

# **RUN THE LIGHTS**

**BLACKPOOL**

# **ILLUMINATIONS**

**10k 5k**

# **EVENT**

# **INFORMATION**

**Please read the following  
information to ensure you have  
an amazing night with us on  
Saturday 15th August 2020**

# Event Start Time

The event is a time-trial, and there will be no mass start of competitors. You will start individually, or in groups of up to 6 with members of your own household or within your social bubble in accordance with current government guidelines.

## THE STARTING PERIOD IS BETWEEN 9.00pm - 9.45pm

A maximum of 30 competitors at any one time is permitted within the start area. There is a strict one-way system within the start area. Please keep to the 2 metre social distancing rule at all times.

Please choose your arrival time carefully to avoid crowding the middle walkway. You must queue in an orderly fashion and keep moving so we can maintain a steady flow of starters at 2 metre (2 second) intervals. We anticipate a maximum queuing time of 30 minutes (if everyone arrives at once).

## FACE COVERINGS ARE OPTIONAL

# Toilets

Toilets are provided for **COMPETITORS ONLY**. We will be positioning them in the queue area (before you get into the secure start area) and within the start area itself just in case you need to use them at the last minute.

Each toilet will contain hand-sanitiser and paper towels. We ask you use this before and after you use the toilet and keep the toilets as clean as possible.

Our toilet provider will be on-site throughout the event to ensure the toilets are kept stocked up with supplies and cleaned as required.

## Participant Code of Conduct

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

Do not travel to the event if you are showing any symptoms of covid-19 as outlined by the NHS

Do your homework - make sure you are aware of and understand the pre-race briefing information offered by the event

Come ready to run - minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible

Come alone if you can

Under no circumstances swap your number or give your place to another participant

Be respectful to volunteers and participants

Observe social distancing wherever possible

Carefully consider your travel plans, avoiding public transport if at all possible

Leave more time than you normally would to get to and from the event

Be prepared to bring your own water and food and carry it with you during the race and please dispose of rubbish responsibly

Be aware of your personal hygiene e.g. avoid spitting and nasal clearance

Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public. Don't run with or carry children in the race.

Bring your own hand sanitizer

If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system

## Spectator Code of Conduct

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

Consider whether it is necessary for you to attend as a spectator

Do not travel to the event if you are showing any symptoms of covid-19 outlined by the NHS

Do your homework - make sure you are aware of and understand the pre-race briefing information offered by the event

Be self-sufficient - bring your own hand sanitizer and refreshments

Avoid the most congested areas of the course including the start and finish and plan how you will get to your viewing position

If you are travelling home with a participant, agree a designated meeting place after the race

Avoid physical contact with participants, volunteers or spectators including high fives and hugs etc

Wherever possible keep toilets clear for the use of participants and event staff and volunteers

Be respectful to volunteers and participants

Observe social distancing wherever possible

Carefully consider your travel plans, avoiding public transport if at all possible

Leave more time than you normally would to get to and from the event

Be mindful of your surroundings and impact on other spectators, participants, volunteers and the public. Please dispose of any rubbish responsibly

If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system

## Water Station

Water will be provided within the start area should you need one. Please keep this with you for the duration of the event, or at least until you get to the water station (10k only).

When you reach the water station, if you want a bottle then you must pick one up from an unoccupied table. You will not be handed a bottle by a steward. Shortly after the water station there will be large bins to throw your bottle in to. **DO NOT PASS THIS POINT WITH A BOTTLE** unless you intend to carry it to the finish. Bins are also located in the finish area.

All the bottles we are using at the event are sealed 500ml and only handled by staff and stewards wearing the appropriate PPE.



**S**  **CIAL**  
**DISTANCING**  
**2 METRES**



**STAY ALERT**

**CONTROL  
THE VIRUS**

**SAVE LIVES**

## Finishing

When you have successfully completed the course you will pass under the finishing gantry and guided through the funnel maintaining social distancing. Near the end of the funnel, your medal, a bottle of water and chocolate bar will be on a table in a paper bag. You need to collect one on your way out. **DO NOT** stop in the finishing funnel as this will impede other runners finishing.

