

Health and safety guidance for participants

We want you to have a fantastic time participating in the Noah's Ark Virtual Half Marathon, but we also want you to be safe! Please take the time to read the guidance below. Please refer to local government advice if necessary, to ensure your safety and the safety of those around you.

Social distancing and government guidelines re: Covid-19

Please follow all relevant guidance from the government and police – particularly in relation to out-of-home exercise and social distancing. Consider the time of day/period of time you exercise, carefully select your route, and apply social distancing to stay clear/give priority to pedestrians and people using public spaces.

General safety advice

- Notify someone when you start your run and then when you are done. Let them know where you are running.
- Carry a mobile phone so you can call for help if you need it. If you are unable to carry a phone, write your information and an emergency contact number on a piece of paper in case of emergency.
- If listening to music only use one earbud and leave your other ear open to listen for potential hazards.
- Check the weather for the time you plan on running.
- Try to run in well-lit areas at night.
- Wear bright or reflective clothing (and a head torch for evening runs if possible)
- Be aware of other runners, pedestrians, traffic and other hazards.
- Ensure your footwear is supportive.
- Plan for your run and make sure you have a bottle of water handy.
- Follow Faye's training plan for advice and support in preparing for your half marathon.
- Lastly and most importantly, use common sense and listen to your body — don't overdo it.

Have fun and STAY SAFE!

