

IMPORTANT COVID-19 UPDATE



ARC OF ATTRITION
CORNWALL, UK

COVID19 POTENTIAL PROVISIONS FOR THE ARC OF ATTRITION/ARC 50 2021

You are receiving this information as you have a place secured in the Mudcrew Arc 100/50 event for 2021. It is vital that you read this and comply in its entirety. If you have any problems or require any further information then please make contact with us by email on entries@mudcrew.co.uk

As we are sure you are aware, event organisers are having to make very different and specific plans to ensure races can go ahead during this pandemic. Here at Mudcrew, we are no different and it is imperative that we put on an event that is safe for everyone involved, runners and staff alike whilst ensuring you get the experience you signed up for. It is very much our intention to deliver the event in January and we will endeavour to make the experience the best that it can be. What follows is how we envisage the event will look in 2021. Please grab yourselves a coffee and read it carefully.

IN YOUR ENTRY CHECK AND COMPLETE THE FOLLOWING INFORMATION:

- Confirm that you are able to provide your own support crew throughout the race and transport to the start locations.
- Check and amend the details of your support crew.
- Ensure your home address and contact phone numbers are correct.
- Please supply us with your best estimated finish time for the Arc100/50.
- If necessary, read the remainder of this document and come back to complete this information.

BEFORE THE RACE:

You should NOT attend the event if:

- You have a fever of $\geq 38^{\circ}\text{C}$ on the day of the event.
- You have had any signs or symptoms of COVID-19 in the previous 14 days before the event. ie: a new continuous cough, fever, change/loss of taste/smell.
- You have been in contact with anyone who is sick (symptomatic) in the previous 14 days before the event.
- You have travelled within the previous 14 days before the event to any international location with widespread ongoing local COVID19 transmission.
- Any crew, supporters or others that you intend to bring to the event are also subject to these criteria

POSSIBLE CHANGES: PRE-RACE

- Safety briefing will be pre-recorded and emailed out prior to race day.
- Registration. There will be no physical registration and race numbers will be sent out in the mail. There will be provision for any race numbers that go missing.
- There will subsequently be no kit check prior to the start. You will be expected to comply with our kit list and we will take you on trust that you start the race with the full kit. Random kit checks WILL be carried out during the race and at the finish. Anyone found not in possession of the full kit will be disqualified.
- You will be issued with a time window to arrive at Coverack/The Minnack for your start and we ask that you make your own way there. Please do not arrive early and ask whoever is driving you to drop you off and leave straight away. They will not be able to stay to see you start. We will be keeping the start area Covid secure so only essential staff and those due to start will be present.
- If you are unsupported, we will transport you to the start on a socially distanced coach. Face coverings must be worn during the entire transport. Those competitors requiring coach transport will need to go to the Eco park at Porthtowan at the time you are given. No other competitors are to attend race HQ except for their finish. This information will be communicated separately to those that it will apply to.
- All competitors will have their temperature taken and their tracker fitted at the start by staff wearing PPE.

POSSIBLE CHANGES: DURING THE RACE

- We strongly advise you to have your own support crew during the event. You will be permitted only one crew vehicle at any given time during the event. You are of course able to change who is crewing you whenever you like but you must only have one crew vehicle at any one time. You will need to supply full details of anyone crewing you, for Track and Trace reasons and you need to ensure your crew are practicing the correct social distancing procedures at all times. We retain the right to disqualify any participants whose crew behave against the rules or otherwise unacceptably at any time during the event.
- CHECKPOINTS. This will be the most noticeable change and you must read the following carefully so you fully appreciate how different this will be to previous events and to what is in our event guide. At this time we have been advised that we will be able to hire our indoor venues but we have to prepare for the fact that this may change over the winter. What follows is our worst case scenario for checkpoints and we will let you know if we have to go to this plan! Keep everything crossed!

