

We understand that you may have questions over what the event will be like this year and would like to reassure you that our team has been working closely with our local authorities and key stakeholders to deliver an amazing event experience for everyone involved while doing everything we can to keep you safe.

Whilst the event is taking place after Scotland moved beyond Level 0 on 9th August, there will still be covid safety measures in place during the event which we respectfully ask you to follow, both for your own safety, those around you and for our event crew, volunteers and the local community.

Please be responsible and only travel to and take part in the event having followed this guidance.

IMPORTANT

DO NOT attend the event if you are showing any COVID-19 symptoms:



**HIGH TEMPERATURE
OR FEVER**



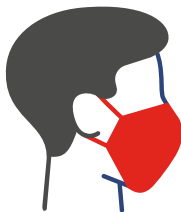
**NEW OR
CONTINUOUS COUGH**



**LOSS OR CHANGE IN
TASTE AND/OR SMELL**

DO NOT TRAVEL TO THE EVENT IF...

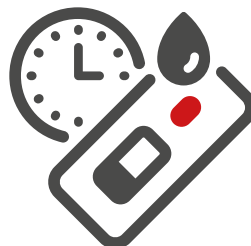
you have tested positive, have any Covid-19 symptoms or if you have been contacted by Test & Protect Scotland (Track & Trace in England) and asked to self-isolate. You must not travel to the event if you are isolating or in quarantine after foreign travel.



FACE COVERINGS

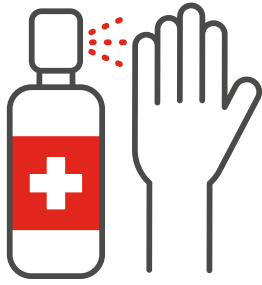
Face coverings are not mandatory in the Event Hub, start, finish or while participating in the event as the event is held in an outdoor setting however Scottish Government recommends wearing a face covering in crowded areas.

Event crew and volunteers in customer facing roles will wear face coverings. If you are exempt from wearing a mask, please make sure you wear your exemption badge so we are aware of this.



TESTING

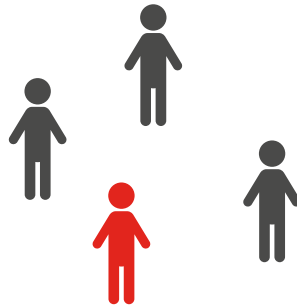
We encourage all participants, event crew and volunteers to do a lateral flow test within 24 hours of attending the event. These can be ordered in advance online. Thank you for your cooperation with this.



SANITISER STATIONS

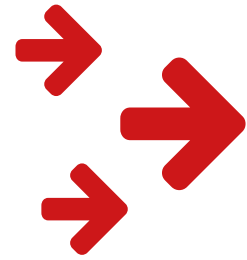
There will be hand sanitiser stations located throughout the Event Hub and at all Support Stations.

We recommend you also bring your own personal hand sanitiser.



KEEP YOUR DISTANCE

We ask you to respect others and give space to those around you at the Event Hub, Start, Finish and Support Stations.



ONE WAY SYSTEMS

Where possible and practical, one-way systems are in place to ensure you can move through the Event Hub, Support Stations, Start and Finish areas safely. Please follow the signage and directions given by marshals.



THE EVENT HUB

We have moved the Event Hub to the Northern Meeting Park, Ardross Street, Inverness IV3 5NS this year. Please note entrance is via Eden Court Theatre car park and there are two exits into Ardross Street and the Highland Council car park.

Please follow signage and directions given by marshals and follow the one-way system through the Event Hub.

We have minimised touch points where possible and there are sanitiser stations available and queuing systems in place for registration, merchandise, mechanical support, food and other stands. Portable toilets are available within the Event Hub.

This year only participants, event crew and volunteers will be permitted into the Event Hub over both days.



We ask you all to respect others and give space to those around you.

The start holding areas have been designed and carefully calculated to accommodate a safe distance between participants. This means you must stick to your allocated wave and it is not possible to change waves.

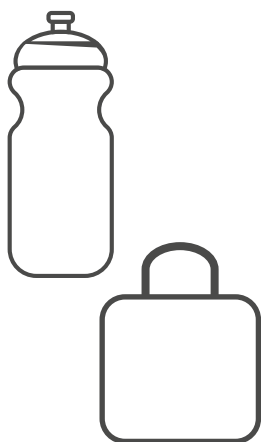
We have staggered arrival times at the start holding areas. Please arrive within your allocated arrival time, this was sent by email and is on our website. Please follow the start procedure provided in your Event Instructions and watch our start video.



THE ROUTE

We ask you all to respect others and give space to those around you and please take note of our guidance below:

- Only overtake where it is safe to do so and you can keep a safe distance
- Be aware of your personal hygiene and refrain from spitting or clearing your nose
 - Bring your own hydration and nutrition
- Sanitise your hands before refilling water bottles and before / after using the portable toilets



HYDRATION & NUTRITION

We have introduced an additional support station this year at mile 15.

There will be a total of 4 support stations around the course (mile 15, 27, 42, 54.5) which will have portable toilets, first aid, water and mechanical support. Support stations will be self-service to reduce touch points.

Please be prepared to be self-supported and bring your own energy snacks and two full water bottles for the ride.

You will be provided with a High5 nutrition pack at registration. Water is available at the support stations but NOT at the start so you must start the event with 2 full water bottles. This will also reduce the need to resupply at support stations. Please make sure you keep well hydrated throughout the event.

Please dispose of your rubbish responsibly at the litter bins and litter drop zones.



THE FINISH

Please follow signage and directions from marshals and follow the one-way system to collect your goody bag and water and keep moving through the finish area to exit the Event Hub.

We would love nothing more than to hang your finishers' medal around your neck however this year you will find your medal with your other goodies in your goody bag. The goody bag station will be self-service to reduce touch points. Please take a bag and keep moving through the finish area.

Sadly, this means we will not be able to hand out the famous Harry Gow Dream Rings at the finish line.

This year only participants, event crew and volunteers will be permitted in the Event Hub over both days.

There will be no baggage or changing facilities, showers or massage available after the event at the Event Hub.

It will not be possible to hold a podium presentation this year however we will share photos of the 3 men and 3 women with the fastest times plus fastest KOM and QOM on our website and social channels.



EVENT CREW & VOLUNTEERS

Our event crew and volunteers can't wait to welcome you back at the event, please be respectful and considerate of them.

They are also encouraged to take a lateral flow test prior to the event and those in customer facing roles will wear a face covering to help keep you and themselves safe.



SPECTATORS

Please consider limiting the number of people you bring to the event and encourage your supporters and spectators to avoid busy areas along the route and around the Start and Finish areas.

There will be no spectator access into the Event Hub this year on both days, only participants, event crew and volunteers will be permitted into the Event Hub.

We know how much it means to have your loved ones supporting you and cheering you on however this is to ensure a safe experience for everyone involved.