

# COVID-19: HEALTH & SAFETY

To ensure the health and safety of all runners AND volunteers, we are following guidelines from the Centre for Health Protection (CH); the Police; and the Agriculture, Fisheries & Conservation Dept (AFCD). The following measures will be implemented:

## BEFORE RACE

- any individuals returning from overseas in the 14 days leading up to the event will NOT be allowed to participate
- any individuals with respiratory or flu-like symptoms (fever, runny nose, cough, congestion, sneezing, fatigue, etc) are also NOT allowed to participate
- Race Packs – to avoid congestion on race day, race packs must be picked up PRIOR to the event at GoneRunning (6-9<sup>th</sup> April)

## RACE REGISTRATION & START

- Face Masks – all runners and volunteers are required to wear a face mask
- Runners can remove their mask not more than 3 minutes before the start; we will have somebody available to collect the masks
- Check-In – runners to line up, minimum 2m apart
- Race Start – runners to stand, minimum 1m apart (we will have 'Xs' marked on the ground to assist with this)
- No water will be provided at the start; please come prepared

## DURING THE RACE

- Volunteers and marshals to wear face masks and gloves
- All checkpoint tables will be cleaned & disinfected every 30 minutes
- Hand sanitizer will be available at all checkpoints
- If anyone is not feeling well, they should withdraw immediately

## FOOD & DRINKS

- Water & Drinks – to be served by volunteers only; no runner shall touch the water bottles or nozzles
- Snacks – to be distributed in mini 'single serve' cups OR served by the volunteers using a spoon or tongs
- If runners would like any food at the finish line, they are required to bring their own plate/bowl and a spoon/fork

The logo for HK36, featuring the letters 'HK' in black and '36' in red, with a stylized, jagged bottom edge.The logo for HK20, featuring the letters 'HK' in black and '20' in red, with a stylized, jagged bottom edge.