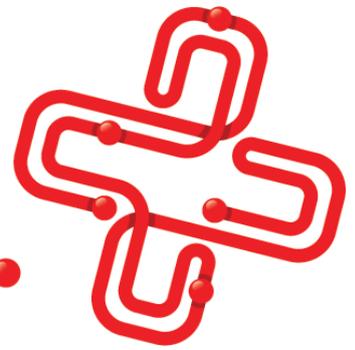




13 May 2021

COVID HEALTH SAFETY PLAN – ULTRA EVENTS RETURN TO ACTIVITY

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1 Introduction

1.1 The aim of this COVID Health safety plan is to provide assurance that Ultra Events are ensuring the safety of participants and the public.

1.2 This document will lay out the evidence, process and procedures that will be put in place to support this event and ensure safe delivery so all can enjoy a return to physical outdoor activities.

1.3 Any evidence used will be the best evidence available and we will pay particular attention to using all guidance and support provided by the UK government.

2 Background & Data

2.1 COVID 19 has impacted the UK for over 12 months with the first UK case reported on 29 Jan 20 (1). Since this initial case the UK has reported over 4,423,796 people have tested positive for COVID 19 (2), with 127,543 deaths within 28 days of a positive test (3).

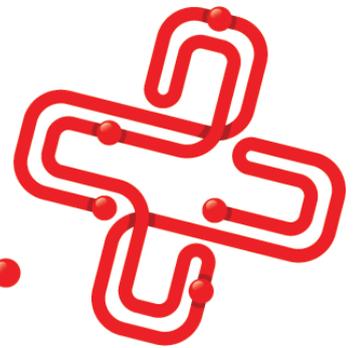
2.2 The current UK Infection rate is 22.6 per 100,000 of the population.

2.3 The latest available data from Public Health England and the UK government continue to show falling cases (4). This includes reductions in hospital admissions and reducing impact on the NHS.

2.4 The above trend is supported in data presented across all 4 nations by the ONS (5). This shows a prolonged and consistent fall in infection rates from the last UK peak.

3 Antibodies and vaccinations

3.1 Whilst infection rates continue to fall antibody rates (those with protection against COVID 19) continues to rise with the last reported UK data reported on the



28 April 2021 noting an estimated 57.8% of the population over the age of 16 would have tested positive for antibodies (6). This data also notes a clear correlation between increasing vaccination rates and increased community protection.

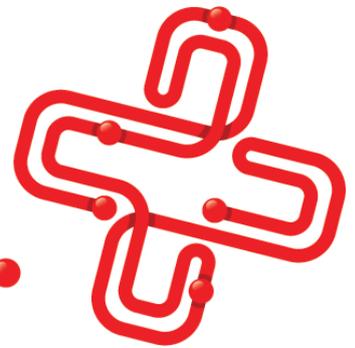
3.2 With the numbers vaccinated and those with previous infection all the evidence is pointing to increased community immunity which is rising at an exponential rate. This will be significantly higher at the time of this event.

3.3 Within the UK as of the 4 May 34,667,904 people have received the first dose of a COVID 19 Vaccine with 15,630,007 having received both doses (7). This is an expansive and effective vaccination programme that is reducing infection rates, reducing hospital admissions and reducing death rates, making the possibility of events a realistic goal.

4 Transmissibility of COVID 19

4.1 Early evidence suggests like influenza, COVID 19 is likely to spread more easily in colder (below 7 degrees Celsius) (8), and increased viral loads may increase spread for example in household settings (9). Therefore, the risk of spreading the virus will continue to fall with increasing UK temperatures coming into summer and reduced viral load due to limited exposure within the community setting.

4.2 Good ventilation is key to also reducing the spread of COVID 19 and other viral disease (10). Therefore, training will start outdoors and thus the reduces the risk of spreading droplets extremely low. The outdoor environment at every stage of this pandemic has been identified as the lowest risk area as reflected in both the UK and this initial approach is to support the effect change has on virus rates.



