

# INFLATABLE 5K

**Thanks for entering the Inflatable 5k! Please find enclosed everything you need for the day including stick-on bib numbers. Make sure you read through this information sheet thoroughly before the event.**

## BIBS

Stick the bib number to the front of your running top. All Runners **MUST** write their Emergency Contact details on the front of the Bibs prior to the event.



## ARRIVAL TIME

Do not arrive more than 30 mins before your start.



Please check your start time carefully as some start times have been altered slightly to spread runners out to ensure social distancing.

## PARKING

Parking is charged at £5 per car, **please have the exact change** ready for our parking marshals.

## TOILETS

Toilets are provided at the venue. Please look for the signs or ask a member of staff.

## BAG DROP

Participants can leave bags (£3 per bag / item) at the bag drop tent located near the start.

### **IMPORTANT! You do NOT have to register on the day.**

Once you have your bib number on your front you are ready to start. Our registration desk is a help point only.

## EVENT KIT LIST

Sensible running shoes and a long sleeve top. Bring a rain jacket if wet weather is forecast. We love to see runners in fancy dress, so don't hold back! Please do not wear any sharp jewellery or carry sharp objects that could cause injury.

## CHILDREN

Under 16's must be accompanied by a participating paying adult around the course.

## SPECTATORS

Friends and family are welcome to come along and watch in the designated spectator areas only, for no extra charge. Spectators cannot roam around the entire course and must keep off the marked out course and obstacles. Children must be under adult supervision at all times.

## DOGS

Unfortunately, dogs are not allowed at our events.

## STARTING

Make your way to the start line at your designated starting time.

Marshals will scan your bib number to allow you access to the start line. Participants will be set-off in small groups by our start marshals.

## THE ROUTE

Follow the cones around the course, keep red cones on the right & blue on the left. Arrows will also be positioned along the way to help you around the route. There is plenty of space, please follow social distancing guidelines.

## INFLATABLE OBSTACLES

Marshals will be positioned at all the obstacles, please listen to any instructions they may have for you. Allow plenty of space for other participants on the obstacles and please wait your turn.

## DRINK STATION

Water will be stationed midway along the route to keep you hydrated.

## EXTRA LAPS

Each lap of the course is 2.5K long. The course split is clearly marked and at this point you must choose the appropriate number of laps for the distance you have entered:

<b>2.5K</b>	= 1 lap	<b>10K</b>	= 4 laps
<b>5K</b>	= 2 laps	<b>15K</b>	= 6 laps

## FINISH LINE

At the finish line please collect your well-earned medal and finishers gift **from the table**. In line with our COVID-19 Event Procedures these will NOT be handed to you.

We would politely ask that participants clear the finishing line area. DO NOT wait for others to finish here. Thank-you.

## FOOD & DRINK

Food stalls will be on site, why not grab a snack for the journey home.

## EVENT UPDATES

Please make sure you check our website and Facebook pages for all the latest event information.

<https://www.ukrunningevents.co.uk>  
<https://www.facebook.com/ukrunningevents/>

# INFLATABLE5K

## Making Our Events Safe



### PRE EVENT SYMPTOM CHECK

All participants should undergo a self-assessment for any Covid-19 symptoms. You should NOT attend the event if you or someone in your household has displayed any of the below Covid symptoms in the 10 days prior to the event:

- A high temperature.
- A new, continuous cough.
- A loss of, or change to, their sense of smell or taste.

### BEFORE YOU ARRIVE



#### PRE EVENT

We would encourage you to take a lateral flow test prior to attending the event.

Measures will be in place to minimise the risk to runners:

- Entry packs and bib numbers will be posted out 1-2 weeks prior to the event.
- Staggered start times will be sent to all runners to minimise crowding at the venue.

### THE EVENT CENTRE



#### ON ARRIVAL

Participants are reminded to be respectful and keep a distance from other participants.



#### EVENT CENTRE

Hand sanitiser stations will be positioned around the event centre and toilet facilities.

Face masks are recommended but optional.

#### OTHER MEASURES

Contact details will be used for track and trace if required.

### THE RUN



#### START LINE

Pre-booked staggered start in small groups.

Runners will be called to the start line according to their assigned start time slot.

A one-way system will be in operation.

Face masks are recommended but optional.



#### WATER STATIONS

Bottled water will be available.

Hand sanitiser will be available.



#### THE OBSTACLES

Marshalls will be at each obstacle to monitor queuing and the flow of participants.

The obstacles will be sterilised throughout the day.

Hand sanitiser stations will be placed frequently around the course.



#### FINISH LINE

Runners are encouraged to move through the finish area quickly after collecting their medal and goodies.

