

## Castle Combe 5k and 10k

Date – 23<sup>rd</sup> August 2020

The following rules must be adhered to at all times for those competing in our 'Covid-Secure' Castle Combe 5k and 10k 2020. These rules are for the safety of you, other competitors and our staff.

- Upon arrival you will park as directed. You will need to park at least 1 metre away from any other vehicle. This is to ensure social distancing in the car park. Do NOT arrive more than 30 minutes before your race start.
- 1 spectator per runner is permitted on site at these events. Spectators MUST NOT go on the track at any time and can watch from the bank opposite the car park entrance only. Walking round the circuit perimeter is not permitted. Spectators must also adhere to social distancing at all times.
- No dogs are permitted at the circuit for these events.
- Please respect all other participants & staff at all times.
- Please follow the latest government social distancing guidelines at all times.
- You must not congregate in groups of more than 6 people at any one time. If you are in a group you must ensure that the social distancing guidelines of 2 metres are adhered to at all times.
- You may not warm up on the track or the perimeter road. You will be able to warm up by walking/jogging to the 10k start which is approximately 750 metres from the car park and also to the 5k start which is approx. 250 metres from the car park. Please keep to social distancing rules at all times and maintain a distance of 2 metres from any other individual.
- There will be no registration on the day and all spaces will be booked in advance.
- No water will be provided on track during the race, so please bring your own drink if required. Water will be available at the finish.
- The 10k start will be in the Bobby's Chicane. Follow the signs to the start from the car park. This is in an anti-clockwise direction.
- You must arrive at the start 8 minutes before your start time. When queuing for the start please ensure you keep 2 metres apart from all other competitors and adhere to the markings laid out for you
- You will collect your timing chip at the start line. This is to be affixed to your left ankle. The staff will have the chip on the strap ready for you and will leave it at the start line for you.
- You are not permitted to change your start time. There are NO exceptions.
- Starts will be every 2 minutes for up to 6 people.
- When lining up for the start there will be a cross for each person to stand on, back from the start line. Please wait on one of these crosses. Your time will not start until you cross the start line so it does not matter if you are further back than other runners.
- Hand sanitizer will be available at the start line, we strongly advise that you use it after attaching your timing chip.
- No items of clothing are permitted to be left at the start line. Please leave any clothing in your vehicles.
- Competitors will race in an anti-clockwise direction at all times.
- No spitting or clearing of nose at any time.
- When racing, please have respect for others and please allow extra space when overtaking. The track is approx. 14 metres wide, so overtaking and keeping a 2 metre distance to others is possible at all times.
- Trained staff will have First Aid kits. Any injuries will be self-treated where possible.
- The finish of the event will be in the pit lane. When you have finished, please remove your timing chip and place it in the bin. Water will be available and you will also be able to collect your medal. Please make use of the hand sanitisers available at the finish line.
- Upon finishing your event, you will make your way to the car park. This will be signed. You are not permitted to go back on to the track at any point.

- Results will be published live online only and will be accessible at [dbmaxresults.co.uk](http://dbmaxresults.co.uk). Although there will be no results slip print outs, the finish times and lap splits will be available to view on your smartphones.
- The sessions are for RUNNING ONLY.
- There will be no prize giving.
- The venue will close and the gates will be locked 30 minutes after the last competitor has finished.
- There will be a number of portable toilets on site which will have hand gel available both inside and out. Please ensure you clean your hands before entering, then disinfect the toilet with the wipes provided after by wiping down any surfaces you have touched and place in the toilet. Please then clean your hands before exiting the toilet and you will be again able to clean them once outside.

To protect others, **please DO NOT come to this event if you think you may have symptoms of COVID-19:**

- A high temperature. This means you feel hot to touch on your chest or back (you do not necessarily need to measure your temperature).
- A new, continuous cough. This means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Thank you for your cooperation. We look forward to welcoming you back to the circuit.

## 10k Route Plan



## 5k Race Route

