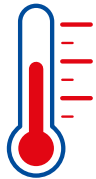


# STAYING SAFE

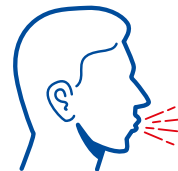
## Guidance for you to stay covid safe during our event

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### 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.



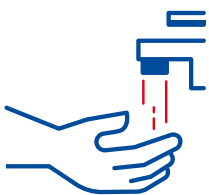
### FACE COVERINGS

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!