**Northern Ireland International Cross Country**

**Covid Protocols**

* All attendees will be required to wear a mask when indoors
* All attendees must follow social distancing guidelines, where possible, keeping 2m apart and using the hand santisier available
* The main building changing and toilet facilities will be split into Male/ Female sections- so please ensure to check signage before you enter the building. (see site map for details)
* Registration- the registration area will only be open to athletes collecting their bib number and officials. NO ONE else will be allowed within this area. There will be a one-way system in place (please see site map for details)
* All attendees are advised to take a lateral flow test, ensuring that the result is negative before travelling to the event
* Spectators are asked to ensure social distancing at all times, particularly around congested areas such as the start/ finish areas and around the main building and additional toilet facilities.

**Travel**

**For those travelling from within the Common Travel Area (GB and Ireland)**

If you're travelling from within the Common Travel Area (CTA) and staying overnight in Northern Ireland, you should take a rapid lateral flow device test (LFD) before you begin your journey.

You should only travel if the test is negative. You should also take an LFD test on days two and eight of your stay. You should not travel to Northern Ireland if you have COVID-19 symptoms, or have received a positive COVID-19 result.

You do not need to fill in a Passenger Locator Form if you’re travelling from within the CTA and you have not been outside the CTA in the last 10 days.