

Saunders Lakeland Mountain Marathon Participants Code of Conduct

Government or local authority guidance takes precedence over this code of conduct. If government guidance changes at any time, it must be followed with immediate effect, including, if necessary, stopping the event.

Anyone participating in the SLMM as a competitor or volunteer must follow this guidance and any additional requirements set out by the SLMM to ensure the safety of themselves, other participants, event volunteers and the general public. Personal safety must be the main driver for all decision making.

DO NOT attend the event if you:

- Have any symptoms of COVID-19 at the time of or within the 14 days before the event (NHS COVID symptoms guide here) including the following:
 - a continuous cough.
 - a fever/high temperature (37.8C or greater). A high temperature is feeling hot to the touch on your chest or back (you don't need to measure your temperature). You may feel warm, cold or shivery.
 - a loss of, or change in, sense of smell or taste (anosmia)
- have been in close contact with anyone who is suspected of or confirmed as having Covid-19 within the 14 days before this event and/or have been advised by Track and Trace to self-isolate.
- are undergoing testing for suspected Coronavirus.
- reside in an area of the UK that is under local lockdown.
- reside or have been out of the UK within the 14 days before the event.

Vulnerable/Clinically extremely vulnerable?

Individuals who fall into the 'vulnerable' or 'clinically extremely vulnerable' or those in contact with individuals in these categories must assess their own risk and follow government guidance in this area. Latest advice here.

Previously hospitalised due to Covid-19?

Based on the best available evidence at this time, it is strongly advised that you undergo a form of health screening prior to taking part.

You must follow these rules:

- Act as an ambassador for the SLMM and the sport of trail/mountain running at all times. Please consider how your actions may appear in the eyes of landowners or members of the public.
- Ensure you have read and fully understood any information or instructions provided before you arrive at the event and abide by any requirements imposed by the SLMM either in advance or during the event.
- Minimise, as far as possible, contact with others from outside your 'household' or 'support bubble' as defined here before, during and after the event. Adhere to UK Government guidelines when sharing transport to or from the event.
- Observe current social distancing requirements at all times during the event.

- Carry a mask/face covering at all times and wear it when in any building or marquee, and whenever asked to do so by SLMM officials.
- Carry and use hand sanitizer regularly. Avoid hand to face contact wherever possible.

- During the race:
 - Move quickly away from controls after you have punched – move away to plan your route to the next control
 - Give way to other participants and members of the public on narrow paths and at gates or stiles.
 - Use hand sanitiser at touch points (i.e. gates/stiles)

- Follow the instructions of all SLMM volunteers or staff - their request may be necessary to comply with rules put in place to enable the event to happen.
- Be patient, courteous and respectful of others at all times, don't let the pressure of competition override safety!
- Most importantly – enjoy being back out in the mountains and fresh air!

With thanks to our friends at the OMM for this document.