**PLEASE DO NOT LEAVE HOME TO ATTEND OUR SITE IF GOVERNMENT ADVICE MEANS YOU SHOULD STAY AT HOME BECAUSE YOU OR SOMEONE IN YOUR HOUSEHOLD HAS OR HAS HAD SYMPTOMS OF COVID 19, OR IF YOU ARE IN THE MOST VULNERABLE CATEGORY AND HAVE BEEN ADVISED TO SHEILD FROM THE CORONAVIRUS. ALONGSIDE OUR GUIDELINES YOU SHOULD ALSO READ ADVICE ON THE GOVERNMENTS WEBSITE.**

**BEFORE LEAVING HOME AND AFTER YOU RETURN FROM LEAVING OUR SITE**

* WASH YOUR HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS - OR USE ALCOHOL GEL IF WASHING YOUR HANDS ISNT POSSIBLE

**BOOKING**

* ENSURE YOU BOOK - PLEASE DON’T JUST TURN UP TO SITE - WE NEED TO ENSURE YOUR SAFETY AND OUR COLLEAGUES SO WE NEED TO KNOW YOU ARE COMING. PLEASE CALL THE OFFICE ON 01306 88067 OR EMAIL [wayne@camelotevents.co.uk](mailto:wayne@camelotevents.co.uk) / [lisa@camelotevents.co.uk](mailto:lisa@camelotevents.co.uk) **PLEASE NOTE THAT IF YOU ARE A CLUB/TEAM MEMBER WE NEED TO HAVE A BOOKING FOR EACH INDIVIDUAL**

**EQUIPMENT**

* PLEASE BRING HAND SANITIZER AND TISSUES
* PLEASE BRING YOUR OWN EQUIPMENT – GLOVES - **YOU WILL NOT BE ALLOWED ON THE COURSE WITHOUT GLOVES – GLOVES MUST BE FULL GLOVES AND NOT FINGERLESS. CYCLING GLOVES WORK WELL AND DON’T NEED TO BE EXPENSIVE**
* CLEAN AND WIPE DOWN ALL YOUR EQUIPMENT BEFORE ARRIVAL ON SITE AND AGAIN ON DEPARTURE
* PLEASE BRING YOUR OWN FOOD AND DRINK AND ENSURE ALL BOTTLES ETC ARE WIPED DOWN - **DO NOT SHARE FOOD AND DRINK WITH ANYONE ELSE**
* ENSURE YOU TAKE ALL YOUR BELONGINGS WITH YOU AT THE END OF YOUR TIME WITH US -**ANYTHING LEFT BEHIND WILL BE THROWN AWAY**

**TRAVELLING TO AND FROM SITE**

* AVOID USING PUBLIC TRANSPORT WHERE POSSIBLE - WE HAVE AMPLE PARKING
* ARRIVE AS CLOSE AS POSSIBLE TO YOUR BOOKING TIME (NO MORE THAN 10 MINUTES BEFORE)
* AVOID TOUCHING GATES, FENCES ETC WITH BARE HANDS

**CHANGING/WASHING**

* ARRIVE CHANGED AND READY TO GO ON COURSE
* THE SHOWERS WILL NOT BE AVAILABLE - BRING A CHANGE OF CLOTHES AND BLACK BIN BAGS FOR YOUR DIRTY CLOTHES SHOULD YOU WISH TO CHANGE
* WE WILL HAVE EXTRA TOILETS ON SITE AND HAND WASHING STATIONS

**SOCIAL DISTANCING – SITE REGULATIONS**

* ALL GROUPS WILL BE ACCOMPANIED BY A MARSHALL/INSTRUCTOR
* ONLY ONE HOUSEHOLD PER OBSTACLE
* CLUB MEMBERS/TEAM NUTS - NO MORE THAN TWO PER OBSTACLE
* MAINTAIN SOCIAL DISTANCING
* STAY 2 MTRS AWAY FROM THOSE NOT PART OF YOUR HOUSEHOLD
* DO NOT MAKE PHYSICAL CONTACT WITH ANYONE OUTSIDE OF YOUR HOUSEHOLD
* WAIT FOR YOUR ENTIRE HOUSEHOLD BEFORE MOVING ONTO THE NEXT OBSTACLE AS INSTRUCTED BY YOUR MARSHALL/INSTRUCTOR

**PLEASE NOTE THE COURSE WILL BE A DRY COURSE AT THIS TIME**

**HYGIENE**

* IF YOU NEED TO SNEEZE/COUGH, DO SO IN A TISSUE OR UPPER SLEEVE
* KEEP YOUR GLOVES ON WHEN ON THE COURSE AND AVOID TOUCHNG YOUR FACE