



ATHLETICS NORTH QUEENSLAND

COVID Event Plan

Cross Country 6/7/2020





Message from the ANQ Office

Below is a COVID SAFE Event Plan to conduct of **Cross-Country** Events, including club days up to 500 people. Similar plans for Track and Field and Recreational Running are also available.

While this plan is intended to be implemented by Athletics North Queensland and our affiliated bodies, a key part of the COVID Safe Plan is to have clear communication to all participants about the plan and the expectations that will be placed on them.

In summary some of the significant changes are:

Participant

You will be asked to spend as little time at the venue as is practicable, you will need to follow social distancing at all times other than when competing, results will be electronically posted out during or after the event, you will be required to follow hygiene procedures.

Parents, Coaches and Spectators

Will be required to social distance at all times and are not allowed to enter the running course. Everyone will need to register online before the event, including parents and spectators.

Good COVID hygiene must be practiced.

No one should attend if they have any symptoms, have been in a COVID Hotspot in the last 14 days or been in contact with someone from a hotspot in the last 14 days.

While this is an additional document to read, we encourage you to read the plan to better understand how competitions and club event will run. The plan is a living document and will be updated as required.

We are looking forward in welcoming everyone back to recreational running competitions, though what we did in the past may be different to the future.

If anyone has any questions please feel free to contact the office on:

P: 07 4721 4998

E: athletics@athleticsnorthqld.org.au

Regards

Athletics North Queensland

This plan is provided to assist clubs in conducting **Cross Country** events that comply with the current Queensland Government regulations as set out in the Stage 3 Roadmap and Outdoor Sports Industry COVID SAFE Plan.

Clubs should carefully consider this document and contact the Athletics North Queensland with any questions.

Clubs must contact Athletics North Queensland with COVID Safe plans before the event can be ANQ sanctioned.

Core Responsibilities

- Good COVID safe hygiene is to be required of all participants and spectators
- No one should attend if they have any symptoms of COVID 19
- No one should attend if they have been in a designated COVID hot spot in the last 14 days
- No one should attend if they have been in contact with someone that has been in a designated COVID hot spot in the past 14 days
- A record, including contact information, needs to be kept on all persons that attend the event including spectators, parents and coaches
- The event should not have more than 500 persons
- The number of persons allowed under 500 is dictated by the ability to ensure social distancing for all attending while not on the field of play
- Social distancing is not required on the field of play or in the race
- Social distancing is required by all, including race participants while not racing on course, social distancing is required by competitors not on the field of play
- All participants should spend as little time at the venue as possible, participants should arrive just in time for warm up and leave as soon as the race finishes, results to be posted electronically after the event.
- Contact with officials and event volunteers should be avoided.
- Each event should have a designated COVID SAFE Safety officer who is responsible for implementation of this plan.
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- Separation of participants – via race start times, should occur to prevent co-mingling. Suggest grouping in distance or pace speed. There should be a separate group for officials
- Clubs and events must be able to follow contract tracing requirements

Pre Event Plan

- Check with the venue for any specific requirements
- Design the course to be as simple as possible to minimise the number of marshals required
- Ensure the location of and access to start and finish lines allows social distancing for those off the field of play. The start and finish lines should be separate.
- Ensure there is a designated spectator area, that is of sufficient size to ensure good social distancing of all spectators at all times, avoid having a spectator area that is close to the finish line.
- No tents or shade shelters are to be brought to the event by spectators

- All those attending, including spectators and parents and officials, must preregister for the event, preferably via the Queensland Athletics Revsport system.
- No entry on the day
- Hand sanitising stations should be provided at, entry, exit, start line, results and official's area, toilet facilities.
- Design the timetable of events so as to minimise the number at the venue at any one time. The timetable should also ensure no interaction between race groups.
- Non-essential activities that attract crowds, such as merchandise stands, should not occur

Event day

- Arrive early and ensure the venue is set up as per the COVID SAFE Plan, the designated COVID SAFE Officer should check all arrangements and sign off before any participants are allowed to enter the venue
- Ensure signage specifying social distancing at all times other than with competition on the field of play
- If possible, make regular announcements asking for social distancing to be maintained.
- Official should have no physical contact with competitors unless absolutely necessary. The start and finish areas should be conducted in a total noncontact way. Queensland Athletics can assist you with ways to achieve this if required.
- Athletes should leave the venue as soon as possible, results to be posted electronically after the events concludes
- There are to be no medal ceremonies
- Competitors should be told there no shaking of hands, high fives or other contact to be had post-race
- Medical Staff attending must have a COVID Safe Plan
- If it looks like rain consider postponing the event
- The only tents or shelters are to be for the results area and this needs to be totally secured and accessible by the designated results official only.
- If possible, Officials meals should be individually packed and delivered to their location
- Competitors should arrive with a bib previously supplied by Queensland Athletics; this will be provided by post. A bib collection station may still be required, this must be constructed in such a way as to ensure social distancing – example two tables deep or use of bunting to ensure a minimum 1.5 meters from those collecting and the officials. Athletes to form a single line with 1.5 m spacing designated by cones or other means.
- All athletes pre entered online, no late entry and no checking required.
- All officials to be given individual hand sanitiser bottles
- Ensure that social distancing and good hygiene is maintained at all times, toilet facilities kept clean and not crowded. Regular cleaning of toilet facilities may be required.
- Surfaces such as tables should be cleaned with disinfectant wipes on a regular basis