

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 the Friday evening before each event, for admin purposes, before reopening after each conclusion

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. There will be a time/delay separation between 5 + 3.65K participants and the remainder
- 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 150m 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: 3.65K, 2.3K, 1.6K and 950m

- 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 events take place every Saturday at 9 am and the results posted as usual through broughparkrun on Facebook or the website broughparkrunningclub.co.uk

Please read the more detailed Code of Conduct before proceeding to the registration link and explain the necessary information to youngsters