



# VIRTUAL ALDI ASHBY 20

## 20 MILE VIRTUAL RUN: FINAL DETAILS

### 19<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup> MARCH 2021



FULL RACE MAGAZINE AVAILABLE ON THE RACE WEBSITE: [www.ashby20.co.uk/racebooklet](http://www.ashby20.co.uk/racebooklet)

To help you have a safe, enjoyable virtual day, the Ashby 20 Committee have compiled the guidelines listed below, taking into account the current situation (Covid-19), along with general safety information.

Runners Should	
	Abide by the government guidelines
	Avoid popular local routes, such as busy trails
	Avoid busy times
	Maintain 2m social distance
	Not run if they feel unwell or have Covid-19 Symptoms
	Take and use hand sanitiser at various points, including the start and finish
	Be self-sufficient, not using picnic areas, and minimising contact with rails, walls etc.
	Avoid public toilets where possible, incorporate your own house as a comfort stop, use hand sanitiser
	Plan routes, toilets, water, rubbish disposal beforehand
	Dispose of their waste appropriately, not dropping on the floor
	Keep local, where possible start and finish at their home location
	Not travel to their route with people who are not part of their household/bubble
	When parking, leave a 2m gap between cars
	Be self-sufficient when it comes to first aid, administering minor first aid themselves
	Consider carrying a phone, and carry ICE details (In Case of Emergency)
	Tell others about their route, start time and expected finish time
	Note the lack of race event support, as this is a virtual event
	Recce their route and avoid terrain they are not comfortable with
	Complete their own risk assessment on route terrain, wearing appropriate clothing
	Complete their own risk assessment regarding their route, avoiding busy main roads, keeping to pavements, quiet trails and quiet roads
	Wear appropriate hi-vis clothing for the weather, and stick to the Highway Code rules
	Use a route they are familiar with
	Not be reliant on GPS/watch to navigate their route
	Consider switching their run day should there be weather warnings
	take appropriate action, if running in the dark (e.g. reflective clothing, torch). We advise runners to run in daylight, not in the dark.
	Report any accidents or injuries to the Ashby 20, no later than Tuesday 23 <sup>rd</sup> March