

# Angus Tait Memorial 27th Hexhamshire Hobble 5<sup>th</sup> December 2021

## Mandatory Safety Briefing

### Participants code of behaviour

We encourage all participants to agree that they will:

- **Undertake their own health risk assessment**, considering if they wish to travel to, and attend, our event (taking into account their own age and any health conditions or vulnerabilities).
- **Follow any relevant guidance on travel**
- **Check for symptoms of COVID-19** (a high temperature, new and persistent cough, or a loss of/change in sense of taste or smell) before travelling to the event. Spectators should be informed that if they, or anyone they live with, have one or more of these symptoms (even if they are mild) they should not attend.
- **Not attend the event if they need to self-isolate**, for example because they have been asked to self-isolate by NHS Test and Trace or because they have had a positive test..
- **Adhere to any relevant COVID-19 safety measures in place at the event**, including observing directions given by the event staff

### Face coverings

Face coverings are no longer required by law. However, we encourage everyone to wear a face covering.

We recommend the wearing of face masks as a safety measure, particularly in crowded settings (indoor and outdoor) where people may come into contact with people they do not normally meet. Where worn, please do so correctly.

Remember that some people are not able to wear face coverings, and the reasons for this may not be visible to others. Please be mindful and respectful of people's individual circumstances.

### Registration

Collection of race number will be outside the entrance to the sports hall. Please provide your OWN safety pins.

The sports hall will be open for the use of the toilets ONLY and we therefore request that you DO NOT remain in the sports hall for any length of time beyond the use of the toilets. There will be NO bag drop or place to leave your kit/valuables.

Amendment to the above arrangements may be reviewed depending on the weather conditions on the day

### **Marshals**

The course is partially marked with tape and with direction arrows at junctions. There are also marshals on the course. However, within the spirit of fell racing you are responsible for finding your own way round the course.

### **Road Sections**

There are road sections at the start, in the middle of the course and at the end. The roads are not closed, so be aware of vehicles ahead and behind you.

### **Retirement Procedures**

If you retire before or during the event you must report to a marshal and to race headquarters. This is an absolutely vital requirement. If you leave the race without reporting to the finish you will be considered as missing and this will cause us to send out the rescue services on a false alarm.

### **Checkpoints**

There are 3 Checkpoints on the course at Hangman Hill, at Kings Law, and at the gate at High Struthers as you finally leave the fell.

You must show your number clearly to marshals and stop if requested by the marshal for the purpose of recording your number. This is for your safety. It enables us to monitor your progress round the course and is a mandatory requirement.

### **Conditions underfoot/ Weather**

Refer to current weather forecast and any precautions required (ice, mist, snow, high winds etc)

## **Kit Requirements**

You should all be aware of the minimum kit requirements for this race. These are stated on the entry form. You should know what you need personally for your well-being and safety in winter conditions

There will be a random kit check at the gate and start area before the start line. Anyone not seen to be carrying or wearing required kit will be requested to. If found not to have the required kit will be disqualified and not allowed to participate in the race.

During the course of the race the marshals have been requested to take note of runners not carrying kit.

STRICTLY – no dogs and/or MP3 players and the like.

Your safety is our primary concern. Anyone can have an accident on the fells and risk onset of hypothermia. So we do request your co-operation to ensure that you have the appropriate kit. Failure to abide by these rules may put volunteers and/or other participants at risk. We will take the necessary disciplinary action afforded us by the FRA.

## **Littering**

I know it should go without saying, but please DO NOT litter especially on the course

## **Post Race Refreshments**

Tea/Coffee and cake will be provided, but we request that you do not hang around too long. We would prefer all participants to leave as soon as practically possible.

## **Prizegiving/Results**

There will be NO prizegiving. Prize winners will be sent their prize in the post. Results will be posted on the club website as soon as conveniently possible. We will endeavour to post on Facebook and [www.race-results.co.uk](http://www.race-results.co.uk)

We wish you an enjoyable and safe run.