



# YOUR LLHM 2021 COVID SAFETY GUIDE

We're so excited to welcome runners back to the streets of London to take part in LLHM 2021. The safety of our participants, staff and volunteers is our number one priority and over the past year we have been working closely with our stakeholders to put together a covid-secure event.

Whilst the event will take place shortly after the government's step 4 reopening on 19 July, we will still be operating a covid-secure race-day. This means that there will still be some safety measures in place that we kindly ask runners to follow. We're so grateful for your help and cooperation, please read and follow all the instructions below.

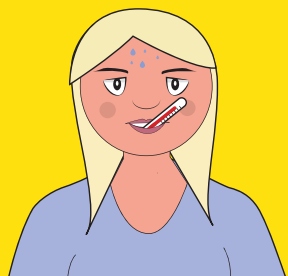


# PRE EVENT



## PRE ATTENDANCE SYMPTOMS CHECK

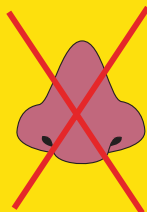
The pre attendance symptoms check is an essential part of your event journey and we ask that everyone manages themselves closely in the lead up to the event. Please take some time in the 7 days leading up to the event to:



**1 CHECK YOUR TEMPERATURE**



**2 DO YOU HAVE A NEW AND CONTINUOUS COUGH?**



**3 HAVE YOU SUFFERED A LOSS OF, OR A CHANGE TO, SENSE OF SMELL OR TASTE?**



**4 DO YOU HAVE A HEADACHE, MUSCLE PAINS OR COLD LIKE SYMPTOMS?**

## HEALTH DECLARATION

Please fill out the health declaration form which will be hosted on the LLHM website on Saturday 31st July prior to attending the event. We will email you to remind you to do this.

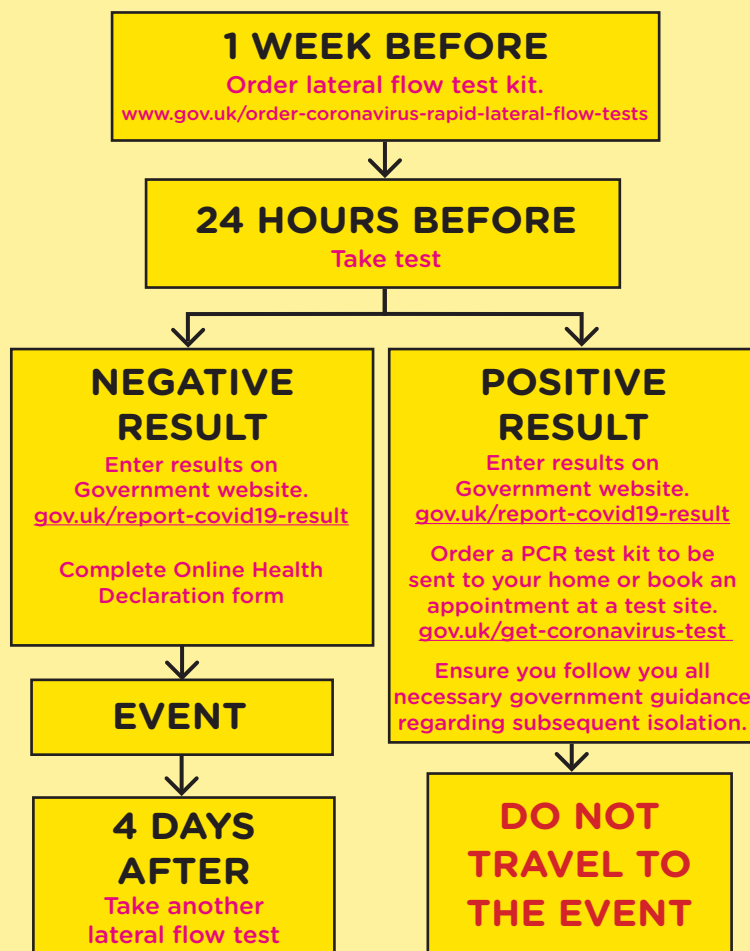
The completion of this form should follow on from doing your pre-event symptoms check and LFT.

## QR CODE

On arrival at the event site, we encourage you to scan our unique QR Code using the NHS Covid-19 App. This will enable NHS Test and Trace to get in contact with you, if it is suspected that you have been in close proximity to somebody with the virus. Test and Trace QR codes will be situated around the event site.



## TESTING



**Please note:** If you are currently not testing regularly, we encourage you to go to your local test centre to ensure that you administer it correctly.

