

IMPORTANT RACE DAY INFORMATION

NUCLEAR 3 TEAM EVENT AT NUCLEAR RUSH

SUNDAY 4TH JULY 2021

BRING VALID PHOTO ID: Be ready for it to be verified eg driving license, work pass, passport, facebook profile. **DO NOT BRING ORIGINALS.** It'll be accepted on your phone or TAKE A PHOTO/PHOTOCOPY OF YOUR ID & LEAVE IT AT HOME. Under 18's – we'll need to see parent/guardian ID.

EVENT LOCATION KELVEDON HATCH SECRET NUCLEAR BUNKER, KELVEDON HATCH, BRENTWOOD, ESSEX CM15 0LA, A128 ROAD (follow brown tourist signs)

RECENT RACE DAY COVID UPDATES & QUESTIONS ANSWERED

The safety of our runners, staff & supporters is paramount. For July Rush Weekend to go ahead our local council have stipulated **A NEGATIVE LATERAL FLOW TEST RESULT FROM EVERY PERSON BEFORE ENTERING THE EVENT SITE.**

*****READ THE INFORMATION ABOUT MANDATORY LATERAL FLOW TEST REQUIREMENT HERE*****

DO NOT ATTEND NUCLEAR RACES IF YOU HAVE BEEN:

- o Unwell in the last 14 days with Covid symptoms
- o Had a positive Covid-19 test in the last 14 days

IF YOU WERE HOSPITALISED DUE TO COVID-19, YOU SHOULD UNDERGO A HEALTH SCREENING PRIOR TO TAKING PART AT NUCLEAR. CONTACT YOUR GP

IF YOU SHOW SYMPTOMS OF COVID-19 UP TO 48HRS AFTER ATTENDING NUCLEAR RUSH PLEASE EMAIL info@nuclear-races.co.uk IMMEDIATELY.

TRAVEL

When planning your trip please follow the government guidelines

<https://www.gov.uk/guidance/coronavirus-covid-19-safertravel-guidance-for-passengers>

ARRIVING ON SITE

Stay at your vehicle until a green hi viz infection control marshal has checked your negative result(s) text/email on your phone. Please scan the large QR code displayed in the car park.

SOCIAL DISTANCING

All areas of the event will be operating under the 2m social distancing rule.

SANITISATION

There will be sanitiser stations in key areas around the race village & on course.

FACE COVERING

Racers do not need to wear a face-covering at any time for racing. Face coverings must be worn when queuing for food, at check-in, in a marquee & on the tractor shuttle.

SPECTATORS

TO ENTER THE EVENT A NEGATIVE LATERAL FLOW TEST RESULT IS REQUIRED FOR ALL SPECTATORS, NON RACERS & CHILDREN 11yrs & OVER. Spectators are permitted but now must pre-book a time slot [HERE](#). Spectators will not be permitted to enter the event without a ticket. Spectator capacity is restricted to fall in line with Covid-19 protocol. Tickets are £4 per person (U12'S FREE) for AM or PM sessions & include access to the course & free tractor shuttle to the lake zone. Face coverings must be worn whilst queuing & on the trailer.

There's a limited number of spectator tickets. There's excellent obstacle viewing of obstacles in & around event village (the first & last 2k), a rocking event village, tractor ride, good food/drink. **FIND OUT MORE [HERE](#). BOOK tickets [HERE](#)**

FREE TRACTOR SHUTTLE SERVICE • RACE VILLAGE to LAKE ZONE & RETURN. The Lake Zone is at approx. 3k (7k course) & 6.5k (12k course). Spectators will be able to watch all the obstacles in this area including the zip-lines, Swing A Ding & Deathslide.

FINISH WASH DOWN

At peak times, we may have to restrict or close access to the wash down if social distancing is unable to be maintained. The course has been designed with no 'dirty' obstacles for the last 2k. We have public walk through outdoor hot wash down showers at the finish zone. We'll be limiting the time spent under the showers to prevent queues. **DON'T** bring shampoo & soap – leave that for your shower at home! Follow our marshal's instructions so we can get you to your bag/drink, warm clothes as quickly as possible & be mindful of the cold person behind you! Please support our lovely event village marshal volunteers by putting your unwanted rubbish etc in the changing area recycling or general waste bins provided or bag it up & take it home with you!

CHANGING AREA

The changing area is very well ventilated & 50% bigger than usual. A face covering does not have to be worn. Capacity will be monitored & entry to the changing tent will be regulated. Please be as quick as you can. A Dryrobe &/or large towel is a good idea should you need to go old school & change outdoors. **BEST BE PREPARED.**

BAG DROP

Bag drop is very well ventilated. A face-covering must be worn to drop off bag but not to pick up after racing. Drop off & retrieval is self-administered (entry & exit will be staffed). Racers will be issued two bands - one for wrist & one for bag. Making your bag easily recognisable will help identify it - a coloured ribbon for example is a good idea. Place your bag on a labelled shelf remembering where you put it.

