

Staying safe

Guidance for you to stay covid safe during our event



Self-assess

Don't leave the house if you have any Covid-19 symptoms, and follow NHS Test and Trace procedures.



No spitting

Please don't spit, and if you need to cough or sneeze please do so in a tissue or the crook of your elbow. Always throw used tissues in a bin. Dispose of your tissue as soon as possible.



Face coverings

We recommend that you continue to wear face coverings when in crowded or enclosed areas.



Ventilation

Keep indoor areas well ventilated if you can, by opening doors and windows.



Keep your hands clean

Wash and sanitise your hands regularly. Some sanitiser may be provided, but bring your own just in case.



Check the venue

Certain venues may still have additional restrictions in place, so make sure you check in advance if you're unsure.



Be self-sufficient

Bring your own equipment and refreshments if possible, and if sharing equipment ensure it is cleaned between uses.



Say thanks

We couldn't enjoy racing without the support of our event organisers, volunteers and officials - so say thanks!