

**SCOTTISHATHLETICS VIRTUAL CHALLENGES**  
**SAFETY**

All participants must be responsible for their own safety and as a minimum should adhere to the following suggestions –

- Plan your route in advance
- Let someone know when you expect to be back – contact them to check in when you return
- All participants should carry an ICE (In Case of Emergency) card with your name, address, any medical information and an emergency contact number.
- As per UKA Road Running Rules athletes must NOT run with Headphones
- As per UKA Road Running Rules athletes must NOT run with dogs or buggies.

**Virtual Running Challenge Series**  
**Code of Conduct and Expectations**

All participants in any **scottishathletics** Virtual Running Challenge Series event are expected to abide by the following code of conduct:

**Should Government guidelines be changed at any time, they will be immediately implemented to any virtual challenges, including suspension of activity.**

Routes

All routes should be:

- planned in advance
- within easy reach of the participants home – NO DRIVING TO POPULAR ROUTES
- planned according to your ability and current level of fitness – flat, hilly, technical etc.
- risk assessed by the runner

Individuals are expected to conduct a dynamic risk assessment whilst planning their route to include:

- condition of paths and trails – avoid areas in a poor state of repair
- width of paths and trails for respecting 2m (Minimum) social distancing guidelines
- time of run, to consider peak times of use – avoid, if possible, popular times such as lunchtime and early evening.
- if running at night, consider lighting of route and wear suitable clothing.
- consideration of local residents and businesses that require access and use of areas along the route.
- expected weather conditions and the impact this may have on your route or your own safety. Virtual Challenge events have a time-period of 2 or more days, so poor weather conditions should be avoided wherever possible.

The Run

- Runs must be completed on your own (Solo Runs). Forming informal groups is not acceptable under Government guidelines and must be avoided at all costs. Young athletes participating in a Virtual Challenge may be accompanied by an adult from within their household.
- Make someone else aware of your planned route, as well as your expected start and finish times. Check in with them on returning home.
- Provide an emergency contact number to a third party, should your agreed check in time be missed.
- Have an agreed set of actions should the return check in time be missed:
  - 10 minutes leeway
  - 15 minutes - text message
  - 20 minutes - phone call
  - 25 minutes - call to third party
  - 60 minutes – make contact with someone local who can retrace the route from Finish to Start
- Carry an In Case of Emergency (ICE) Card detailing your name, address and underlying health conditions and emergency contact phone number.
- Always be considerate to other people and respect social distancing guidelines at all times.

