A Practical Guide for **Road Race Event Organisers** following the Covid-19 Restrictions.

Roadmap for Reopening Society

AAI Update 5th July 2021

Return to Road Race Events.
Always follow the Government Guidelines of
Good Hand Hygiene – Respiratory Etiquette – Social Distancing

Public health measures that came into place from 5 July.
https://www.gov.ie/en/press-release/7894b-post-cabinet-statement-resilience-and-recovery-the-path-ahead/
From 5 July, the following measure will apply:

Numbers permitted at outdoor events can increase as planned, to a maximum of 200 attendees for the majority of stadia, and to 500 for stadia/venues with capacity greater than 5,000, with appropriate protective measures.

Note - all large stadia health & safety plans clearly detail the capacity of the stadium/facility.

In regard to recreational running races a maximum of 200 (participants and officials) can be on site at any time. Additional waves of 200 can be accommodated once the previous wave has left the site. All Government Covid19 requirements of mask wearing, social distancing etc. must be complied with at all times. Please note permit guidelines.

International travel
Government advice to avoid non-essential travel, and related penalties will remain in place until 18 July. As and from 19 July this will be changed to advise citizens to travel safely and in accordance with public health guidance and restrictions.

You must meet the Govt guidelines detailed below if you have been off the island of Ireland
https://www.gov.ie/en/publication/b4020-travelling-to-ireland-during-the-covid-19-pandemic/

Safe every step of the way

We know that running provides great mental and physical health benefits for our society. We have a duty of care to ensure that our athletics clubs ensure that we operate within a safe environment.

This practical guide, prepared by our team in consultation with medical experts and in line with Government Guidelines, outlines the robust measures Athletics Ireland strongly recommend race organisers to implement and maintain to help safeguard all participants during the COVID-19 pandemic. This will allow all of us to get back to staging running events and improving the wellbeing of members across the country.

Our measures and procedures are under constant review and updated as advice from government, health authorities and governing bodies evolves in line with the gradual lifting of social restrictions.

Pre-Event

- Covid Compliance Officer should be appointed for the event, whom will be responsible for managing issues relating to the Covid 19 pandemic. This officer should
  - Ensure that sufficient HSE Covid-19 information Posters are on site and PA messages are played.
  - Be responsible for informing all stakeholders of the Covid-19 guidelines and insist on full cooperation.
  - Ensure all approved and recommended Covid-19 guidelines are in place for the event.
  - Ensure that the event staff, volunteers and participants adhere to HSE / Public Health advice in all cases.
- For involvement in the event, participants and all others involved in the event must:
  - Have entered for the event online within the deadline.
  - Have completed online Covid-19 Screening Questionnaire or health declaration.
  - Not have been around someone with symptoms of Covid-19 in the last 14 days
  - Not be in a period of self-isolation under the current Health Policy Rules.
  - Not be displaying COVID-19 symptoms.
  - Adhere to any Government travel restrictions in place.
- All Athletes who have been overseas in the 14-days prior to the Event must quarantine for 14 days unless a negative PCR test result is returned no less than 5 days after arrival into Ireland. This applies to athletes returning to Ireland from overseas via Northern Ireland.
- All Athletes who return to Ireland from Great Britain in the 14-days prior to the Event must quarantine for 14 days unless a negative PCR test result is returned no less than 5 days after arrival into Ireland and are fully vaccinated.
- If not fully Vaccinated and returning to Ireland from Great Britain, you are advised to remain in quarantine and return a second negative PCR test after at least 10 days in Ireland.
- Travel to Ireland from specific designated States is subject to mandatory hotel quarantine. https://www.gov.ie/en/publication/b4020-travelling-to-ireland-during-the-covid-19-pandemic/

- Participant Registration will be required via the online booking system pre event, strictly no registration at the event.

- Limits on capacity must take into account all staff, marshals, volunteers and Contractors at the event.

- Race Bibs should be posted to participants (If used), no pickup on event day. (Help desk to be set up to manage lost bibs, details below)

- Staff and volunteers should be provided online training/Briefing, to cover event protocols and HSE guidelines. Must be completed at least 24 hours before the event day. With waiver signed by staff and volunteers.

- Notification to participants regarding protocols in place and event specific guidelines. Notifications should include:
  - FAQ's.
  - Entry Waiver (online registration).
  - Covid-19 specific guidelines.
  - Event specific messages.
  - Runner/walker etiquette (spitting, overtaking rules etc)
  - Event maps

- Thorough consultation process with local authority/council and all statutory bodies whom must agree with Event safety Management Plan and Covid-19 protocols.

- Event medical plan should to include procedures for handling suspected cases on site (to be designed by Event medical supplier)

Event Day

- **Parking and Transport**
  - Where possible encourage cycling, walking and public transport if available.
  - Participants should be notified of available parking and alternative transport options. If participants must park next to another car, they should wait for the other person to exit or enter before doing so themselves.

- **Event ingress/egress**
  - One-way system to be designed to allow space for social distancing and increase flow of participant around the event site.
  - Event maps and access routes to be provided to participants in advance of the event.
  - Event marshals should manage routes, direction signage to be erected also.
  - Social Distancing signage should also be erected along these routes.
  - Hand sanitisation points should be provided at main ingress and egress points.
  - Sample ingress/egress map.

