

We would like to reassure you that we continue to follow guidance from Scottish Government regarding mass participation sporting events and are taking all the appropriate measures to deliver an amazing event experience for everyone involved while doing everything we can to keep you safe.

There will still be Covid safety measures in place during the event which we respectfully ask you to follow, both for your own safety, those around you and for our event crew, volunteers and the local community.

**Please be responsible and only travel to and take part in the event having followed this guidance.**

## IMPORTANT

DO NOT attend the event if you are showing any COVID-19 symptoms:



**HIGH TEMPERATURE  
OR FEVER**



**NEW OR  
CONTINUOUS COUGH**



**LOSS OR CHANGE IN  
TASTE AND/OR SMELL**

## DO NOT TRAVEL TO THE EVENT IF...

you have tested positive, have any Covid-19 symptoms or if you have been contacted by Test & Protect Scotland (Track & Trace in England) and asked to self-isolate.



## FACE COVERINGS

In Scotland, everyone age 12 and over must wear a face covering in indoor public places by law; this includes the Leisure Centre.

Scottish Government advises that all participants, event crew, volunteers and supporters attending the event wear a face covering outdoors in crowded places.

If you are exempt from wearing a mask, please make sure you wear your exemption badge so we are aware of this.



## TESTING

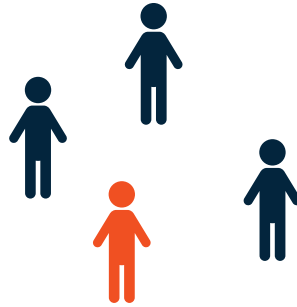
All participants, event crew, volunteers and everyone coming to the event are advised to take a lateral flow test within 24 hours of attending the event. These can be ordered in advance online or available from pharmacies. Thank you for your cooperation with this.

# Covid Safety Guide



## SANITISER STATIONS

There will be hand sanitiser stations located throughout the Leisure Centre, water and gel stations, portable toilets, at the start and finish areas. We recommend you also bring your own personal hand sanitiser.



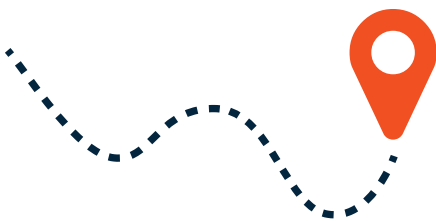
## RESPECT OTHERS SPACE

Whilst there is no longer a requirement for physical distancing, we ask you to respect others and give space to those around you at the Leisure Centre, race starts, finish area and water and gel stations.



We ask you all to respect others and give space to those around you and please follow signage and marshals' instructions.

Scottish Government recommends wearing a face covering outdoors in crowded places.



## THE ROUTE

We ask you all to respect others and give space to those around you and please take note of our guidance below:

- > Only overtake where it is safe to do so and you can keep a safe distance
- > Be aware of your personal hygiene and refrain from spitting or clearing your nose
- > Do not change direction suddenly at water and gel stations and try to steer a course for a table with fewer runners.
- > Sanitise your hands before picking up water cups and energy gels and before / after using the portable toilets



## HYDRATION & NUTRITION

Being well hydrated and drinking little and often is essential for achieving your best performance.

There are 4 water stations and 1 gel station along the half marathon course, with water provided in paper cups.

Do not change direction suddenly at water stations and try to steer a course for a table with fewer runners.

Hand sanitiser will be available at the stations. Please dispose of your rubbish responsibly at the litter bins and litter drop zones.



## THE FINISH

Please follow signage and directions from marshals and follow the one-way system to collect your medal, finisher's t-shirt, event giveaway and water and keep moving through the finish area.



## EVENT CREW & VOLUNTEERS

Our event crew and volunteers can't wait to welcome you back at the event, please be respectful and considerate of them. They are also advised to take a lateral flow test prior to the event.