

Participant Code of Conduct

Following the lifting of all coronavirus-related legal restrictions, we are aware that some people in the running community may be nervous about attending live races. As organisers of the Shinfield 10k and Junior Cross Country Races, our aim is to give participants the best possible experience while taking reasonable steps to ensure that they, as well as spectators and race volunteers remain safe.

While we are all learning to live with Covid, we'd request you please observe our Participants Code of Conduct to ensure a safe and enjoyable event for everyone.

- Even if you have had the vaccine be mindful of social distancing and other people's personal space throughout the event
- Do not travel to the event if you have Covid-19, if you have had a positive test or have been asked to self-isolate
- Strictly No spitting or nasal clearing.
- No high-fiving
- Under no circumstances swap your number or give your place to another participant
- Be respectful to race officials, volunteers and other participants
- Leave more time than you normally would to get to and from the event
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public
- Please bring your own hand sanitiser if you can
- Please dispose of rubbish responsibly
- If you are planning to bring friends and family, please share the Spectator Code of Conduct with them
- At the end of your race, do not congregate in groups, but move away from the Finish to a less congested area.

Spectator Code of Conduct

We would request that you please observe our Spectator Code of Conduct to ensure a safe and enjoyable event for everyone.

- Do not travel to the event if you have covid-19, if you have had a positive test or have been asked to self-isolate
- Even if you have had the vaccine be mindful of social distancing and other people's personal space throughout the event
- Bring your own hand sanitiser if you can
- Be respectful to race officials, volunteers and other participants
- Leave more time than you normally would to get to and from the event
- Wherever possible, please keep toilets clear for use by runners, volunteers and race team
- Be mindful of your surroundings and impact on other spectators, participants, volunteers and the public
- Please dispose of rubbish responsibly.