

COVID-19 rules

By entering the Constantia Valley Grape Run, all runners agree to abide by the following COVID-19 rules. Failure to do so may result in immediate disqualification and exclusion from the event.

- All entries will be done online. No in-person entries will be accepted at registration or on race day.
- Although recommended, runners are not required to be vaccinated or to produce a negative COVID-19 test. It is compulsory to disclose your COVID-19 vaccination status for statistical purposes. These statistics will be provided to the City of Cape Town and the Western Cape Government's Health Departments. Runners found to be dishonest may be excluded from future events.
- For the purposes of vaccination status:
 - *Fully vaccinated* means having received 2 doses of the Pfizer vaccine or a single dose of the Johnson & Johnson vaccine
 - *Partially vaccinated* means having received a single dose of the Pfizer vaccine
 - Adolescents between the ages of 12 and 17 are deemed to be fully vaccinated if they have received a single dose of the Pfizer vaccine
- All runners are required to collect their race numbers in person, provide identification and complete initial pre-race screening.
- Masks are compulsory at the following times:
 - Registration venues
 - The start venue (Constantia Village Shopping Centre). You will be allowed to remove your mask when you leave Constantia Village.
 - When resting at aid stations
 - The finish
 - When instructed to replace your mask by a marshal, traffic official or medic.
- COVID-19 screening questionnaires must be submitted online and will be sent to you before you collect your race number.
- Temperatures will be recorded at the registration site before entry. Runners' temperatures must not exceed 37.5°C.
- Runners who fail the Covid-19 screening will not receive a race number and will be advised to seek medical attention and get tested.
- On Race Day you will be screened before entering the venue.
- Runners will only be allowed to enter Constantia Village during the allocated entry window. No early entry is permitted. If you arrive late, you will be required to start with the next batch.
- Once you have entered the race venue, you may not leave the venue. Ensure that you use the ablution facilities before arriving at the venue.
- Any runner in the half marathon who arrives after 05:50 will not be permitted to take part in the event.

- Any runner in the 14km race who arrives after 06:30 will not be permitted to take part in the event.
- Runners may not handle the water taps but must wait for assistance from a water marshal.
- When finishing you must put on your mask, sanitise your hands and move through the finish area as quickly as you can.