



Participant Code of Conduct

All participants must abide by the following code of conduct. Government guidance takes precedence over this code of conduct. If government guidance changes at any time, it must be followed with immediate effect, including, if necessary, stopping the event.

Anyone participating in the OMM as a competitor or volunteer must follow this guidance to ensure the safety of themselves, other participants, event volunteers and the general public.

It is essential that all participants adhere both to this code of conduct and any additional requirements set out by the OMM. These will form part of the OMM risk assessment and may be a result of restrictions imposed by landowners, local authorities or the government. Personal safety must be the main driver for all decision making.

DO NOT attend the event if you:

- Have any symptoms of COVID-19 at the time of or within the 14 days before the event ([NHS Inform symptoms guide here](#)) including the following:
 - a continuous cough.
 - a fever/high temperature (37.8C or greater). A high temperature is feeling hot to the touch on your chest or back (you don't need to measure your temperature). You may feel warm, cold or shivery.
 - a loss of, or change in, sense of smell or taste (anosmia)
- have been in close contact with anyone who is suspected of or confirmed as having Covid-19 within the 14 days before this event and/or have been advised by Track and Trace to self-isolate.
- are undergoing testing for suspected Coronavirus.
- reside in an area of the UK that is under local lockdown.
- reside or have been out of the UK within the 14 days before the event ****EXCEPT** from exempted countries & territories – See the Scottish Government list [here](#).

You are STRONGLY ADVISED NOT TO attend the event if you:

- are in a High-Risk Category. *Although shielding in Scotland was paused on 1 Aug those in high risk categories are advised not to attend.* Latest advice [here](#).
- have been previously hospitalised due to Covid-19. Based on the best available evidence at this time, it is strongly advised that you undergo a form of health screening prior to taking part.

You must follow these rules:

- Act as an ambassador for the OMM and the sport of mountain running at all times. Consider how your actions may appear in the eyes of landowners or members of the public.
- Ensure you have read and fully understood any information or instructions provided before you arrive at the event and abide by any requirements imposed by the OMM, either in advance or during the event.

- Minimise, as far as possible, contact with others from outside your 'household' or 'extended household' as defined [here](#) before, during and after the event.
- Adhere to Scottish Government guidelines when sharing transport to or from the event.
- Observe social distancing requirements at all times during the event. Do not congregate in groups at the event.
- Carry a mask/face covering at all times and wear it when in any building or marquee, at any time when in close proximity to others and whenever asked to do so by OMM officials.
- Carry and use hand sanitizer regularly and wash hands whenever possible.
- During the race:
 - Move quickly away from controls after you have punched – move away to plan your route to the next control.
 - Give way to other participants and members of the public on narrow paths and at gates or stiles.
 - Use hand sanitiser at touch points (i.e. gates/stiles)
- Follow the instructions of all OMM volunteers or staff - their request may be necessary to comply with rules put in place to enable the event to happen.
- Be patient, courteous and respectful of others at all times.