



COVID SAFETY GUIDE

'R4W BREATHABLE EVENTS'

SUNDAY 26 SEPTEMBER 2021



COVID SAFETY GUIDE

Run 4 Wales (R4W) is delighted to announce the return of the Brecon Carreg Cardiff Bay Run this autumn.

Following the easing of restrictions on outdoor events it is now possible to safely deliver the event on Sunday 26 September 2021 with a number of additional measures put in place to protect the health and safety of participants, event staff, volunteers and the wider public.

The race will be delivered as a '**Breathable Event**' - providing a great event day experience and atmosphere with a focus on responsibility and safety.

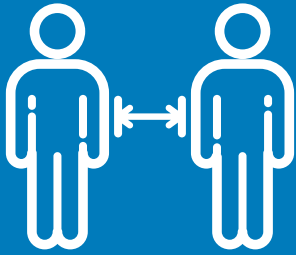
This document details all of the measures that will be put in place to ensure your safety and prevent the spread of Coronavirus. Attendees will be expected to take **personal responsibility** to help keep everyone safe.

We will remain in regular contact with participants, volunteers and event staff in the build up to the event to share more details on the health and safety measures that will be in place and to communicate any updates should any restrictions be reimposed.



DELIVERING A 'BREATHABLE EVENT'

With runners and organisers working together and in line with Welsh Government guidelines, we will safely deliver events within a detailed risk-assessment framework. Some of the changes you will notice include:



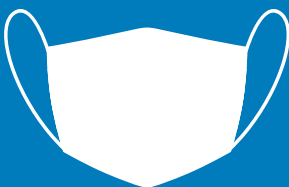
ADDITIONAL SPACE

We will create additional space throughout the event venue and have significantly increased the size of our starting pens to allow you to create space between yourself and others as you assemble before the start of the race.



EVENT VENUE

Our event village, start line, finish line, pen entry points and drink stations have been redesigned to avoid congestion or pinch points.



FACE COVERINGS

Our staff, suppliers and event officials will wear face coverings when close to others to help keep themselves and you safe (unless exempt).



HYGIENE & CLEANSING

A dedicated cleansing team will regularly clean touch points throughout the event site including toilets, door handles, barriers, drink stations and pen entry points.



ATTENDEE RESPONSIBILITIES

We need your help to ensure a safe experience for everybody. A level of personal responsibility will be expected of those attending the event.



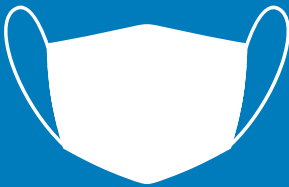
HEALTH

You should only attend if you are confident that you do not pose a risk to the health of others. You should take personal responsibility by taking a lateral flow test 24 hours before the event and not attend if you show any symptoms of COVID-19.



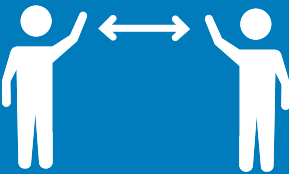
HANDS

You should use the hand sanitiser provided at points around the event site.



FACE

We encourage you to wear a face covering in all crowded areas to protect yourself and others. These can be removed whilst running.



SPACE

You should be respectful of those around you and keep space between yourself and others. We have increased space throughout the event and ask that you stick to your allocated start pen.



SUPPORT

Please limit the number of spectators you bring with you to the event and ask them to avoid busy areas around the start and finish line.

Only use the baggage facility if it is essential.

WORKING TOGETHER

We're working alongside a number of our stakeholders to deliver a COVID secure event in line with Welsh Government guidelines.

With your help, we can ensure a safe and enjoyable event experience for everybody. We'll remain in touch in the build up to the event to share more details on what race day will look like and the measures you can expect to see in place throughout the day.

Having not delivered an event since October 2019, the team at R4W are really looking forward to delivering a safe but memorable event and look forward to seeing you on Sunday 26 September 2021.

If you have any queries, do not hesitate to get in touch:
enquiries@run4wales.org

RESOURCES

Event Website

<https://www.cardiffbayrun.co.uk>

Order a Lateral Flow Test

<https://gov.wales/test-trace-protect-coronavirus>

COVID-19 Symptoms

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms>

NHS App

<https://gov.wales/nhs-covid-19-app>

