

Covid-19

It is important to us to keep everyone participating in the Grantham Santa Fun Run and Walk safe.

All entrants and spectators **MUST** adhere to any **National or Local government requirements and guidance applicable on the day of the event**. We also ask that all entrants adhere to the following Covid-19 guidance and respect their fellow runners, volunteers and all staff at the event.

The recent spread of the new Omicron variant means EVERYONE must take extra care and follow current advice.

All runners (or parent/guardian of children taking part) must undertake a self-assessment for Covid-19 symptoms. Do not travel to the event if you are showing any symptoms of Covid-19 currently recognised as any of the following:

- **A high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).
- **A new continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it will be worse than usual).
- **A loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Should you report or demonstrate any such symptoms, you must follow the NHS and PHE guidance.

Lateral Flow Test

- We want to keep everyone as safe as possible and reassure all participants by requesting everyone takes added precautions, therefore, where possible we ask people to take a Lateral Flow Test on Saturday or Sunday prior to coming to the event.
- You can obtain Lateral Flow Tests for free from your local Pharmacy.
- Anyone testing positive should not attend the event and should follow government guidance.

Face Coverings

- Whilst these are not mandatory we would encourage all entrants to consider wearing a face covering pre and post-race, which includes in the waiting area in the park prior to the event.

Social Distancing

- Please where possible observe social distancing and be respectful of both other entrants and volunteers throughout the event.

Come Ready to Run

- Minimise your interaction with staff, volunteers and participants by being as self-sufficient as possible, arriving dressed in Santa suit and please bring along your own hand sanitiser.

Thank you! Let's keep everyone safe and protect our NHS and our Community.