

Covid Safety Guide

We understand that you may have questions over what the event will be like this year and would like to reassure you that our team has been working closely with our local authorities and key stakeholders to deliver an amazing event experience for everyone involved while doing everything we can to keep you safe.

Whilst the event is taking place after Scotland moved beyond Level 0 on 9th August, there will still be Covid safety measures in place during the event which we respectfully ask you to follow, both for your own safety, those around you and for our participants, event crew, volunteers and the local community.

Please be responsible and only travel to and take part in the event having followed this guidance.

IMPORTANT

DO NOT attend the event if you are showing any COVID-19 symptoms:



**HIGH TEMPERATURE
OR FEVER**



**NEW OR
CONTINUOUS COUGH**



**LOSS OR CHANGE IN
TASTE AND/OR SMELL**

DO NOT TRAVEL TO THE EVENT IF...

you have tested positive, have any Covid-19 symptoms or if you have been contacted by Test & Protect Scotland (Track & Trace in England) and asked to self-isolate. You must not travel to the event if you are isolating or in quarantine after foreign travel.



FACE COVERINGS

Scottish Government recommends that all participants, event crew, volunteers and supporters attending the event wear a face covering outdoors in crowded areas, and particularly when queuing for registration, the Expo, buses, baggage, toilets and food.

Face coverings are mandatory on bus and coach transport.

Event crew and volunteers in customer facing roles will wear face coverings. If you are exempt from wearing a mask, please make sure you wear your exemption badge so we are aware of this.

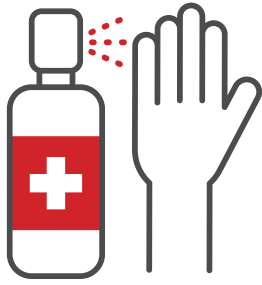
www.lochnessmarathon.com



TESTING

All participants, event crew, volunteers and everyone coming to the event are advised to take a lateral flow test within 24 hours of attending the event. These can be ordered in advance online. Thank you for your cooperation with this.

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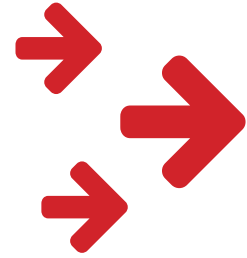
SANITISER STATIONS

There will be hand sanitiser stations located throughout the Event Village, water and gel stations and at the start and finish areas. We recommend you also bring your own personal hand sanitiser.



RESPECT OTHERS SPACE

We ask you to respect others and give space to those around you at the Event Village, race starts, finish area and water and gel stations.



ONE WAY SYSTEMS

Where possible and practical, one-way systems are in place to ensure you can move through the Event Village, water and gel stations and at the start and finish areas. Please follow the signage and directions given by marshals.



THE EVENT VILLAGE

We have redesigned the layout of the Event Village to include open fronted tents and one-way flows. Please follow signage and directions given by marshals and follow the one-way system through the Event Village.

We have minimised touch points where possible and there are sanitiser stations available and queuing systems in place for registration, Expo, merchandise, food and toilets. Portable toilets are available within the Event Village.

Sadly we have taken the decision to cancel the Wee Nessie kids' race, the Runners Café, kids' activities and live band this year. However you can expect to see the Expo, registration, Baxters Kitchen, pipes & drums, street food, merchandise, massage and of course your complimentary post-race Baxters soup & roll.



The race starts have been designed and carefully calculated to accommodate a safe distance between runners.

However we ask you all to respect others and give space to those around you and please follow signage and marshals' instructions.

Scottish Government recommends wearing a face covering outdoors in crowded areas and particularly whilst queuing for buses, baggage and toilets at the race starts.

We have staggered the arrival of buses at the marathon start. There will be no warm-ups before the races this year.



THE ROUTE

We ask you all to respect others and give space to those around you and please take note of our guidance below:

- Only overtake where it is safe to do so and you can keep a safe distance
- Be aware of your personal hygiene and refrain from spitting or clearing your nose
- Do not change direction suddenly at water and gel stations, and try to steer a course for a table with fewer runners.
- Sanitise your hands before picking up water bottles and energy gels and before / after using the portable toilets

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HYDRATION & NUTRITION

Being well hydrated and drinking little and often is essential for achieving your best performance.

There are 7 water stations along the marathon course and 1 water station along the 10K route. Water will be provided in 330ml recyclable plastic bottles with sports caps this year.

We would encourage anyone that has trained with a bottle belt to wear this on the day to help minimise touch points and waste.

There will be 4 High5 gel stations along the marathon route.

Do not change direction suddenly at water and gel stations, and try to steer a course for a table with fewer runners.

Hand sanitiser will be available at the stations. Please dispose of your rubbish responsibly at the litter bins and litter drop zones.



THE FINISH

We would love nothing more than to hang your finisher's medal around your neck however this year the medal, t-shirt and goody bag station will be self-service to reduce touch points.

Please follow signage and directions from marshals and follow the one-way system to collect your medal, finisher's t-shirt, goody bag and water and keep moving through the finish area to exit into the Event Village.

We are sorry but there will be no showers or changing facilities available after your race.



EVENT CREW & VOLUNTEERS

Our event crew and volunteers can't wait to welcome you back at the event, please be respectful and considerate of them.

They are also advised to take a lateral flow test prior to the event and those in customer facing roles will wear a face covering to help keep you and themselves safe.



SPECTATORS

Please consider limiting the number of people you bring to the event and encourage your supporters and spectators to avoid busy areas along the route and around the Start and Finish areas.

We know how much it means to have your loved ones supporting you and cheering you on however this is to ensure a safe experience for everyone involved.