



SALFORD PARKS SATURDAY SERIES

General Guidelines

After a few false dawns and subject to some stringent conditions, SELOC has been granted permission by Salford City Council to stage a short series of 3 events in their country parks. These will be our first events since lockdown was introduced back in March, and if you've not managed to get to any events since then, you'll notice some big changes as outlined below.

- First and foremost, **YOU SHOULD NOT COME TO ANY EVENT IF:**
 - You have been diagnosed with COVID-19 or are showing any symptoms;
 - You are self-isolating for any reason;
 - Someone in your household or support bubble is infected or self-isolating.

More detailed guidance is given in the [BOF Code of Conduct](#) and you'll be asked to confirm acceptance of this when you enter.

- At each event, there will be a limit of 60 entrants across all courses. Entries are therefore restricted to BOF members of SELOC, MDOC, PFO, SROC, DEE, EPOC, AIRE and DVO, on a first come, first served basis.
- All participants must pre-enter each event via Fabian 4 and **THERE WILL BE NO ENTRY ON THE DAY**. This is to enable us to ensure competitors are spread out during the day and to capture information required by NHS Test & Trace.
- Competitors will start at 2 minute intervals. You must select a suitable start time when you pre-enter each event.
- Social distancing must be maintained throughout. This will tend to happen fairly naturally whilst out on the courses but means there will be no results display and there can be no coaching or other assistance for beginners. Any post-run discussion must be distanced and not in a group.
- You should arrive at the venue shortly before your start time and only proceed to the start itself a few minutes before you are due to start. Sanitise your hands and await your call up, collect any hired SI card then clear and check it without touching the SI box itself.
- Give way to members of the public and keep clear of other competitors whilst out on your run. If someone is at a control when you arrive at it, let them punch and get clear before you punch it.
- After finishing, get your breath back and sanitise your hands but keep your distance from other competitors and officials. Proceed to download where you should tear off your own splits printout without touching the printer itself. Return any hired SI cards in accordance with instructions displayed.
- Check the final details on the day before the event in case of any late changes or restrictions.

You will be very welcome at these events if you take note of the above points and exercise your good sense throughout to ensure a safe, enjoyable experience for everyone – competitors, officials and members of the general public. We only wish we could invite more than 60 people to enjoy it.