenge 2021

Covid Plan.

All volunteers will be checked in and out. Names and contact details taken and held for 21 days.

START

All participants must register before the day. A copy of this plan has been provided to them in advance. Contact details will be kept for 21 days.

The Check-in will be outside under cover of a Gazebo. No more than 2 sides will be erected.

Participants must arrive ready to race. There are no shower or changing facilities. Toilets are available and participants must wear facemasks and follow directions if they have to go inside the School to use the toilets.

Participants are asked to arrive according to their event and Surname Initial as set out below. If running in a group please meet in the Britain Way carpark and choose one of the checkout times for your group. Please remain in the carpark until check in time. On arrival at the playground you will be checked in and given your race number. As soon as you have pinned your number on you should start.

Event	Surname	Check-in
50K	A-G	8:00
	H-O	8:10
	P-Z	8:20
Marathon	A-G	8:30
	H-O	8:40
	P-Z	8:50
18Mile	A-G	9:00
	H-O	9:10
	P-Z	9:20
Half	A-G	9:30
	H-O	9:40
	P-Z	9:50

On the Course

Participants must carry their own water container, which can be refilled at the aid stations.

Aid station helpers will be wearing masks.

Food will consist of prewrapped snacks.

Participants should carry their own hand gel and use it in the approach to Aid station/Check Point.

Participants should not gather at aid stations for longer than is necessary and may be asked to move on by the volunteers at busy times.

Participants should ensure that they leave plenty of room when passing other participants and members of the public.

First Aid

Professional First Aid Facilities are provided by Micheal Hearn.

Finish

At the finish medals will be given out and finish time will be recorded. Participants must not gather in large groups and should leave as soon as they have reasonably recovered.