**Please note:** Random spot checks may be made on site checking participants have a NHS text message confirming a negative test result. Please keep your phone handy to show your message to event staff in case required.

# AT THE EVENT



We ask you to observe social distancing on the event site and remember the key rules of:



## HANDS

Use the hand sanitiser at the points provided



## FACE

We encourage runners to wear your face covering while on site



## SPACE

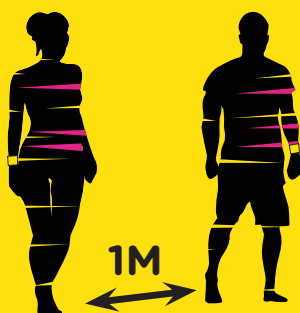
Be respectful to those around you



## FACE MASKS

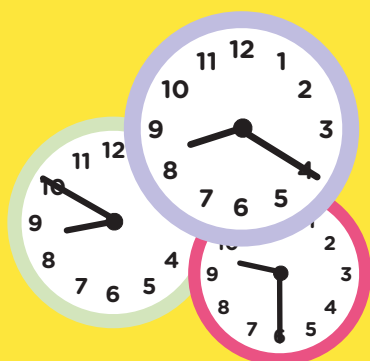
We encourage you to wear a face covering whilst on site (face coverings do not have to be worn while running). The event staff will be wearing face coverings, please do your part and help keep everyone safe.

If you are exempt from wearing a mask, please make sure you wear your exemption badge so we are aware of this.



## ASSEMBLY AREAS

The assembly areas have been designed and carefully calculated to accommodate a minimum of 1m social distancing. This means you must stick to your allocated wave and cannot change waves.



## STAGGERED ARRIVAL TIMES

We have staggered arrival times to help reduce mixing. Please do not arrive on site too early (or too late) and follow the guidance given in the “Key Timings” section of the Race Day Guide.



## STAGGERED START TIMES

Start times have been staggered to allow for social distancing. Please see the key times detail in the “Key Timings” section of the Race Day Guide.



## ONE WAY SYSTEMS

Where possible and practicable, one way systems are being used to ensure that you can move through the site with minimal cross over or reverse routing. This will greatly reduce the potential for mixing on site. Please follow the signage and direction given by event staff.

## ROUTE

On the route we encourage you to manage your own social distancing, however please do make sure you take note of our guidance below:

- Only overtake when it is safe to do so and you can keep a safe distance.
- Refrain from spitting or clearing your nose whilst anywhere on the event site.
- Bring your own hydration where possible, otherwise take one water bottle from the drinks stations as you pass them.
- Sanitise your hands after using the toilets.

## RUNNER SERVICES

Each wave will be directed to one of our three arrival zones to reduce the amount of people gathering in one area. In each zone there will be the following runners services:

- Toilets
- Baggage facility
- Information marshals

## HYDRATION

Please make sure you keep well hydrated on your run and follow our simple guide:

- Be as self-sufficient as you can. Bring your own water and reduce your need to use drinks stations.
- Drinks stations will be self service to reduce touch points.
- Take one bottle of water from each drinks station.
- If you don't use all the water, tip the remainder out and look to use bins for recycling.

# AT THE EVENT



## COLLECTING YOUR GOODY BAG

On completing your London Landmarks Half Marathon, we would love nothing more than to hang the finishers medal around your neck but for this year you will find all your goodies in a responsibly sourced, reusable bag. The goody bag stations will be self-service to reduce touch points. Please take one and move through the finishing area.



## EVENT STAFF AND VOLUNTEERS

Our workforce can't wait to have you back at the event, please be considerate of them. They have been asked to take tests and use PPE to help them keep you safe - they are real stars and we couldn't do the event without them!

## SPECTATORS



We're happy for your loved ones to come and support you, however we ask that you consider limiting the number of people you bring and that your supporters avoid congested areas such as the start and finish line. Please encourage your supporters to consider cheering you on from areas along the route where there is ample and wide space such as the Embankment, Holborn or Bank Junction. We also suggest that you encourage your supporters to take a LFT 24 hours before and only attend if they are safe to do so.

## PLAY YOUR PART - #TOGETHERWECANDOTHIS

Lets all follow the key guidelines below and make the 2021 LLHM an awesome day for everyone:

- Manage your movements in the week leading up to the event - where possible avoid too much contact outside your norm.
- Hands, Face, Space - it's really simple but really effective. Lets be honest we have all been doing it for long enough so lets make sure we continue on event day.
- We have designed an event that will be delivered to a safe standard, however, the fact remains that mass gatherings do come with an additional risk. Please be responsible and only travel to and take part in the event having followed this guidance.