



SPINNEYS FAMILY FUN RUN 2020

MEYDAN: POLO RESIDENCES

RUN BRIEFING



WELCOME MESSAGE FROM SPINNEYS

Thank you for joining us for this new and exciting Spinneys Family Run in Dubai.

A reminder to all runners that this is a community-based event focusing on allowing individuals, families, clubs and groups of runners to experience a run environment in a social yet competitive atmosphere.

GOOD LUCK TO YOU ALL!



COVID-19 PRECAUTIONS

We will be partnering with a sanitizing company – to provide us with all our needs for all events and we will be implementing the below precautions to ensure a safe and enjoyable event for all and ask you to support us with these efforts:

- Keep a 2m social distance at all times.
- Wear a mask till just before you start and once you finished put it back on or a new disposable mask will be given to you.
- Stay in the Run Village Area till your distance is called to the Start Area.
- No spectators – except for juniors u18 will be allowed 1 adult to assist.
- No gatherings / hugging / touching / group photos etc.
- Temperature check at CHECK IN on the day
- Self service water stations out on course and at the finish line.
- Sanitize your hands regularly at designated stations.
- If you feel unwell on the morning of the event with flu-like symptoms, please stay at home!

Any participants not observing any of the above rules will be disqualified without a warning!



COVID-19 RESPONSE



DIRECTIONS TO RESPECTIVE RUN VENUES

Meydan: Polo Residences [Directions](#)

PARKING

At the respective venue's car parking facilities which are close to the start line.

RUN DAY PROGRAM

BE CHECKED IN AT LEAST 30 MIN PRIOR TO THE START OF YOUR RUN

07h00 – Run Check In Opens

07h50 – Run Check In Closes for all distances

07h55 – Run Briefing

08h00 – Run Starts

09h00 – Run Finishes / Collect Snack / Depart venue

THERE IS NO BAG DROP!



RUN CHECK IN

- Run Check In opens at 7am near the start line on Run Day along with temperature checks.
- This is where you collect your T-Shirt and can ask any questions regarding the run.
- Once you know your Registration Number, proceed directly to your respective collection desk and collect your T-Shirt.



RUN PACK COLLECTION

- These can be collected on the morning of the run from 7am at the Run Check In counters near the start line.
- Children under 3yrs do not receive a t-shirt but are more than welcome to join in either by walking or in a stroller.
- Only 1 shirt per person for the 2020/21 season .



RUN RULES

- Keep to the right-hand side of the route at all time.
- Your upper body must be covered at all times on the run.
- Shoes are compulsory.
- **Children under 3yrs do not receive a Run Number and shirt but are more than welcome to join in either by walking or in a stroller.**

RUN RESULTS

- This is a FUN RUN so no official results, rankings or medals will be available.



START PROCEDURES

- Please wait in the run Village area till your distance is called to the Start Area and keep your mask on until you get to the start line.
- The Start Area will be a social distanced grid of rows with 3 cones per row spaced 2m apart.
- Runners to self-seed themselves with the first 5 rows only for recognized faster runners.
- Once the start siren goes, all rows will slowly walk toward the start line and only when you get to the start line will you be allowed to start running.

END-OF-RUN PROCEDURES

- When crossing the finish line, please keep moving through the finish chute and immediately put on your face mask.
- Make sure to wear your mask until you depart the venue.
- You will be given your snack voucher once you have left the finish chute. Proceed to the snack counter and collect your snack.



COMPLIMENTARY SNACK

After your run, enjoy the Spinneys snack.

ATHLETE REFRESHMENTS

There will be 1 x water station on course and 1 at the finish line – so remember to rehydrate as you run and finish.

PHOTOS

- Remember to smile at the camera man, give them a smile or a thumbs up, especially when you cross the finish line.
- Photos can be found on Facebook: Super Sports Events – 72 hours after the run.



**GOOD LUCK
AND
THANK YOU
FOR
PARTICIPATING**