At the finish after the wash-down pick up your bag from the shelf checking the number on your wrist band matches the number on your bag (you will not be able to collect a bag on someone else's behalf. All bags are left at owner's risk)

Bag-drop at Nuclear is **FREE & INCLUDED** in every ticket. Please use this facility so you can access your kit easily at the end of the race. Roll up your Dryrobe (or bulky clothing) and put in **ONE** average sized bag per person - at least 45 MINUTES before your start time.

RACE START

There will be a slight change to our previously experienced starts but racers will be called to their specific start in standard wave sizes as usual. If you're part of a team, we suggest you enter through the gates together. Racers will be placed in socially distanced groups of 30 inside the start zone ready for a race briefing & light warm-up. Groups of 30 will be released every 30 seconds. The legendary **WE LOVEMUD** start experience will continue! Please follow the advice & guidance from our MC. When out on course, it is up to you to keep socially distanced & respect other runners & crew at all times.

FURTHER INFORMATION:

THERE WILL BE NO LIVE MUSIC ON STAGE OR INFLATABLES AT THE EVENT

THERE ARE NO CHANGES TO CAMPING AT NUCLEAR (daily test result required)

THERE ARE CONTINUALLY FLOWING NON-TOUCH WATER STATIONS ON THE COURSE

CANCELLATION POLICY:

In the unlikely event we are forced to cancel an event due to Covid-19 we will notify all racers of the following options:

Defer to the same event in 2022

Roll into another event you're your choice (through your booking confirmation)

All information in this Check-In Pass is correct at time of publishing 28/6. If any further changes are made, we will update you.

BOOKING FAQs:

- **Where can I double check my entry details?** Click on the event list [here](#)
- **How does transferring a ticket to another person work?** The new ticket owner/participant will receive an email link from the original ticket holder. The link MUST be actioned within 36hrs or the transfer will be invalid. The new participant is charged the transfer fee but ticket payment is between the two parties (new & old participants) not Nuclear Races. Please DO NOT EXPECT AN EMAIL saying the transfer has taken place.
- **Is there a course map?** Click [HERE](#) on the Nuclear Rush event page

YOUR RACE START

1. Allow at least 1 hour before your start time to allow for registration, parking, collection & fitting of timing chip, bag drop & use of facilities.
2. At registration you'll be issued with **TIMING CHIP & CABLE TIES** to fit to your shoe. **YOUR TEAM** will also collect 1 coloured bib at registration (1 between 3).
3. **ALL TEAM MEMBERS** will be called to the **start zone** by our Nuclear MC for a **compulsory race briefing 5** minutes prior to the start time. Please make sure you are warmed up and ready to go.
4. **All timing chips will be checked on entry to the start area & again at the finish – if you don't have one, you may be asked by our crew to prove your registration.**
5. **The event co-ordinator's decision is final.**
6. **FINISHER TOP COLLECTION:** will be at registration on arrival. You must collect the size listed on your check in pass.

REMEMBER: NO TIMING CHIP = NO RACE = NO RESULTS = NO EXCEPTIONS

THIS IS THE ONLY RACE DAY INFORMATION YOU WILL RECEIVE WHICH

MAY BE RESENT UP TO TWO TIMES BEFORE THE EVENT.

RACE FORMAT & RULES

- The course distance is approx. 6k sharing routes & obstacles on the 7k Nuclear Rush course plus Nuclear3 Team Obstacles.
 - There is one start time.
 - There are approx. 30 obstacles. The lake zone & Deathslide are not included.
 - This event is NOT a lap race.
 - All racers are chip-timed.
1. There will be a number of extra NUCLEAR 3 TEAM obstacles on course where all three team members MUST work together to complete the obstacle
 2. All obstacles must be completed
 3. Complete obstacles as per the marshal's instructions (some will be individual & some the full team)
 4. All entrants start the race together as a team & finish together.
 5. Every team member will be issued with a bib to wear on race-day. It must be worn at all times. The bib identifies Nuclear3 racers to marshals.
 6. There are three categories - Men Only, Women Only, Mixed Men/Women
 7. Every obstacle must be successfully completed by all members of the team before moving on – help from team members is encouraged if needed eg carrying a team member across a rig.
 8. There will be approximately 5 EXTRA TEAM stations/obstacles on course
 9. The last team chip to cross the finish line will give the team time, racers must finish together.
 10. Bib will be removed if disqualified

RECEIVED AT THE FINISH: Nuclear RUSH 2021 Survivor medal & drink in plastic & PLA free 100% recycled cup

THE COURSE

SAFETY & MEDICAL: On race day there'll be a course safety flag flying to alert you to the course conditions. Health & safety is very, very important to us. Professional emergency medical services attend in the medical tent in race-village & are mobile in 4x4 on the course.

