

## **COVID GUIDELINES**

First and foremost, if you and/or anyone you live with has, in the preceding 10 days experienced symptoms of coronavirus:

- A high temperature
- A new, continuous cough
- A loss of or change to sense of taste or smell

then you should not attend the event.

If you have been told to self-isolate then you should not attend the event.

We need everyone attending the event to take a lateral flow test within 48 hours of arrival at the site. Could you then sign and complete the declaration for each person in your party on the google form link below:

[https://docs.google.com/forms/d/1rptPtf\\_-L16DcynSv-61ZCPS5-g-2SX5KseehqWbA7o/edit](https://docs.google.com/forms/d/1rptPtf_-L16DcynSv-61ZCPS5-g-2SX5KseehqWbA7o/edit)

Hetton Lyons Country Park is a public venue and will be open to members of the public during the event. We need to all play our parts to minimise the risks to yourselves, your families and our volunteers and officials by taking some sensible precautions. Whilst we cannot strictly control the amount of people on the venue, we can ask you to consider only attending with one other person.

All athletes should wear a facemask at registration and when setting up transition, only removing this and placing with kit left at your transition place just before you head down to the lake for your swim start. It is essential that you adhere to your specific times and the flow for registration and transition entry and exit. Bring your own hand sanitiser and use it regularly. These times are well posted and are intended to reduce the contact between athletes.

We would respectfully request that, wherever possible, you remain within small groups between events and wear your masks. Spectators should try not to gather in large groups. The venue is spacious with enough grass areas to maintain good social distancing throughout the event. Please pass on this information to your parents or anyone else who is accompanying you to the event.

After your last race of the day, you must remove your own timing chip and place it in the receptacle provided. Parents can be on hand after the finish line to assist younger athletes.

When entering the centre to use the loos, you must wear a mask and follow the directional guides. This is a Venue Rule. They have a strict 3 people in the male or females loos at any one time.

If you approach any of the vendors or the on-site cafe, then please wear a mask.