

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 newly registered participants with RFID before their first event and those who don't receive one can collect on-the-day
- b. There won't be a mass start, rather a delay in toeing-the-line between entrants, however, as individual start times are recorded the correct time for the distance is automatically noted at the finish - as the RFID are pre-programmed
- c. Social-distancing should be maintained as you are called to the start funnel
- d. The only information needed from participants at the finish will be any change in the distance covered or if you drop out

3. Route

- a. The event start has moved to become 130m further away from the first and critical pinch point, which is the descent just before the farthest park gate
- b. The start is 20m up from lamp post No. 1, which is on the left side from the gate at Ball Haye Road, where there is adequate space to line up 2m apart as you are called forward
- c. Social-distancing **MUST** be observed as entrants congregate before the event in a designated pre-start assembly area, which is on the grass on 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 is one route change which will be signposted or marshalled:
 - Follow the path around to the right after the cut-off-point, left parallel to the road and 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

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