

RETURN TO CROSS COUNTRY COMPETITION 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 relevant government restrictions.

Principles for Return to Cross Country

- Resumption of competitive sport with limited spectators dependent on venue capacity
- Pre-registration
- Limit event entry capacity to ensure adequate social distancing around course
- PPE for officials & marshals (masks, wipes, gloves, anti-bac spray, hand sanitisers)
- Athletes set off in waves of up to 30
- Sufficient space provided for athlete warm ups to ensure social distancing. Athletes called to the start line and set off as quickly as possible to minimise contact
- Temperature checks for all involved in the event completed on arrival. Any participant failing the temperature check will not be permitted to enter
- Timetable spread to allow for groups to clear before the next athletes arrive

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.
- Use of cross country pegs and tape should be limited. The same marshal should be allocated the same area to set up and take down to minimise contact with pegs and tape
- Disposable gloves should be worn while handling tape and pegs
- Pens at the start line should allow for adequate social distancing and may need to be wider and longer than usual
- No Team/Club Tents to be allowed.

Registration

- Registration should be held outdoors if possible. Any registration carried out indoors should have access in and out strictly controlled to ensure social distancing and restricted numbers in the registration area

- One person allocated for registration/ information desk. Gloves, masks and hand sanitiser should be available. Perspex screens are recommended.
- There should 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 should 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.
- If viable race bibs should be posted to participants, reducing pickup on event day. (Help desk to be set up to manage lost bibs). Alternatively, bibs should be collected by one club member for distribution to athletes
- Thorough consultation process with local authority/council and all statutory bodies whom must agree with Event Safety Management Plan and Covid-19 protocols.
- The use of ankle chips is not permitted. All chips should be on the race bibs
- One-way system for athlete flow to minimise contact.

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.
- There should be a capped number of participants for each race. These should be set off in waves of maximum 30.

Events

- Start line should allow for pens or waves of 30, with a gap of at least 30 seconds between each wave
- Seed races to allow fastest runners to set off first and minimise passing or lapping
- If pens are being used, there should be a maximum of 2 athletes per club in each pen, up to 30 athletes per pen. In smaller races with no pens there should be two athletes per club at the front of the starting line. Clubs should rank their own athletes to determine starting positions or pens
- Timing mats should be used at the start and finish to record athletes' times for races with larger numbers. This will allow for all times to be recorded and positions to be accurately calculated
- 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
- Race organisers should give consideration to the course length to minimise bottle-necks or lapping. Courses should be reduced in length if necessary to allow for adequate social distancing
- Distances should be reduced where possible.

High Vis

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

Medals (if appropriate)

- There should be no medal presentations. Athletes should lift their own medal from the podium
- One staff member should be allocated to replenish the medals.
- Team prizes will not be given out on the day.

Communication

- Guidance communication should be issued prior to the events to all athletes, coaches, marshals and parents.
- Participants should be notified of available parking and alternative transport options.
- 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
- Limited spectators on site depending on venue size.

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 should 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 should be encouraged 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.
- Participants should bring a small bottle of hand sanitizer if possible.
- We recommend wearing of a buff / neck scarf / facemask at all times around the start/finish area, only to be removed and disposed of when the race/event starts.
- Athletes will 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.
- No clubs should arrive in buses please arrive by either separate cars, public transport or walking/cycling.

Licence/Permits

- The licence and permit process will be government guidance and governing body 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 should be no vendors for any small event meets.
- When vendors are allowed to attend ANI events, they should have the correct PPE in place for protection against Covid-19, to ensure that it meets essential health and safety requirements.

Walkie Talkies

There should be a sign in and sign out station for walkie talkies. Each person who has a walkie talkie should be responsible for disinfecting their own. There should 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.

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