



A Practical Guide for **Cross Country Competition Officials** following the Covid-19 Restrictions



Return to Competition

Always follow the Government Guidelines of Good Hand Hygiene – Respiratory Etiquette – Social Distancing

Notes for this document:

The guidelines in this document relate to a return to athletics cross country competition within the current Government and Sport Ireland Covid Expert Group guidelines. This document will be reviewed in line with future government announcements.

Key Notes:

1. Permits competitions limited to 200 people maximum (including officials, athletes, volunteers) where the facility can always ensure adequate social distancing. No spectators are permitted, and the venue must be closed to the public.
2. You must adhere to any domestic travel restrictions in place.
3. Permits individuals to extend their travel beyond their County.
4. If you feel unwell do not present to the competition.
5. If you are recovering from Covid19 seek medical advice prior to attending.

Safe every step of the way

1. PreCompetition

2. During Competition

3. Post Competition

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 and World Athletics, outlines the robust measures Athletics Ireland strongly recommend clubs to implement and maintain to help safeguard all members during the COVID-19 pandemic. This will allow all of us to get back to competition safely, 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-Competition

- For involvement in the Competition officials:
 - Have provided up to date contact details to competition organisers.
 - Not have been off the island of Ireland in the last 14 days.
 - Not have been a close contact of someone diagnosed with Covid-19 or who are waiting on a Covid test or test results in the last 14 days.
 - Not be in a period of self-isolation and/or cocooning under the current Health Policy Rules.
 - Not be displaying COVID-19 symptoms.
 - Adhere to any domestic travel restrictions in place.
- Official training provided online, to cover competition protocols and HSE guidelines. Must be completed at least 24 hours before the competition day with health questionnaire signed by officials.
- Developing an etiquette that is communicated to athletes. I.E Spitting, coughing, hand shaking that is to be implemented by officials.
- Made clear any official displaying symptoms of Covid-19 or considered a high-risk group to stay at home.
- Officials roles to be preassigned.
- Single room occupancy for accommodation unless from the same household.

Competition Day

- To protect against infection
 - Officials must refrain from handshakes, hugs and high fives.
 - Keep 2m away from other people at all times.
 - Cover their coughs and sneezes.
 - Try not touch any surfaces at the competition.

- Single room occupancy for accommodation unless from the same household.
- Officials to check in on site with Race Director.
- Health and safety briefing to be attended by all officials on the morning of competition prior to setting up work areas.
- Streamline the number of officials needed for each task. If officials are not being used, they should be reassigned to minimize amount of time they are in direct interaction with athletes.
- Officials to collect own equipment required and set up own area.
- PPE to be supplied and worn by all officials (level of PPE to be in line with government recommendations).
- Officials in close contact with athletes' post-race must also wear face shields.
- Hand Sanitizer to be provided to Officials.
- Officials to be aware of surfaces they touch and to avoid touching their face.
- Have designated number for the Covid-19 compliance officer.
- All Officials to arrive at designated time at their location.
- Officials to maintain physical distance at all times and to wash their hands when possible.
- Radio/laptop/tablet check out and return system to allow for minimum contact.
- Radios/Laptops/tablets to be utilised by designated individual only.
- Official break times to be staggered and kept to a minimum.
- Designated area for officials' breaks should be outside and 2m social distancing should be implemented.



Post Competition

- Officials to dismantle own area of work and return sanitised equipment to designated area.
- Officials to complete mileage form and email to competition organizer if applicable.
- Survey to ensure any potential problems can be rectified for the next event.
- All Officials to leave site as soon as stood down by the Meet Director.
 - Radios, laptops and tablets to be sanitized and returned by a pre organised method.
 - If an official becomes unwell after the event, they should first contact their GP and read the HSE guidelines and then inform the Competition Organisers. The Competition organisers will then follow advice provided to them by the HSE on the next steps.



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