

## ■ **Mandatory Gear - IMPORTANT PLEASE READ!** *ITEMS TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT*

**By agreeing to run you are agreeing to be a responsible athlete, and confirm that you have the mandatory gear for your own safety.**

Please understand that the list has been given from personal race knowledge and experience for your own safety and is not there just make you carry more stuff! ***Accidents happen and your first aid kit, whistle and mobile phone are essential for your safety.*** When it is hot - dehydration is a potential life-threatening situation - your water pack and electrolytes are essential for proper hydration and staying cramp-free. Winners will be checked for complete kit, time penalties apply (1 minute added per missing item) - **DISQUALIFICATION at Race Director's discretion.**

***Please advise the Race Director if you have any medical condition we should be aware of.***

**We are always trying to limit our impact on the environment - please take rubbish home, please do not drop any litter, however small. NO plastic bottles or disposable cups are provided during the event. You must bring your own cup/drinking bottle.**

- **1.5 LTR HYDRATION** - Full to capacity at the start line. ALL runners regardless of distance **MUST** carry water. (5k Juniors running with parent/guardian may share water with adult. Adults running 5k distance must carry minimum of 500ml water please).
  - **ID + MEDICAL INSURANCE CARD** Some form of ID and Health insurance is mandatory for participation
  - **CELL PHONE** - fully charged with pre-programmed number of **RACE DIRECTOR +971 50 4422934** or Thuraya **+882 1621206101** - only operational on race day.
  - **WHISTLE** to signal for emergency
  - **SMALL SURVIVAL MIRROR** 5cm sq min
  - **SMALL POCKET KNIFE** Blade or sharp pen knife or equivalent
  - **SURVIVAL BLANKET**
  - **EMPTY ZIPLOCK** - please take rubbish home, please do not drop any litter, however small along the course.
  - **COURSE MAP PRINTOUT OR IMAGE ON YOUR PHONE**
  - **FIRST AID KIT:** Contents to include the following: 4"x4" gauze pads, medical tape, Antibacterial cream, 3" wide Ace Bandage, Painkiller tablets, Anti-inflammatory tablets (Voltaren, Ibuprofen etc.) ***NOTE: The list is a guideline to the content of a first aid kit. We trust that your first aid kit would include any specific medication you require personally, and be comprehensive enough to deal with most medical situations.***
- NOTE: The list is a guideline to the content of a first aid kit. Random checks will be made for complete kit - missing items will be given time penalties. We trust that your first aid kit would include any specific medication you require personally, and be comprehensive enough to deal with most medical situations.***

## OPTIONAL/RECOMMENDED GEAR

Waterproof (ziplock) for phone, Small scissors, Energy Gels/Nutrition, Watch/timing device, Blister care, Dry clothes at finish

## ■ COVID-SAFETY - IMPORTANT PLEASE READ

### **\*\*NO Check-in ... No Briefing ... ARRIVE & RUN for 10k only 8:00am and 8:30am**

- *To limit the possible spread of the virus we are trying out a new format where you will 'ARRIVE & RUN'. This means that you must arrive between times above. Runners can begin to run anytime during that slot. No runners will be permitted to run after last time slot, (no matter how much you plead or cry!) The new format gives an extra dimension to your competitors too – no one can see who is ahead or behind, so it is all out if you want to win!*
- *Please ensure you do not gather in any groups – socially distance yourself from any other runner at the start, checkpoints and in the car park*
- *You will be requested to wash your hands thoroughly at the start of the race - water and soap is provided*
- *There will be NO TOUCHING the water dispensers by runners, a member of staff will assist you to fill your bottle*
- *Sanitizer will be mandatory if you wish to take fruit from checkpoints - or you can kindly ask a staff member to assist - sanitizer is provided*
- *Runners will wear masks unless on the course running – masks are mandatory at all other times (please keep it with you!)*
- *Runners not wearing a face mask when not running will be kindly ask to wear one or leave (no excuses, we provide a bandana in your race pack)*
- *There will be no pre-race briefing, so you need to read your Athlete Guide thoroughly*
- *Whilst on the course, please allow as much space as possible between runners or if passing someone*
- *Because of the staggered start we will not know who has won the race until everyone has finished, therefore we will award trophies at a later date without a gathering. We will notify winners by email or telephone the following day to arrange trophy presentation.*
- *There will be fruit on checkpoints BUT NOT at the start/finish point - only water will be available at the start/finish point*
- *Runners are asked, that once their race is completed, to immediately leave the area. This is not our usual friendly trail community style, (we all like to have a chat about PBs and how lost you got, or how there weren't enough markers!), however we would like to keep bringing you these races for the entire season, so for the timebeing we would kindly ask that any post race nattering be done away from the finish line in groups no larger than 5 people.*
- *If you are experiencing ANY signs of the covid virus - PLEASE DO NOT attend the race. Please go straight to a testing centre and get yourself checked out.*



**RACE WAIVER:** Please note that although our races are fully covered by insurance and medical services are in place, these are in service for the duration of the race and for emergency treatment only and do not include post event treatment by your chosen medical facility. Nor do they include a choice of medical facility in an emergency situation. By agreeing to participate, you understand that Urban-Ultra, any of its staff, race partners or related companies are not liable for any injuries sustained during the race or any medical treatment after emergency care has been administered. By registering for the race you agree to these terms and conditions of entry. The FULL RACE WAIVER is at the end of this document. Thank you.

**Most importantly**

**WE WANT YOU TO HAVE FUN AND ENJOY YOUR ULTRA ADVENTURE!**

**HAPPY RUNNING - ENJOY YOUR RACE!**

**Please join the facebook group Urban-Ultra Dubai  
so that you are kept up to date with all the latest information.**