**PLEASE ENSURE THAT YOU HAVE CAREFULLY READ AND UNDERSTOOD THE**[**CONDITIONS OF ENTRY**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmandrillapp.com%2Ftrack%2Fclick%2F30775821%2Fwww.achilles.org%3Fp%3DeyJzIjoiczBYc3Z1dkFFekxwbnVWQ21wNjNVb1pZVFhJIiwidiI6MSwicCI6IntcInVcIjozMDc3NTgyMSxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5hY2hpbGxlcy5vcmdcXFwvRG93bmxvYWRzXFxcL0xJQ0MtMjAyMC1jb25kaXRpb25zLTIucGRmXCIsXCJpZFwiOlwiMmQ3YzIwZWM5NjVkNDU2Yjk1YTk0MDlkOWU4MmI1ZTRcIixcInVybF9pZHNcIjpbXCI0Njk2OWVhZjE3ZjI4YWQzN2ViNzNiNTU5ZTA1YzZmOGVmYzU2YjIyXCJdfSJ9&data=02%7C01%7C%7Ce30657289a814f52c4a608d842890373%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637332503513769232&sdata=JdR5kkwbjNLHJRC6HPThOAZy83ILR%2FKpNqCMc1jUj94%3D&reserved=0)

Thank you for entering for the Thurrock Harriers Club Championships event on Sat. 12th and Sat. 19th September 2020.

This letter is intended to give you some important reminders and an update regarding the arrangements on the day.

**Please read the following BEFORE submitting an entry. This is particularly important so that you know what COVID-19 precautions you are required to take.**

* **Arrival and departure times**: Please arrive no more than 45 mins before your start time and leave promptly after your final event. If there is a large gap between events, it may be practical to go home and return for a later event.
* **Parking**: there should be ample parking but please park with consideration to other users. You will be directed straight to the clubhouse where you must sign in for “Track and Trace” purposes. If our car park is full, use the swimming pool car park, do not park in front of housing in the nearby streets.
* **Guests**: these are strictly limited to **one per athlete.** Ifthe main guest is a designated helper, there may be an extra guest. This is in order to help to ensure social distancing and to comply with our attendance limit set for the day. Guests will be required to provide a health declaration and contact information to comply with NHS Track and Trace. There will be club members encouraging guests during the day to follow the guidelines. **Please be respectful, their intention is to maintain a safe environment.** Guests may watch an event from anywhere around the outside of the barriers. Please do not congregate at the finish line.
* **Seating**: The stand may be used for seating. Please ensure you only sit in the areas allowed. The taped seating is intended to ensure social distancing
* **Hand hygiene**: all those entering the arena are requested to sanitise their hands on entry and to make regular use of the sanitising stations that are around the arena, especially if they have touched common surfaces.
* **Refreshments**: there will be a table outside the clubhouse with simple items of food and bottled water available for purchase. Please come suitably prepared.
* **Starting Blocks**: only stadium blocks may be used for U17s and over in finals: please do not bring any personal blocks into the arena.
* **Toilets**: access to the toilets will be marked out with 2m distance lines. Sanitiser and handwash facilities will be available inside. Please ensure you maintain your distance and keep to the ‘one in one out’ policy.
* **Post-event procedures re Covid-19 testing**: we have been asked by England Athletics to ensure that all competitors are advised that UKA must be notified if there is a positive Covid-19 case 48 hours after the competition, this is the responsibility of **the competitor**. Should the unfortunate instance arise that someone from the competition tests positive for Covid-19 it is the responsibility of NHS test and trace system, not the competition provider to contact all people. The competition provider will, however, be asked for contact details for all who attended the competition, including spectators.