

Participant code of conduct

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable activity for everyone.

- Do not travel to the activity if you are showing any symptoms of covid-19 outlined by the NHS
- Do your homework – make sure you are aware of and understand the activity briefing information offered by your organiser
- Come ready to play - minimise your interaction with organisers, venue staff, volunteers and participants by being as self-sufficient as possible
- Come alone if you can
- Be respectful to volunteers, participants and venue staff
- Observe social distancing wherever possible
- Carefully consider your travel plans, avoiding public transport if at all possible
- Leave more time than you normally would to get to and from the activity but at the same time, follow instructions regarding arrival times for activity at the venue
- Be prepared to bring your own water (food) and keep it with you during the activity race and please dispose of rubbish responsibly by taking it home with you
- Be aware of your personal hygiene e.g. avoid spitting (including gum) and nasal clearance
- Under no circumstances swap your bib or give your bib to another participant
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public
- Bring your own hand sanitizer
- If you experience COVID symptoms soon after the activity, then please make this known through the government's Track & Trace system

Parent/guardian/spectator responsibility

SCNC does not want to prevent this group from attending activities but wants to minimise the numbers where we can to reduce issues which may present at the venue. In the extreme, members of this group may be asked to wait in their cars or outside the building and we simply ask you to respect any such requests. At the EIS for example, this is a multi-purpose building and there may well be other events or activities which result in the total numbers exceeding those set by the venue. All this is notwithstanding that we are asking attendees not to car share or use public transport.

Protocols will have been agreed in advance with each venue and made clear where possible, well in advance but at worst, at the venue itself on entry.

Activity procedure

Activity delivery plan and guidance

Each activity organiser should produce a written delivery plan and any related guidance, demonstrating its mitigations, how it plans to operate including responsibility for overseeing compliance, and any adaptations required. This will be the responsibility of the appointed Covid 19 officer and done in conjunction with the coaches.

Delivery plans should take into account that there are three variables of transmission. Each activity will provide an assessment of the transmission risk that a return to Sport and Activity represents based on three key variables:

- Droplet transmission and aerosol generation: The risk associated with each action in an activity based on duration and proximity of participants
- Fomite transmission: The risk associated with the handling and transfer of equipment in the activity

- Population: The number of participants likely to take part in the proposed activity plus known risk factors of participants with underlying health conditions or high-risk groups, who wish to participate

Based on this overall risk profile some sport and physical activity outdoor activity will be lower risk than others and better suited to return to activity earlier with or without adaptation. For activity reliant on third party owned or managed facilities, adherence to the government guidance should be worked out collaboratively.

Risk assessments should be completed in line with [guidance](#) from the Health and Safety Executive (HSE). All activity should ensure that they comply with the relevant national governing body safeguarding policies and Procedures and conduct a thorough risk assessment which should be included as part of the action plan.

Consideration needs to be given to children and young people under the age of 18 and vulnerable adults. Activity organisers should commit to demonstrating to their normal licensing authorities that these principles are adhered to throughout the planning and delivery of the activity.

Social distancing and avoiding crowding

The activity timetable should be designed to permit only as many people as can be admitted whilst social distancing is maintained at the activity at any given time. The activity areas must be designed in order to maximise the available space for each participant and minimise the amount of time participants spend in proximity to each other.

Where possible, activity organisers should ensure that activity briefings for participants should be delivered in advance of the activity day, with considerations given to suitable methods of communication to inform participants of any last-minute changes.

Having completed the droplet transmission risk assessment, each sport may introduce 'COVID-19 adaptations' to lower the frequency of activities that cannot be done whilst socially distanced. Avoid unnecessary breaking of social distancing such as handshakes, huddles, and celebrations between participants.

Supporters, parents, and other spectators remain socially distanced whilst attending activities. Spectator groups must be restricted to discrete six person gathering limits and spread out, in line with wider government guidance. Crowding or congregation must be strictly avoided

The activity venue

Activity organisers must ensure that pre-start assembly areas and holding areas are designed so that participants do not need to assemble at the start of the activity in a manner which conflicts with social distancing guidelines. Activity organisers should consider start and finish times to allow social distancing to be maintained. The capacity and density of the participants at the venues should always allow for social distancing. Organisers should consider pinch points at the venue before, during and after the activity and manage them accordingly in align with government guidance on social distancing.

Participants should be discouraged from bringing any equipment, baggage, or clothing that is not essential for their participation in the activity, and should as far as possible, make their own arrangements for safe storage. Where these need to be stored centrally, only the owner should handle the equipment. If others need to handle it, strict hand hygiene measures should be observed.

If essential to activity safety/participant wellbeing, access to food and drink should be provided in such a way that social distancing can still be observed by officials and participants. Mitigations should be put in place to ensure risks are managed as much as possible in these environments.