



Participant Safety Brief

Please ensure you read this carefully

- Anyone showing signs of COVID-19 PLEASE DO NOT ATTEND. A full refund will be given upon proof of a positive test.
- Please show a negative Lateral Flow Test dated from Friday 8th October 2021 for access to the event.
- The coloured powder paint is 100% safe and non- toxic. It is biodegradable. The paint should not cause harm to participants however we recommend that you do not enter if you have a respiratory, skin or medical condition that could be affected. If you are unsure, please consult your doctor before taking part.
- If you have concerns about breathing in the colour, we recommend that you bring a face mask or a bandana to wear.
- We recommend that you consider wearing sunglasses/goggles to protect your eyes from the colour. If any colour does get in your eyes, wash it out immediately at the eye wash stations positioned around the course. Please do not throw colour in to other people's faces.
- If you have concerns about getting the colour in your hair, we recommend that you wear a hat as you run. The colour does wash out and will not permanently colour your hair.
- Please wear clothes that you do not mind getting stained. LSU Rag cannot accept any responsibility for stained clothes or personal belongings. If you want to be showered in less paint we recommend running in the inside lane where less of the paint thrown by our Marshals will reach you. AGAIN - please bring a change of clothes. Minimising damage when you return to your Hall.
- Cleaning stations are provided after the run, where you can brush off the majority of the powder - please use this facility to avoid getting the coloured powder inside your car or public transport on your journey home!
- If it has been raining, please slow down in the Colour Dash stations to avoid slipping on paint. Please stay aware of any other slip and trip hazards to avoid injury e.g. kerbs and roads. Marshals are in place to assist with road crossings.
- Please fill in your medical details form before you run.
- Please wear a well-fitting pair of trainers (that you don't mind getting paint on).
- Please listen carefully to any information or instructions that marshals give - they are also there to contact first aid support if you need help. All marshals will have radio contact with Event Organisers.
- If any runner is suspected to be under the influence of alcohol or drugs they will not be allowed to take part.