

## COVID-19 Guidelines

### Procedures, Participant and Spectator Forms, and Key Changes

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Specific guidelines and procedures have been put in place for the event to ensure that all participants and spectators are kept safe.

1. To that effect, all participants and spectators must complete the ***Participant and Spectator Code of Conduct*** form confirming they have read and will follow our COVID-19 policy on event day.
2. The COVID-19 policy is outlined below, including some key changes to the race day.

To access and complete the participant and spectator forms respectively, please click [here](#) and choose the relevant form.

#### Participant and Spectator Procedures

1. If you have tested positive for COVID-19 in the last 10 days, you should not attend the event and should follow government guidance and isolate.
2. If you feel unwell, are suffering from COVID-19 symptoms (including but not limited to a new continuous cough, high temperature, loss of taste or smell etc.) or symptoms of a cold or other transmissible disease, have been notified via contact tracing or other method that you have been in contact with someone with COVID-19 in the last ten days, you should **not** attend the event.
3. Face masks must be worn in Registration, in the Boat House and in Corporate Tents.
4. All participants must take a lateral flow test before attending the event and upload your result to the government website: <https://www.gov.uk/report-covid19-result>.
5. All participants must download the NHS Track & Trace app before arriving to site and scan the venue QR codes on arrival.
6. Please bring your own hand sanitiser and regularly use this throughout the event day.
7. Please be mindful of spacing throughout the event.
8. Spectators should keep to the permitted areas for spectators.
9. Please be considerate to others, by respecting personal space and others' decision to wear a mask.

#### Additional Participant Procedures

1. All participants must remove their own bikes from transition following their race finish.

#### Key changes to this year's event

Please note the following key changes:

**Triathlon run course:** The run leg of the triathlon will now be 1 x 5km loop rather than 2 x 2.5km loops. This is to prevent overcrowding on the course. Please note the second loop of the duathlon will be a shorter 2.5km and will be clearly marked.

**Triathlon swim leg:** The swim leg of the triathlon will be a rolling start rather than a mass start. This means that within each wave participants will enter the water at 10 second intervals.

**Timings:** Participants will be given a specific arrival / registration time and transition time. This is to ensure a steady flow throughout the day and prevent queues and congestion. We will communicate this via the website closer to event day.

**Boat house café & viewing balcony:** The café and viewing balcony in the boathouse will be closed on event day to prevent overcrowding in this area but there will be plenty of food concessions in the event village.

**Changing room facilities:** there will be a strict limitation on capacity and general use of the changing rooms and showering facilities in the boat house for those participants wishing to use these: 3 people per changing room, masks to be worn and no queuing outside.

**Medals:** Medals and handouts will be self-service at the finish line.

**Corporate tent maximum capacities:** There will be a maximum capacity limit to the tents this year. You must adhere to these capacities as far as possible on event day to prevent overcrowding.

Tent Size	Recommended numbers <b>inside</b> at any time	Recommended numbers <b>outside</b> at any time
Large	19	40
Medium	8	20
Small	4	10

If you have any questions regarding any of the above, please contact the [JLL Property Triathlon Team](#).

