



COVID PROTOCOL & CRITERIA

The following mandatory Covid-19 protocols will be in place during the Absa RUN YOUR CITY CAPE TOWN 10K.

All participants need to be either:

- Fully vaccinated
or
- Undergo a Rapid Antigen Test, which must return a negative result within 72 hours prior to the event

Participants are considered to be fully vaccinated if:

- they have had two doses of the Pfizer vaccine (with the second dose having been received a minimum of 7 days prior to the event)
or
- they have received one dose of the J&J vaccine (at least a minimum of 28 days before the event)

Proof of vaccination: Participants will be required to prove their vaccination status by either showing their vaccination card or certificate together with personal identification or, in the case of international participants, their vaccination barcode.

Participants not fully vaccinated or unvaccinated: In the case of participants who have not been fully vaccinated or are unvaccinated, Rapid Antigen Tests (that take 15 minutes) will be conducted at Race Pack Collection, free of charge, and must return a negative result before participants will receive their Race Pack.

WHERE CAN YOU GET TESTED?

RACE PACK COLLECTION DETAILS:

Venue: Green Point Athletics Stadium, Vlei Road, Green Point
Dates & Times: Thursday, 12 May 2022: 09h00 – 19h00
Friday, 13 May 2022: 09h00 – 19h00
Saturday, 14 May 2022: 09h00 – 14h00

All Rapid Antigen Tests will be administered, free of charge, on a first come first served basis.

UPON ARRIVAL AT RACE PACK COLLECTION:

Participants are encouraged to register their personal details via the Dis-Chem Covid-19 link prior to arriving at Race Pack Collection.

Steps to follow at the Race Pack Collection venue:

- 1) Scan the Testing Station QR Code to officially register for your Rapid Antigen Test (*if not done prior to arriving at Race Pack Collection*)
- 2) Complete your personal details and submit
- 3) Wait in the designated pre testing area
- 4) Listen for your number to be called out
- 5) A Dis-Chem professional will facilitate your Rapid Antigen Test
- 6) Wait in the designated post testing area for your test result

WHAT WAS YOUR TEST RESULT?

NEGATIVE TEST RESULT

Participants with a negative test result will receive the **official event accreditation wristband**.

Note: The wristband confirms your COVID-free status and must be worn from the time of testing until the end of the race on Sunday, 15 May.

POSITIVE TEST RESULT

Participants with a positive test result will be unable to attend the Absa RUN YOUR CITY CAPE TOWN 10K or access the respective Event Zones and will need to leave the Race Pack Collection venue immediately.

Participants receiving a positive test may retest at their own expense and should they return a negative result the Event Organisers will accept the test within the Race Pack Collection period.

SYMPTOMS

In the event that a participant shows a negative Rapid Antigen Test but is displaying Covid-19 symptoms such as a fever or feeling unwell, the participant will be required to undergo a PCR Test with a negative result before they are allowed to register.

This must be undertaken separately by the participant.

PLEASE NOTE THAT THIS DOCUMENT WILL BE SUBJECT TO UPDATES, SOMETIMES AT SHORT NOTICE, TO REFLECT UP TO DATE PUBLIC HEALTH AND OR GOVERNMENT AUTHORITY GUIDANCE AND REGULATIONS.