**ATHLETICS NORTHERN IRELAND’S VIRTUAL TQ10K & 1K FUN RUN**

**RULES**

**All government guidelines in regard to Social Distancing must be strictly adhered to, any changes to these guidelines will be implemented immediately.**

All athletes must be registered through the Athletics NI website. Last results will be submitted on the 12th April 2020.

Social Distancing!

Athletes MUST avoid popular running/walking routes or busy parks.

Be considerate to other people by keeping a 2m distance at all times when passing.

Runs MUST be completed solo unless you are living in the same home.

Do not drive somewhere to run.

SAFETY

All participants must be responsible for their own safety and as a minimum should adhere to the following suggestions –

* Plan your route in advance - Be within easy reach of the participants home – NO DRIVING TO POPULAR ROUTES
* Let someone know when you expect to be back – contact them to check in when you return
* All participants should carry an ICE (In Case of Emergency) card with your name, address, any medical information and an emergency contact number.

RESULTS

Will be published on the Athletics NI website on Monday 13th April.

Participants Code of Conduct and Expectations

All participants are expected to abide by the following code of conduct –

Should Government guidelines be changed at any time, they are immediately implemented to any virtual challenges including suspension of activity.

The Run

* Consider the weather conditions, poor weather conditions should be avoided.
* Runs must be completed on your own (Solo Runs), forming informal groups is not acceptable under Government guidelines and must be avoided at all costs
* Make someone else aware of the planned route as well as start and finish time of the run and check in with them on returning home.
* Provide an Emergency Contact number to a third party should the check in time be missed.
* Have an agreed set of actions should the return check in time be missed.
  + 10minute leeway
  + 15minute text message
  + 20minute phone call
  + 25minute call to third party
  + 60minute – make contact with someone local who can retrace the route from Finish to Start
* Always be considerate to other people and respect social distances guidelines at all times.
* Carry an In Case of Emergency (ICE) Card detailing your name, address and underlying health conditions and emergency contact phone number.