At Nuclear Races, obstacles are designed & built to a high quality to challenge all. Please remember you signed up to take part at your own risk. It's your responsibility to keep safe. If you feel the obstacle is in any way going to risk injury to yourself – do not attempt it.

Please note - there are dangers & you can get hurt. Be vigilant.

JUMPING IS PROHIBITED for safety reasons. Do not jump into or off any natural or man-made obstacle no matter how big or small unless told to by our staff. Beware of shallow water (it may be deceptive) & observe the no jumping signs. Lower yourself slowly down from a high obstacle to the ground – if for any reason you do jump, reduce the chance of injury by landing with both feet & knees together.

Obstacles can become muddy over the day. Be mindful of slippery surfaces & take extreme care when negotiating or climbing obstacles – do not attempt the obstacle if you feel in any way you will risk injuring yourself, keep three points of contact on an obstacle at all times. Watch out for uneven & sometimes hard ground, branches, roots, rocks & trip hazards. Do not run outside of the course marking tape. All deep water is tested for bacteria prior to race-day. Keep your mouth closed when you're in water or mud, don't swallow.

PREGNANCY: If you know you are pregnant, you should not take part. There are no ticket refunds but you can transfer your ticket to another person.

PREVIOUS MEDICAL CONDITIONS: Consult your doctor before taking on the Nuclear challenge.

PRE-RACE PRECAUTIONS: Cover open cuts, scratches or sores with a waterproof plaster & cover with protective clothing.

WATER DEPTH: Water on the course is between 2-6' deep, depending on weather conditions. There are no sections which need swimming skill at Nuclear but wading & treading water may be required. There's a water safety team at the lake zone & buoyancy vests available. There are other shallow water obstacles around the course e.g. ditches, banks, streams etc **NEVER** jump into them.

WATER STATIONS: There are 4 main water stations on the 12k & 2 on the 7k courses.

LITTER: We do not supply energy gels/foods. If you use them, please be mindful of our countryside. DO NOT drop/leave packaging for us to clear away - take home & discard sensibly.

MARSHALS: are clearly marked in yellow hi-viz Nuclear Races vests & are at all major obstacles on the course to keep you safe & guide you.

ROAMING COURSE MEDICS: will arrive in a 4x4 & wearing a medic's uniform. They'll be accompanied by a driver who will take your details & ask what happened. This may be videoed.

EVACUATION DROP DOWN POINT: Should you be unlucky enough not to finish & cleared from the course for any reason you will be dropped off at the medic tent where you will be assessed & discharged.

USEFUL THINGS TO KNOW

CLOTHING & JEWELLERY: Remove or tape up all of your jewellery. Wear tight compression leggings/shorts, base layer and/or loose technical fabric t-shirt over the top to wick away the wet & protect from bruises [Browse Here](#). Remember cotton gets heavy & cold when wet – skin dries quickest, less is more! Trainers - the bigger the grip the better. Tie laces on trainers tightly otherwise they'll get sucked into the mud (strictly NO studs or spiked trainers). We recommend footwear from specialists [RUNACTIVE](#).

OBSTACLE ACTIVITY & TRAINING CENTRE OPEN YEAR ROUND: Training for an obstacle race starts long before race-day & should/may become part of your everyday life. If you're a first-timer & want to check out what it feels like to experience full size race-day obstacles or if you're not a beginner & you want to increase your upper body for example, check out [WILD FOREST](#) onsite at Nuclear Races (closed on race day). There's one [free obstacle induction pass](#) included with every 2021 race ticket. Check out our [Experience Days here](#).

PRE-RACE NUTRITION & HYDRATION: Don't wait to leave hydration to race-day. Drink more water in the days running up to & on race-day. Eat a good breakfast – for example porridge & honey/banana. About 1.5 hours before your start try eating ½ a jam sandwich to give you Nuclear energy

CAMPING: THERE IS CURRENTLY NO CAMPING AVAILABILITY. ALL CAMPERS ARE REQUIRED TO SHOW A NEGATIVE LATERAL FLOW TEST RESULT EVERY DAY OF THEIR STAY (see link at top of page) Racers are welcome to camp free of charge onsite at Nuclear Races from Friday through to Sunday. Camping gate opens 3-8pm on Friday & all day Saturday. The option to book a pitch was available when booking a race ticket. Campers have received a camping email with pitch number which you'll be asked to show on entry to the camp field. The camping area is a grass field with no facilities or hook up. Follow the camping signs from the car-park. Expect a toilet. Please be mindful & respectful of other campers & our neighbours at night/early morning. Camper vans & caravans are welcome.

