

Equinox24

# EVENT SAFETY GUIDE

Please read this common sense guide to help you  
stay safe and enjoy Equinox24



# **Stay safe at Equinox24**

**This guide is designed to help you have a safe and happy experience at Equinox24. Please read this carefully before you come to the event. Thank you!**

**SPEED LIMIT - Please stick to the 5mph speed limit in place at Equinox24 on all roads and in the camping fields. This is for the safety of other users and also as the ground is uneven.**

**VEHICLES - once you have parked your car please do not drive it around the camping field until you exit. You may not exit the general camping field whilst the race is in progress (midday Saturday to approx 1pm Sunday). If you will need to exit during the race you must park in the visitor car park in the next field. In an emergency contact event staff who will marshal you crossing the course.**

**Event vehicles will be moving around the course and field over the weekend and the roads in the Estate will be in use.**

**SET UP - please locate your tent so that it is not obstructing the run course or the thoroughfares through the campsite. It is important to allow access for emergency vehicles at all times. Please allow 3m between tents to reduce fire risk.**

**HAZARDS - please be aware of trip hazards on the campsite and in the event HQ area such as guy ropes, cables etc. Please keep your equipment tidy and ensure it isn't obstructing safe movement around the campsite. Please also take care if crossing the run course - beware of the runners!**

**Do not enter or cut through the restricted area behind race HQ and behind the catering units. Do not touch or go near generators or other site equipment.**

**EQUIPMENT** - please ensure that you have suitable equipment for the whole weekend that is in good working order. If the weather is due to be rainy/windy bring warm sleeping bags and waterproof clothing with several spare sets of clothing to stay warm and dry. In case of very hot weather bring sun protection as these things will not be available on site.

**Ensure that tents/gazebos are well fastened down with guy ropes.**

**NIGHT TIME** - the site is not lit at night and so you will need to bring torches/headlights (and spare batteries ) for moving around your tent area and to the toilets etc at night - even if you are not racing. Please be extra careful when moving around the site at night for hazards such as guy ropes, uneven ground etc.

**CHILDREN** - please make sure that children are supervised at all times. NO children are allowed at the lake at the bottom of the camping field unsupervised. There are anglers using the lake 24hrs and there were issues last year with children playing at and in the water, breaking branches and throwing things in. Please ensure children are not left unsupervised on the bouncy castle.

**HYGIENE** - in an open field and with basic shared facilities, hand washing is of paramount importance as in this environment illnesses can spread quickly. There will be hand washing facilities on site, hand sanitiser in toilets and hot showers. We also suggest having hand sanitiser in your camp along with antibacterial wipes and spray to keep your camp clean. Please wash your hands after running, using the toilets and before eating or visiting the food stands.

**WATER - we advise that you boil the water collected on site before drinking it. Water we supply to runners on the run course does not need to be boiled . You can also bring your own containers of drinking water from home.**

**FIRES AND BBQS - Please ensure that children are aware that there will be fires and bbqs in use on the site and are aware of the risks.**

### **Barbecue and Fire policy for Equinox24**

This will be strictly enforced so please ensure you read carefully and abide by these rules.

These rules apply to all forms of barbecues, open fires, fire pits, chimeneas or any form of open flame (except gas camping stoves). We will refer to all these as 'fires' in these rules.

- ALL people in your campsite must be made aware of these rules – we advise that you print out a copy for your camp.
- All fires must be at least 3m away from any tents/flammable materials.
- All fires must be raised off the ground so that they don't scorch the grass. Please bear this in mind with barbecues in particular. No open fires directly on the ground – they must be in some form of appropriate vessel.
- There must be at least 2 full buckets of water in the immediate vicinity of each individual fire in case of emergency.
- The fire must not be left unattended at any time. This means there must be at least one competent adult (18 years or over) physically present/awake outside of the tent watching the fire at all times. Being inside the tent or asleep does not count. If this is not possible the fire must be extinguished.
- NO accelerants must be used on the fire in any circumstance either to light it or at any point used as fuel. This includes petrol, lighter fluid, diesel etc
- There must be no accelerants in the campsite area if there is a fire lit.
- Fires must not be lit along the perimeter of the run course as smoke directly on the course is a hindrance for our runners. Fires must be at least 10 m away from the course perimeter. If the smoke from your fire is deemed by us to be disruptive to runners we will ask for it to be extinguished wherever it is situated so we advise you to consider this when siting your camp/tent.
- The organisers or their representatives hold the right to ask for any fire to be either moved or extinguished if they see fit for any reason of safety or in the interest of the runners or other spectators.