

# *The Doynton* **HARD HALF** *Marathon*

## **Please do not attend if you display any Covid-19 symptoms**

### **Coronavirus - What we plan to do**

DHHM is an outdoor event that takes place on a single day, Sunday 23<sup>rd</sup> January 2022.

It is our intention to proceed with the **DHHM** as planned unless otherwise required by the government or public authority or local authority. We will continue to monitor the situation and will appraise participants and potential spectators of any change in the situation as the event date draws closer.

If the situation changes all relevant information will be posted on event website and facebook page.

We reserve the right to turn people with COVID-19 symptoms away. Anyone who has symptoms of COVID-19 should self-isolate and take a PCR test, even if these symptoms are mild (a new, persistent cough; a high temperature; or loses/has changes to their sense of taste or smell).

Our emphasis will be on personal responsibility, as per government guidance we do not anticipate requiring Covid passport (providing vaccination status) or undertaking a temperature check.

### **Coronavirus – What changes we’re making**

- We will register all participants in advance and do an ID check on arrival on site for all Runners, Volunteers and Suppliers – contact details will be collected which will help to support NHS Track and Trace to reduce the spread of the virus, should it be required.
- Please bring face coverings to wear whilst being transported by mini-bus from car park to the village and whilst registering. Anyone not bringing a face covering will be offered a face covering by the event organiser and encouraged to wear it.
- Hand sanitiser will be mandatory for runners to use i) before entering a mini-bus ii) at registration and iii) before/after using toilets – hand sanitiser will be provided.
- No indoor changing facilities will be provided. Outdoor changing facilities will be provided.
- Runners will commence the event in groups of 30, separated by 1 minute interval based on your expected finish time. About those expected finish times. This is a tough cross country race! If you're a newbie to DHHM please add 20-30 minutes onto your usual half marathon time.

### **Coronavirus – What you can do**

We kindly ask runners, volunteers, suppliers and spectators to all play your part in continuing to slow the spread of the virus by following [NHS's advice regarding good hygiene practices](#); wash your hands, cover your mouth and nose when coughing or sneezing and disposing of tissues in the bin immediately.

If you are feeling at all unwell – please DO NOT travel to the race or take part in the event. Safety is our top priority and we want to ensure everyone is fit and well for the race.

If you are worried that you have symptoms of the virus or that you might have been exposed to the virus when travelling, please visit the [NHS 111 online service](#).

For further information on Coronavirus, please refer to the [UK Government](#) and [NHS](#) website.