



## COVID-19: 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 or take part in the event if you are showing signs or any possible symptoms of COVID-19 as detailed by the NHS.** You can self-assess online at [111.nhs.uk/covid-19](https://111.nhs.uk/covid-19).
- Make sure that you are aware of and understand the pre-ride briefing and/or final arrangements information for the event, as the on-the-day event environment is likely to be different to what you may be used to.
- Arrive at the start ready to ride and minimise interaction with event officials and other participants.
- Be as self-sufficient as possible - bring your own equipment and carry enough refreshments for the day if you can.
- Observe social distancing wherever possible throughout the event and be familiar with the latest advice and guidance, including mitigation actions.
- Be aware of your personal hygiene - if you need to cough or sneeze please do so into a tissue or the crook of your elbow and, in particular, please don't spit or clear nasal passages into the open during the event. Use a tissue and dispose of used tissues in a bin at the earliest opportunity.
- Wash and sanitise your hands regularly - sanitiser will be available at the event start & finish areas, but also carry your own hand sanitiser if you can for any en route needs.
- Make sure you pay attention to any last-minute briefing message on the day, and observe any on-site instructions and directions (including loudspeaker announcements).
- Be mindful of your surroundings and be respectful and considerate at all times towards event officials, other participants, spectators, and the general public.
- Enjoy the event but minimise the amount of 'dwell time' at the start & finish areas, within reason.
- Follow NHS Test & Trace procedures if you experience symptoms of COVID during or soon after the event. Go to [www.nhs.uk](https://www.nhs.uk) or call 119 for further information on what to do.