- **Event site**
  - Full event build should be in place before first participant arrives, will require earlier build times and earlier road closures possibly.
  - Hand sanitisation points at main entry/exit points and other key locations.
  - Erection of Dept of Health covid-19 signage at entrance/exit routes and around site.
  - Radios and other equipment's to be cleaned regularly.

- Provide additional bins in all venues, start lines, finish lines, and aid stations. All litter collection crews to be provided with full PPE.

- **Baggage drop recommendations**
  - Options depending on event space and to facilitate social distancing:
    1. No participant baggage drop facility provided. (communicate this to participants and encourage to arrive ready)
    2. Movable baggage option, items dropped at point A, collected from point B. Items moved after each start. (facilitates dividing event into smaller event groups/waves if spaced start times are utilised)
       - Volunteers to manage drop and collection, full PPE to be provided.
       - Possible plexiglass screens to be utilised between volunteers and participant.
       - Queues to be designed with ground marking for social distancing.

- **Help Desk**
  - Plexiglass Screens between staff/volunteer and general public or Face shields alternative.
  - PPE (follow government guidelines)
  - Lost bibs to be collected here, pre-arranged via email and online payment form if offering
 - One-way system should be used to access with social distancing markings for queues.

- **Toilets**
  - Increased quantity of portaloos/toilets supplied depending on event capacity
  - Portaloos to be positioned 2m apart
  - Queuing, social distancing marks to be used.
  - Sanitisations stations should be provided.
  - Supplying company to manage and clean/sanitise regularly during the event.

- **Start Area**

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o Government Covid-19 guideline should be announced/played over PA system at set intervals

o Larger event start area/line then pre covid 19 to allow for social distancing.

o Start queuing system designed utilising ground markings of yellow paint/tape 0.5m wide and 2m between and in front/Behind next mark. One participant per mark. (as per current shop queuing system)

o Allocate participants into start times/waves at a set times for gathering and race start to reduce time at start area.

o Colour coded start times/waves with colour coded bibs could be used here.

o Race Timing Start software should be used to record participant who attended.

o Start area space calculation example;

1. Road width of 12m allow use of 12m start gantry
2. Pod of 5 participants can occupy 12m
3. Social distancing marks 0.5m wide 2m apart.
4. In 12m this allows a pod of 5 participants.
5. Allow 2m to next pod set up
6. Sample Start set up:
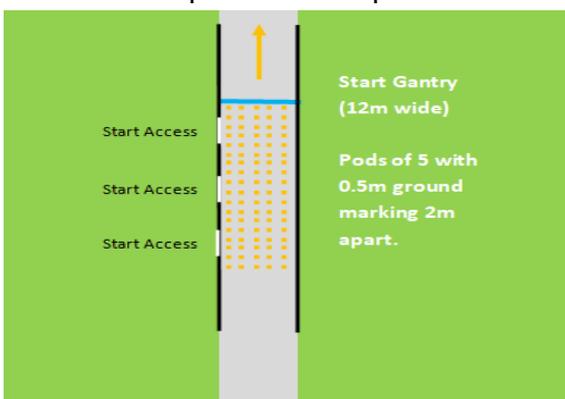
- **Course design**
o Review participant flow at course pinch points and alter route/event timing if needed to allow social distancing.

o Use a single closed loop route to prevent participants close contacts.

o Sample Closed loop route.

- **Marshalling/Volunteers/Staff**
o Staff to check in on site with Race Director.

o Club/volunteer lead to check in each member of their group/club.

o Volunteer roles to be preassigned.

o Key positions should be provided with Event radio (sanitised before and after use)

o Streamline the number of volunteers needed for each task. If volunteers are not being used, they should be repositioned to minimize amount of time they are in direct interaction with staff/participants

o PPE should be supplied and worn by all staff, Marshalls and event volunteers (level of PPE to be in line with government recommendations)

o Extra course marshals to be at key areas stationed to police and encourage social distancing while running.

- **Aid station/ water station**
o If Water stations are utilised on course (required for distances 5k+), set up to include longer stations pre prepared with plastic bottles (most sterile option) for participants to take.

o Encourage participants to carry their own water if possible.

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Advice

- **Finish area**
  o Increase finish line size width if possible, to allow social distancing.
  o Government Covid-19 guideline to be announced/played over PA system at a specified interval
  o Encourage no-touch finish lines where contact between MC/Athletes/Staff is forbidden.
  o No prize giving post event (prizes can be posted)
  o Post finish areas to be hard barriered to allow for one-way flow. Participants to be encouraged to continue moving through finish area towards open spaces and exits.
  o All event staff and marshals to remain behind barriers line and instruct participant flow via PA and loudhailers.
  o Only water to be distributed at the finish, bottles set up on tables before first participant arrives to minimise close contact opportunities. Tables restocked between waved starts.
  o This detail should be made clear during online registration and in pre-event communications.
  o All participants must disperse immediately post-race.

Post Event

- **Site tear down**
  o Site dismantling to begin once all participants and volunteers have left site.
  o Race director and Covid Compliance officer to oversee teardown to ensure social distancing is followed.

- **Equipment**
  o All used radio and other event equipment to be cleaner and sanitised before storing away.

- If a participant, staff member or volunteer becomes unwell after the event, they should first contact their GP and read the HSE guidelines and then inform the Event Organisers. The Event organisers will then follow advice provided to them by the HSE on the next steps.

Athletics Ireland