



## COVID-19 Participation Guide

This Guide has been prepared with reference to Australian and local COVID-19 regulations, guidelines and our evolving event practices. As the situation is dynamic, it may be updated.

Version date: 7 July 2020.



### Before the event or activity

- We recommend downloading the **COVIDsafe app**.
- **Enter the event or activity online:** There will be a link from the event information on the Bold Horizons event listing. Please note that events may have participation limits.
- **High risk and vulnerable people:** Please consider carefully if you should attend the event. If you do decide to attend, we recommend starting within the first half hour of the start window.
- If you are **not a high risk or vulnerable person**, please avoid the first half hour of the start window.
- **Personal Details:** Ensure that your personal details, emergency contact details and SI card details are all correct in the entry system. If you are not entering the event but are planning on attending, you will still need to register online through the entry portal. Please be aware that your personal details may be shared with NSW health authorities if there is a positive case from a participant in the activity.
- **Health and safety:** If you are feeling unwell, have [symptoms of COVID-19](#), have had contact with known or suspected COVID-19 cases within the past 14 day or have returned from overseas within the past 14 days do not attend the activity. Rest up and ensure you are well before returning to organised activities and, in need, see your doctor and be tested for COVID-19.
- **Plan ahead:** Check your allocated start time or window and plan your arrival (in running kit) for as close as possible to that time. Check the event details on the Bold Horizons website or Facebook page on the evening before the event in case of late changes.





### At the event or activity

- **Physical Distancing:** Participants and spectators must physically distance themselves at all times. Kindly keep your distance by staying at least 1.5m away from other people.
- **Hygiene:** Maintain good hand washing and sanitising as well as cough/sneeze hygiene. Please wash hands well before attending activities. Hand washing and/or hand sanitising will be available at Bold Horizons activities. At the event, for the safety of yourself and others, please
  - Sanitise your hands on arrival;
  - Wash or sanitise your hands before and after any toilet visit;
  - Sanitise your hands immediately after your run or conclusion of the activity;
  - Cover your cough or sneeze; and
  - Do not spit.
- **Equipment:** Do not share drinks, towels or personal items. BYO water please.
- **Feeling Unwell:** If you should become unwell at the event, please advise one of our event staff. If you need assistance, they can arrange first aid. If you are well enough, return home immediately.
- **Results:** During events provisional results will be available live from the [results page](#) on the Bold Horizons website.
- **Timing:** Arrive as close as possible to your run time and leave immediately afterwards. Please change from your exercise clothes at home rather than at the event.



### After the event or activity

- **Results:** Final results will be posted to the [results page](#) of the Bold Horizons website as soon as possible after any event.
- **Socialising:** At 5pm on SOS days we will be trialling a SOS Zoom catch up over a cuppa. Please join us and share your victories and disasters as well as chat to the day's course setter. A link for the catch up will be distributed on event day.
- If you become unwell within **14 days of an event**, please let us know.