



Volunteer Code of Conduct

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

- **Please let the event organiser know asap if you are unable to attend**
- Watch your pre-event briefing (you will be sent a link shortly before the event)
- Make sure you understand these instructions
- When collecting Instructions, Hi Vis, etc. please keep to social distancing if in a queue
- Read these instructions
- Do not travel to the event if you are showing any symptoms of covid-19 as outlined by the NHS
- Leave more time than you normally would to get to and from the event in case of delays
- Avoid using public transport to the event where possible in case of delays
- Please bring your own water and food and carry it with you during the race and please dispose of rubbish responsibly
- Please bring warm clothing, rain wear and sun cream (hopefully you'll need this)
- Please bring a fully charged mobile phone (key contact numbers are on the next page).
- Please bring your own hand sanitiser
- Ensure you maintain the latest Government Social Distancing rules at all times
- You must wear the PPE supplied (gloves and mask) for the duration of your shift
- If you touch an athlete then replace your gloves or remove and sanitise your hands (you will be given spare gloves)
- Avoid shouting encouragement and give clear hand signals instead
- If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system



How to safely remove your gloves