



## FAQs

### How far is the run?

The route is a circular 5km distance (which is just over 3 miles.) The course loops itself and there are marshals and arrows around the route to direct you.



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### What should I bring with me?

Please wear your Dash in the Dark t-shirt and your runner number which will be included in your fundraising pack. You may also wish to bring a drink with you and we encourage the use of reusable water bottles to reduce plastic waste.

In order to maintain everyone's safety you may feel it appropriate to bring a spare face mask with you.

### What should I wear?

Come along wearing your Dash in the Dark t-shirt which will be in your fundraising pack, running gear and head torch. Well-fitting trainers are recommended. We do encourage fancy dress and if you would like to personalise your t-shirt then please do!

In order to maintain the safety of our runners, staff and volunteers, we do ask that participants wear a face mask where they are unable to be socially distant and whilst moving around the event grounds.

We will provide further guidance on whether a runner will be required to wear a face mask during the run as we receive further government advice. Please be assured we will review and adhere to the most recent government guidance.

### What do I do when I arrive?

On arrival please tear off the bottom of your runner number and place in the bucket at CHECK-IN so we know you have arrived. Please write on the back of your number if you have a medical condition we should know about. If you lose your number please report to the information tent where we can issue you with another.

We may require you to check in to the event through NHS Track and Trace on arrival. Numerous QR code check in points will be available in this situation and we ask that you have checked in to the event before moving around the event grounds. Further guidance on this to be issued closer to the event.

### Will changing rooms and storage be provided?

There are no storage facilities so please bring as little with you as possible. Personal belongings are left at own risk. There are no changing facilities on site, but there will be portable toilets if you would like to change.



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### Can spectators come along?

We welcome spectators to share the experience with you. However, we may ask for spectator numbers to be reduced or removed dependent on government advice at the time. We will be sure to update you on this as further guidance becomes available.

We may require all spectators to check in via NHS Track and Trace, as with your own arrival, we ask for this to be done before moving around the event grounds.



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### If I can't take part, can I give my place to a friend?

Unfortunately your place cannot be transferred to another runner. However, if you are unable to take part in the event we would be happy to offer you a refund or switch to our virtual event. You could of course choose to donate your entry fee to us.

### What happens to my registration fee if we go into lockdown/higher tier?

In the event that we go into lockdown or higher tiers we will offer all participants the option of a full refund or participation into our virtual event. You could of course choose to donate your entry fee to us if you'd prefer.

We will issue further guidance on this as it is issued by the Government.

### Will there be a one-way system?

We would encourage the use of a one way system as you travel around the event grounds. This will ensure smooth running of the event and allows us to manage social distancing measures.

### Will there be hand sanitising stations?

Yes. We will ensure that there are plenty of sanitising stations around the course and the event grounds.

### Can I buy merchandise on the day?

Yes. There will be a limited range of Hampshire and Isle of Wight Air Ambulance merchandise available during the event. There will also be numerous vendors in the event grounds selling refreshments.

### Can I bring my dog?

Of course, please do. We do ask runners with dogs to start at the back of the race to avoid trips and falls.

### Can I bring a pushchair?

Yes of course. We do ask runners with pushchairs to start at the back of the race to avoid trips and falls.

### Can children and adults in wheel chair take part?

Yes of course. The event is accessible to all.



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### Can children take part?

Children aged 5 and over can take part. We are very sorry that no children under 5 years old are able to take part due to health and safety. All children must be accompanied by an adult and a declaration must be signed at registration on the day.



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### Do I need to be experienced runner to take part in this or can I walk?

Not at all - we welcome all running abilities and you can walk, skip, dance and jog the route. This is not a timed event, it is for fun and to raise vital funds

### Will you introduce other safety measures?

Yes, if required. We will ensure that we provide the most appropriate safety measures based on guidance issued closer to the event. At this time, further measures may include, but will not be limited to:

**Staggered start times:** In this instance we may ask you to let us know how long it might take you to complete the run in order to place you in an appropriate wave. We would also ensure that runners from the same household and/or support bubbles are entered into the same wave.

**Designated entrances and exits:** We may ask you to enter and leave the event ground by a specific entry point. This will be allocated based on your wave start time.

**Self-serve medal collection:** We love to share your success but it may not be appropriate for us to hand over your medal to you. We may ask you to collect these as you exit via your designated exit. (Where appropriate).

**Hampshire and Isle of Wight Air Ambulance will constantly review the guidelines issued by the government relating to social distancing and safety measures. We will ensure that we adhere to all recommendations and communicate any changes to you as they arise. Your safety and experience is our priority.**