

2022 Linda Franks 5 Mile Road Race Covid precautions



The Linda Franks 5-mile road race is scheduled to take place on **Sunday 23rd January** (race start 8.55 / 9.00am). Please read through these Covid precautions for the event.

Prior to the race

Please ensure that you are Covid-free. Whilst the vaccination rate in the UK is high the Omicron variant is known to be highly transmissible. You are strongly encouraged to take a lateral flow test either the day before, or on the morning of, the event.

If you:

- return a positive lateral flow test result
- show any symptoms of Covid
- have been asked to self-isolate

please do not attend on the day.

Race day

Registration and Race HQ

A one-way system will be in operation at Race HQ; please adhere to this.

On arrival, venue registration QR codes will be displayed. Please use the NHS Covid app on your smartphone to scan and register your presence upon arrival.

Registration will take place in the main hall which will be ventilated to minimise the 'indoor transmission' effect. You are asked to wear face masks whilst indoors.

Hand sanitisation will be available at Race HQ; please use this.

Please maintain social distancing as far as possible, particularly whilst registering / collecting your race number.

Toilets will be operated on a one-in-one out basis; please respect this.

There will be no official bag drop though you may leave any items at Race HQ (please note that, whilst Race HQ will be manned, items are left at your own risk). You are encouraged to arrive 'race-ready.'

There will be no indoor catering. We will have an outdoor refreshments van in the Race HQ car park.

Please queue in a socially-distanced manner if necessary.

The race

In order to minimise congregation at the Start we will make our way from Race HQ at 8.55 (8.50 for wheelchair athletes) and start without delay. Please ensure that you are ready and put yourself in a suitable position - we will not delay for stragglers at this stage.

Please follow any marshal instructions during the race.

Please do not loiter at the Finish. Your race chip will be removed and medals available as well as water. Please keep moving through this process. Once you have passed this, please make your way directly to Race HQ (or back to you car / home).

Post-race

Again, a reminder to don a facial covering if entering the hall when returning to Race HQ. Please follow the one-way system and do not loiter.

We will hold the prize-giving presentations without undue delay and, should weather permit, outside Race HQ.

Again, weather permitting, you will be encouraged to stay outdoors if not collecting items or using the facilities.

Many thanks, and we look forward to a safe (and Covid-secure!) race.

Almost Athletes.