



RAPID ASCENT - CORONA VIRUS UPDATE

3rd April 2020

Rapid Ascent continues to monitor the COVID-19 (Coronavirus) situation so we can help protect the health and safety of our staff, volunteers, contractors and all event attendees.

EVENTS:

We will examine the situation as we approach each of our events but our ongoing standpoint is to continue with the organisation and delivery of all planned events in 2020. It is likely that some of our events will need to be adapted to the virus situation at the time and the relevant regulations applicable to each event location.

Changes already announced – refer to the relevant event website for further details:

- X- Adventure Dunsborough, 4 -5 April 2020. Cancelled
- Margaret River Ultra Marathon, was 9 May 2020, now rescheduled to 17th October 2020
- Trail Running Series presented by MINI Countryman, altered to include 2 virtual events in June and July + physical events to be conducted later in the year (we hope!)

A number of our other events are presently scheduled for race dates that are many months away. We will continue to monitor the situation and advise competitors of any decisions we make about each event as the race dates get closer. This may mean that some events will be cancelled or re-scheduled and if this is the case then please refer to the refund policy stated on the event specific website.

TRAINING AND EXERCISE

We also believe that continued activity and exercise is important for our broader physical and mental health so we don't want to restrict our community's access to their life-giving pursuits.

This may mean you can run or ride on the trails close to your home, or you may need to do laps of the local football ground, or even the suburban block where you live – no matter the situation we are all in it together and doing the same thing at our end. But no matter where or how you are exercising it is very important that we **ALL FOLLOW THE RULES** governing movement and interaction as set for the region you live in.

We do not condone breaking these rules what-so-ever in order to train or participate in any of our events.

There is no doubt that considerable caution is needed and we will continue to monitor the situation, liaise with the relevant authorities and keep our competitors updated with our steps when things change, which they will no doubt do.

In the mean time we encourage people to continue to remain aware of the situation and to practise good hand and health hygiene at all times. And if you have any symptoms then get tested and self-isolate until cleared.

See you on the trails (from a distance!).

Rapid Ascent