5 Events Research Programme

5.1 This programme has already commenced running about 10 to 15 pilot sites (11). Although no hard data is yet available no early concerns have been raised and as per most research if concerns were raised this would likely be stopped. These results will be available in the near future and any lessons identified implemented into our plan.

5.2 Wembley will run some testing events with fans coming from various locations and Lateral Flow Testing will provide a key part of this (12). It is therefore planned to introduce twice weekly testing which is available to all via the government programme. These are widely available in the community and are logged online producing an evidenced result that can be presented on the day. More details on these plans will be presented in section 8 of this document.

6 Practical considerations

6.1 Ultra Events have provided a detailed document to ensure DCMS guidance is followed. This is therefore not covered in this document.

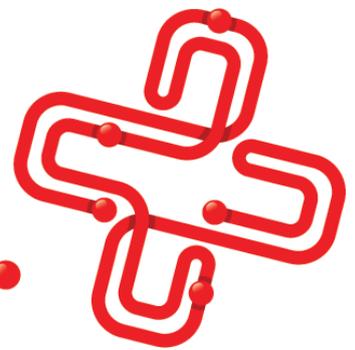
7 Training Programme

7.1 This is covered extensively in another document and not included in this plan.

8 Lateral flow testing

8.1 Lateral flow testing is available to all people in the UK over the age of 12 but must be collected and ordered by someone over the age of 18 (14). This has been available since 11 Jan 2021 and was updated on the 4 May 2021.

8.2 These can be ordered by visiting the following site: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> or by ringing 119. In addition, you can follow the link here [to collect an LFT from your nearest testing site](#) .



8.3 It is important that these are recorded on the government website here: <https://www.gov.uk/report-covid19-result> and you will need the LFT barcode and a mobile phone number to confirm your result.

8.4 The above will allow everyone to access free lateral flow testing and providing a secure and safe way to present this on the days of training and the event night.

9 Health Benefits

9.1 The World Health Organisation widely recognises the mental and physical health impacts COVID 19 has had on people (15). Mind a UK mental health charity also notes the significant impact isolation has had on individuals mental health (16). Mind advises people to:

- Find ways to connect
- Get as much natural light as possible
- Look after your physical health

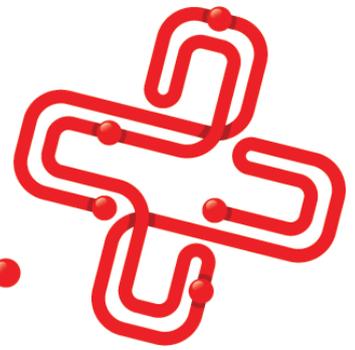
9.2 The above are just a few examples. In addition, a recent BMJ article has highlighted that COVID 19, homeworking and effects of lockdown have increased the obesity crises, but failed to ignite a response or action (17).

9.3 The mental and physical impact on people's health and well is now well documented and balance is now needed to allow events promoting improved fitness and the positive impact exercise plays in both physical and mental health.

10 Summary

10.1 COVID 19 will form part of our lives for the short, medium and likely long term.

10.2 The increasing and rapidly rising immunity level in the UK means we will be in a great position to run these events given the safety measures discussed in this document, and the wider documentation provided by Ultra Events.



10.3 Furthermore, improving physical and mental health is vital in the fight against COVID 19, and wider health system. Ultra events have a long history of changing people's lives for the better and helping them on their journeys to improved health.

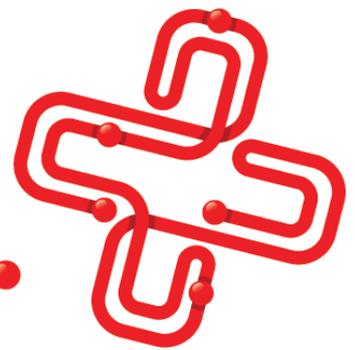
10.4 Given the measures planned I very much feel the scales have tipped in favour of running these events given the evidence presented.

A handwritten signature in black ink, appearing to read 'A. Thomas'.

CEO & Consultant Paramedic (CIPHER Medical)

Clinical Director (Ultra Events)

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Appendix 1 – References

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