

BPRC pre-event briefing

The following changes to the C25K upon restart have been brought about by the Covid-19 situation, safety and to follow government guidelines

1. Registration and updates

- a. Everyone who wishes to continue to take part in the C25K or start for the first time **MUST** follow the link at the end of the Code of Conduct document to register themselves along with, or on behalf of, other family members and enter information and contact details
- b. If the necessary contact information is not supplied on registration you will **NOT** be issued with an RFID wristband and should **NOT** turn up to take part
- c. Unfortunately, as there is a need to issue all participants with RFID, it has been decided that all adults who register to return to the C25K need to purchase an RFID wristband with a one-off fee of £8
 - Anyone who has donated towards this item in 2019, or donated through the recent Crowd-Funding appeal can exempt themselves from paying again
 - Annual insurance cover of £3 will now be due in April each year
- d. All children U16 will be issued with a free RFID, or adults can pay for it
- e. If anyone leaves, or after a year of not taking part, the club will offer to purchase the RFID at £5 per fully priced adult or child purchased item
- f. You **MUST** indicate an initial distance you wish to return to
- g. There **WON'T** be any on-the-day registrations and the entry will close at 8 pm on Friday the 14th for admin purposes before reopening after the first event

2. How will the C25K re-start?

- a. We will endeavour to issue registered participants with RFID before their first event and those who don't receive one can collect on-the-day
- b. The one-minute separation between 5 + 3.64K participants and the remainder will continue
- c. Social-distancing should be maintained as you are called to the start
- d. The only information needed from participants at the finish will be any change in the distance covered as the RFID are pre-programmed

3. Route

- a. The event start has moved to become 120m further away from the first and critical pinch point, which is the descent just before the farthest park gate
- b. The start will be alongside lamp post No. 1, which is 30m inside the gate at Ball Haye Road, where there is enough space to line up 2m apart
- c. Social-distancing **MUST** be observed as entrants congregate before the event in a designated pre-start assembly area, which is on the grass at the side of the new start – to the left of Park Road as you proceed upwards
- d. There is no change to the 5K distance, however, due to the relocation of the start-line all others have and are now: 3.64K, 2.28K, 1.58K and 920m

- e. There are two route changes which will be signposted or marshalled:
 - Turn **FIRST** right at the cut-off point, and keep to the right before progressing around parallel to the road as previously
 - Then **LEFT** to head between the two large trees within a circle, instead of traversing around the grass section in front of the bowling green
- f. The route, in general, will have minimal moveable contact points, i.e., arrows bollards, posts and no time-clock
- g. All new entrants are asked to initially follow others
- h. Due to the enforced changes do not worry too much about gaining a PB, rather enjoy the event until things settle down

4. Health and Welfare

- a. A welfare officer will be nominated to assist the less able participants and those requiring support, including unaccompanied juniors
- b. To promote safety, hand sanitizer and wipes will be provided for use before and after the event
- c. Social-distancing must be observed at all times especially between people of different households; wherever possible with a gap of 2m or 1m plus mitigations (such as face coverings or **avoiding face-to-face** contact) where 2m is not possible
- d. Do not touch any of the fixed items within the park i.e., direction posts, fences, metal railings and the cast-iron posts at top of the incline from the valley.
- e. All event attendance trophies will be presented at a later date
- f. Additionally, we are unable to give out sweets at the end

The event will recommence on **Saturday the 15th August at 9 am** and the results posted as usual through broughparkrun on Facebook or the website broughparkrunningclub.co.uk

A more detailed Code of Conduct will be published shortly which should be read before proceeding to the registration link and explained to youngsters