NUCLEAR DRYROBE DEAL - PRE-PAID COLLECTION AT NUCLEAR MERCHANDISE SHOP in

race village: If you took up the Dryrobe deal when booking a 2020 or 2021 take your ID & order confirmation email for collection.

GO PRO CAMERA TOP TIPS: Before racing, turn your Go-Pro camera to your face & record your name & mobile number so if it gets lost & found we can return it to you! Don't leave head mounted Go-Pro on your head when you're Deathsliding - take it off & hold it tightly in your hand or you probably won't see it again!

AFTER MUD: Get stuck in, find a sofa, soak up the atmosphere & share your post race achievement & muddy experience with the [#NuclearFamily](#) & obstacle racing community. Seating, MC, refreshments.

RESULTS: Provisional results will be posted [HERE](#) on our website as soon as the chip timing team have verified them (24 hrs after your race). Please bear with us while this is being done. For all timing queries please email Results@racetimingsolutions.co.uk NOT Nuclear Races. Unconfirmed live results will be available in race village on the day.

MISBEHAVIOUR: Nuclear Races reserves the right to remove racers from the course if there's evidence of misuse of alcohol or drugs.

RECOMMENDED LOCAL TAXI: Brentwood Treble Twenty Taxis 01277 202020 www.202020.co.uk

RECOMMENDED LOCAL HOTEL: [HOLIDAY INN BRENTWOOD](#) M25 Jct 28 Brook Street, Essex CM14 5NF. Book direct 01277 247203 or via Central Reservation 0800 40 50 60. It is approximately 10 minutes away from the venue.

RAIL SERVICE UPDATE: Please plan your journey & check for changes in normal rail service.

NEAREST TOWN/CASH POINT: Ongar (5mins drive away) or BP garage on A128 towards Brentwood. The Nuclear Shop will be offering limited cash back for purchases over £20 (subject to sufficient funds available).

NEW PHOTO RECOGNITION: if you took up the optional photo recognition service at time of booking, you will be emailed a personalised code prior to the event. Keep an eye out for an email from bookings@nuclear-races.co.uk in your inbox & check your spam box too. If you didn't take out the recognition option at time of booking you can register for the service up until 25th June via the personalised link on your check in pass. The option is not available to purchase on race-day.

PLEASE NOTE: the recognition system is not 100% guaranteed. If it doesn't work for your particular photos you can still view all photos on the website gallery.

PHOTOS: Don't forget to have your final survivor photo taken at the finish by our photographers – it's your bragging rights! There'll be Nuclear muddy-togs catching some of your action around the course. Smile when you see them! They'll be wearing orange Hi-Viz. Photos will be available to download/share/email from our website nuclear-races.co.uk and a taster album on facebook.com/TheNuclearRaces/. Please be patient with us as we sort & upload 1000s of images as soon as we can. Expect an email telling you when to start looking (usually on the evening you raced). Be aware that we can't guarantee photos of your specific experience but we will try our very best. Follow Nuclear Races on social media to join in race-day photo competitions.

Online ticket sales for Nuclear RUSH will close 9am on Friday 2nd July if not sold out before. Tickets may be available on race-day - £110 cash only

CONTACTING Nuclear HQ crew the week leading up to race-day – we'll have limited access to phone signal & WI-FI. If you absolutely need to get in touch email bookings@nuclear-races.co.uk with any questions not covered in this RACE INFORMATION & please be patient with the speed of replying. Include full name, event & race number. READ OUR FAQs [HERE](#)

MORE AT NUCLEAR RUSH 2021

- Toilets
- Selection of tasty hot/cold/vegetarian food options & drinks. Cards accepted
- Licensed Boom Bar - beer, cider, soft drinks, seating. Cards accepted
- **NUCLEAR MERCH SHOP LOVEMUD kit & accessories. Cards accepted (RACE-WEEKEND OFFER 20% off Nuclear 2XU compression kit)**
- [SV Sports Therapy](#) Injury Specialists, pre & post race sports massage. Donation required
- MEDAL ENGRAVER, RUN ACTIVE
- Ample free grass field parking

We'd love to hear from you – be part our #NuclearFamily community in several ways:

[Facebook](#)

[Insta NuclearRaces](#)

[Twitter @TheNuclearRaces](#)

[Youtube](#)

Remember to use our hashtag **#lovemud**

GOOD LUCK from all of us at Nuclear HQ, we're looking forward to getting you muddy!

[OPEN ONLINE 2021](#)

SUMMER PARTY | 31st July

NUCLEAR BLAST/BLACKOUT | 11th September

NUCLEAR FALLOUT/CHALLENGE CUP | 6th November