

SEQ MTB Race 1- From Race Event COVID 19 PLAN

For Race Participants

- Wash hands properly and regularly
- Keep marquees to a minimum and space these out
- Observe and follow all COVID 19 signage and directions
- Participants should bring their own towel and drink bottle
- Don't share drink bottles
- Don't shake hands or give high fives
- Be creative in celebrating to limit close contact. Swap your high five celebrations for elbow bumps or an air high five!
- Coaches should keep a spray bottle of disinfectant handy to regularly clean and/or wipe down shared equipment
- Keep separate areas for used and sanitised equipment
- Stay home if you're unwell
- Avoid mingling between groups.

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For Spectators:

- Wash hands properly and regularly or use hand sanitiser provided
- Keep marquees to a minimum and space these out
- Observe and follow all COVID 19 signage and directions
- Keep 1.5 metres from other spectators
- Be creative in celebrating to limit close contact. Swap your high five celebrations for elbow bumps or an air high five!
- Take a hygiene pack with you that includes hand sanitiser and tissues
- Use separate entry and exit points if crowded
- You MUST register your attendance on activity sign on sheet provided
- Stay home if you are unwell