## Medical Support

The superb team from Remote Medical Services will be on-site throughout the event to provide medical assistance and recovery as needed. Should you require any assistance then please make yourself aware to a marshal who will notify the medics.

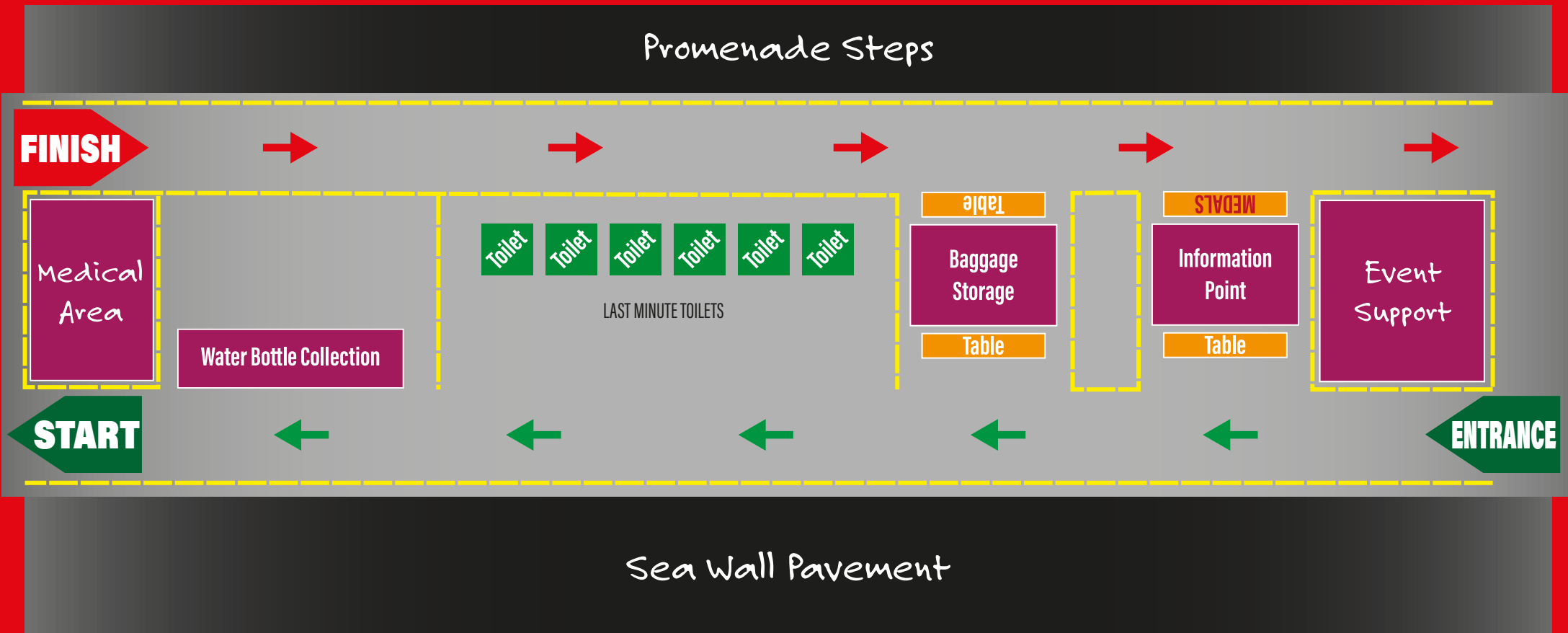
## Baggage Storage

To minimise contact between yourself and our stewards, we ask you do not bring any baggage to the event. You need to 'arrive ready to run!' Where this is not possible, the facility will be manned. Leave your bag on the table outside the holding area (within the start area), then collect as you pass through the finishing funnel.

The use of secure 'KEY LOCKER' has been suspended for the event.

# Your Covid Secure start and finish area

To ensure we all maintain our social distancing



All our event staff, stewards and volunteers will be wearing appropriate PPE according to their role at the event. Please respect them by keeping your distance where possible...