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.