

Dear Challenger

Firstly, thank you for registering to take part in this year's Orwell Challenge, we are sure you will have a great day out in the Suffolk countryside.

This year's event will of course be a little different to usual as we are having to organise it strictly in accordance with the Governments guidelines for the organisation of Outdoor Sports events, and we wanted to appraise you of a few key considerations ahead of the day. These are as follows: -

1. Preparing for the Event
 - a. We ask that you have an NHS lateral Flow Test no more than 2 days ahead of the event. Please do not attend if you have had a positive test within 10 days of the event or are showing any symptoms of having Covid 19.
 - b. Please bring at least 1 suitable mask or face covering with you.
 - c. Please bring your own water vessel with you for re-filling at checkpoints.
2. Timing your arrival.
 - a. If you are taking part in the marathon or half marathon runs, please arrive at Gainsborough Sport Centre Braziers Wood Road, Ipswich at between 6.30am and 7.15am
 - b. If you are taking part in the walk please do not arrive before 7am. You may be asked to wait in your car while we process the runners first.
3. Registration
 - a. We will ask you which event you are taking part and ask you to make your way to Registration (round the rear of the Sports Centre) at the appropriate time.
 - b. You may be held on the field or in your car prior to Registration if desks have too many people at any time.
 - c. Upon arrival at the Registration Zone please scan our Event QR Code via the NHS App or, if you do not have the App, please advise your registration officer that you have not scanned in.
 - d. Your temperature will be taken via a forehead temperature scanner, and if your temperature is too high you will not be allowed to continue and asked to leave the event.
 - e. We recommend that you wear a mask or face covering while registering.
 - f. Make your way to the appropriate desk, use the available sanitiser, and register for the event where you will be given your event check card and (if running) your race number.
 - g. Once registered you will be asked to move away to a safe area around the event to allow others into the Registration Zone and prepare for your event.
 - h. Always maintain appropriate social distancing.
 - i. If you have any queries, please use the Information Desk.
4. During the Event
 - a. There is no official start, but Runners will be able to cross the start line when advised (not before 7am)
 - b. Walkers will be able to start from 7.30am
 - c. Please respect everyone's space throughout the event and particularly when at Checkpoints or passing other competitors en-route.
 - d. At checkpoints, please place your card down for it to be stamped by a marshal. If you require drinks, please place your vessel on the table to be re-filled by a marshal.

- e. If you need to use a toilet, please use the sanitising wipes provided before and after use and we recommend masks are worn in the toilets. Leave the flap/door open after use.
 - f. We recommend that masks or face coverings are worn when using the toilets.
5. Transport in emergency
- a. If you have to pull out of the event before the end and require transport to return you back to HQ masks or face coverings will be compulsory within the vehicle and you will be asked to socially distance except where you are with someone from your own family bubble.
 - b. This will mean that there may be a longer wait than normal as mini buses cannot transport at full capacity, please be patient.
 - c. When you are returned to HQ, please register back in. This is vital.
6. Return to HQ.
- a. Please check back into the registration desk you used on arrival where your medal etc will be available for collection.
 - b. Refreshments will be available including hot and cold drinks, ice creams and a burger van. Please again respect social distancing and we recommend that you wear your mask.
 - c. Once you have finished your refreshments, please leave the Zone and return to your car as soon as possible. This will be monitored, and you may be asked to leave – bear with us.
 - d. Please return to your car via the route around the rear of the Sports Centre and leave the car park as directed.
 - e. Spectators will not be permitted to wait for the return of friends etc – Sorry!

We know you will understand the need for the introduction of these rules, and we ask you to read carefully and to make sure you and your colleagues observe them at all times.

We do hope you have a great day with us and thank you again for your support. Stay Safe.

Our best wishes

The Organising Team