



A Practical Guide for **Road Race Participants** 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

- For involvement in the event, participants must:
 - Have registered for the event providing all details required for contact tracing.
 - 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/>
 - Not have been around someone with symptoms of Covid-19 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.
- Participants must read and understand all notices and communications from the event organisers, to include:
 - FAQ's.
 - Entry Waiver.
 - Covid-19 specific guidelines.
 - Event specific messages.
 - Runner/walker etiquette (No spitting etc).
 - Event maps.
- Participants should register before the event, no on the day registrations.
- Must not lose race bib that will be delivered posted out pre event.
- Wearing of a buff / neck scarf / facemask should be worn around the start/ finish area.

Event Day

- To protect against infection
 - Participants must refrain from handshakes, hugs and high fives.
 - Try to keep 2m away from other people at all times.
 - Cover their coughs and sneezes.
 - Try not touch any surfaces at the event.
- Participants should arrive ready to participate where possible and as close to the notified time as possible.
- Participants should bring a small bottle of hand sanitizer if possible.
- Wearing of a buff / neck scarf / facemask around the start/finish areas.
- Event participants must listen to the instructions of Event Marshals.
- No headphones to be worn as safety messages will be of the utmost importance.
- Helpdesk if provided, is only for exceptional circumstances. All queries to be addressed before the event via email or phone.
- Toilet etiquette must be adhered to.
- Participants should adhere to event ingress and egress plans.

Post Event

- All participants will be expected to leave as soon as they finish.
- No congregating for photographs or socializing.
- Adhere to exit signage.
- If a participant 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.



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