We will endeavour to supply support at or near the locations of our advertised venues (Porthleven, Penzance, Lands End, St. Ives) and we will communicate exactly what this support will be. Expect it to be access to hot water and very basic food supplies and hot drinks. Think instant pasta meals, porridge, instant soup plus sweets, snacks, coke, water, squash etc. We strongly recommend your crew carry the means to heat water and supply you with any food you require. We will of course have our normal mobile crews available to everyone, supported or unsupported.

- **Please use the hand sanitiser as you approach and leave the checkpoint areas.**

- It will be compulsory for all competitors to wear a wrag / buff around their neck for the duration of the event and use this as a face covering when coming into contact with any of our staff, other competitors or other members of the public. If you don't have one already, wrags are available in advance from the MudCrew kit shop. www.mudcrew.co.uk/shop
- Social distancing is to be observed throughout the event. Unless you are with a family member you must remain 2 metres apart at all times. This rule will apply at our staffed "checkpoints", the start and finish and when approaching our mobile crews.



POSSIBLE CHANGES: POST-RACE

- At the finish you will be invited to collect your own buckle or medal. You will of course be able to access the shelter of the barn and we will look after you as usual. This will be done in a socially distanced manner on seating which must not be moved. We will sanitise the area regularly. No spectators are to congregate at the finish area and we ask that you are collected and taken home as soon as possible from the finish. Your support can park at the Eco park and wait for you. We will have medical staff available here and throughout the race. We do not expect spectators or support crew to be allowed to be near the actual finish line or any of the under-cover areas of the finish area.
- Any merchandise that was pre-ordered can also be collected at the finish
- We will communicate with you what facilities the Eco park will have available (food, drinks etc) as soon as we know. This will be a matter for them, in line with their own working practices and is outside our control.

We are acutely aware how different this will seem, especially to those of you who have taken part in our events in the past. We know this is far from the norm, some will say far from ideal, but we want the event to go ahead. We absolutely do not want to have to cancel the Arc. Therefore, we have to make these changes. What will remain unchanged is the course and the support from us as an event company to put on an event that is challenging and enjoyable for you whilst keeping you safe at all times. Added to your safety considerations now is COVID19 and everything that that brings. The phrase “unprecedented times” is all too familiar but it is exactly where we find ourselves.

We ask that you give serious consideration to your predicted finish time, as best you can, so we can start allocating the start waves. Your finish time will be based on your start time so do not worry that if you start later you will be penalised in any way.

All published cut-offs will remain in place and will be adjusted to take account of for your start time.

The starts of both events will be very much “low key”. Unfortunately, we will not be able to put on our usual bells and whistles affair but fear not, this will not detract in any way from the event you have signed up for. If there is ANYTHING you are unsure or unhappy about, please do not hesitate to contact us. We fully understand that people may have concerns and we will do all we can to alleviate them. The final deferral date for entries is 31st October 2020 so make sure you let us know by that date if you wish to defer your entry to 2022.

Any deferrals and general contact must be done using entries@mudcrew.co.uk
This is the only email address we can accept deferrals on.



COVID19 SPECIFIC ADVICE

Due to the Covid 19 Pandemic the following information is very important. Please read and digest fully:

You should NOT attend the event if:

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- You have been in contact with anyone who is sick (symptomatic) in the previous 14 days before the event.
- You have travelled within the previous 14 days before the event to any international location with widespread ongoing local COVID19 transmission.
- Any crew, supporters or others that you intend to bring to the event are also subject to these criteria
- All event staff will be issued with face masks and hand sanitiser.
- Face coverings /wrags must be worn by all competitors when coming into contact with event staff, other competitors and members of the public.
- Hand sanitiser will be available and MANDATORY use by runners at all "touch points"
- Social distancing of 2 metres to be maintained in and around the Start/Finish Point, at all checkpoints and aid stations and on the route.
- No supporters or crew are allowed at the Start/Finish areas or in the Aid Stations and checkpoints (if available) on the route. You can be met at the Aid Stations by your support but they cannot go inside and need to maintain social distancing rules with others.

