

BACK TO ROAD RUNNING EVENTS GUIDANCE

All competition must take account of local conditions and any risk assessment for normal activities should be undertaken as well as ensuring that all government guidance around Covid-19 is considered. The Competition Risk Assessment must consider mitigations and plans for when activities do not go as expected. The risk assessment needs to state who completes the risk assessment and what their role is within the event. Planning scenarios around, for example, an injury occurring and the need to access help while social distancing.

These protocols have been developed to cover as many scenarios as possible. They should be adjusted to suit the individual event where appropriate and total government restrictions.

Principles for Return to Road Running

- Resumption of competitive sport ‘behind closed doors’ with no spectators
- Pre-registration
- Limit event capacity to ensure adequate social distancing around course
- PPE for officials & marshalls (masks, wipes, gloves, anti-bac spray, hand sanitisers)
- Athletes set off in waves of up to 30, provided start line is wide enough to allow for social distancing
- Temperature checks for all involved in the event

Venue

- Contact the venue to ensure it is open and all Covid-19 requirements are in place.
- Appoint a named Covid-19 lead for the event and proceed to work with the venue management on planning for the event ensuring all risk assessment procedures are in place for Covid-19 and all other risks. This person should be named prior to the event.
- A detailed risk assessment covering all COVID 19 and other risks must be completed with the venue provider.
- All the correct social distancing signage needs to be in place prior to any event.
- Hand sanitisation points at main entry/exit points and other key locations.
- Provide additional bins in all venues, start lines, finish lines, and first aid stations.
- Increase start and finish line size width if possible, to allow social distancing.
- Total number of staff, marshals, volunteers should be included in the event capacity.
- Warm up areas should allow for adequate social distancing.

Registration

- One person allocated for registration/ information desk. They will be required to wear gloves and a mask. Hand sanitiser will be available. Perspex screens are recommended.
- There will be markers on the ground distancing people in the line between each other, including an orderly queuing system outside with social distance markings.
- All athletes will have to bring their own pins to all events.
- There should be no one allowed to stand about in the area where registration is taking place.
- Extra staff needed to manage the queuing and to reinforce these rules. In one door and out another door if possible.

- Limits on capacity must take into account all staff, marshals, volunteers and Contractors at the event.
- Race Bibs should be posted to participants, no pickup on event day. (Help desk to be set up to manage lost bibs)
- Thorough consultation process with local authority/council and all statutory bodies whom must agree with Event Safety Management Plan and Covid-19 protocols.

Entries

- Entries should be taken online or prior to the event to ensure numbers and scheduling is planned prior to the event.
- There should be **NO** entries taken on the day of the event.

High Vis

All marshals, staff and journalists should bring their own high vis top.

Medals (if appropriate)

- There will be no medal presentations. Medals can be collected by lifting one medal off the table.
- One staff member will be allocated to replenish the medals.
- If medals can be avoided being used please enforce this.

Communication

- Guidance communication will be issued prior to the events to all athletes, coaches, marshals and parents.
- 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.
- Allocate participants into start times/waves at a set times for gathering and race start to reduce time at start area.
- Colour coded start times/waves with colour coded bibs could be used here.
- Strictly **NO** spectators on site.

Toilets

- Increased quantity of portaloos/toilets supplied depending on event capacity
- Portaloos to be positioned 2m apart where possible. Supplying company to manage and clean/sanitise regularly during the event.
- Changing rooms and showers will not be accessible.

Water Stations

Encourage participants to carry their own water (labelled with name) if possible.

Participants

- Participants must refrain from handshakes, hugs and high fives. Cover their coughs and sneezes. No spitting.
- Try not touch any surfaces at the event.
- All participants will be expected to leave as soon as they finish.
- While running participants should always maintain a safe distance from others and should allow a safe distance while overtaking.

Licence/Permits

- The licence and permit process will be government guidance dependent.

- The licence will be awarded as soon as possible but it is essential all competition organisers have included all the information requested in the process to facilitate the process.

First Aid/Medics

Ensure consideration is given to the wider community health provision. Local emergency and health services should be contacted to ensure they are aware of the event and potential ramifications of holding the event in the locality.

Coffee vendor

- There will be no vendors for any small event meets.
- When vendors are allowed to attend ANI events, they will have the correct PPE in place for protection against Covid-19, to ensure that it meets essential health and safety requirements.

Walkie Talkies

There will be a sign in and sign out station for walkie talkies. Each person who has a walkie talkie will be responsible for disinfecting their own. There will be disinfectant wipes to clean these before and after the competition.

Officials

- Staff and volunteers should be provided online training/briefing, to cover event protocols and NHS guidelines. Must be completed at least 24 hours before the event day. With waiver signed by staff and volunteers.
- Any government guidance around PPE or vulnerable individuals (if relevant) must be followed.
- Volunteer roles to be preassigned prior to the event.

Events

- Seed races to allow fastest runners to set off first and minimise passing or lapping
- Event features that may lead to congregating on the route (e.g. pacers, entertainment) should be withdrawn.
- Organisers should ensure that finishers are dispersed quickly away from the finish line, and should take measures to guide participants safely away from the event site

Everyone associated with a competition must monitor themselves for any signs of the virus, as well as general health. Everyone should follow the advice of their GP or medical practitioner in all cases. Anyone showing signs of ill health or Covid-19 should not attend the competition in any capacity.

Each competitor must be briefed to ensure if they do show signs of Covid-19 within one week of the competition the competition provider must be informed so all competitors can be contacted. This is in line with the Government Track and Trace system. UKA must also be notified if there is a positive Covid-19 case following the competition.

UKA Public Liability cover will apply to competitions that are licensed and promoted by an affiliated Competition Provider. A licence will only be awarded if all Covid-19 regulations are applied to the competition.