



A Practical Guide for **Road Race Event Volunteers, Marshals and Staff** 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 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/>
- Staff and volunteer training/briefing should be provided online, to cover event protocols and HSE guidelines. Should be completed at least 24 hours before the event day. With waiver signed by staff and volunteers.

- High visibility vests to be worn at all times.
- Help Develop and reinforce an etiquette that is communicated to participants. (I.E Spitting, coughing, overtaking etiquette). This should to be implemented by event marshals.
- It Should be made clear any volunteer displaying symptoms of Covid-19 or considered a high-risk group to stay at home.
- Club Volunteer contact details and role to be collected by Club lead and stored by Race Director for contract tracing.
- Event roles should be preassigned.
- Radio check out and return system to allow for minimum contact. Radios to be used by designated individual only.
- Total number of staff, marshals, volunteers should be included in the event capacity.

Event Day

- To protect against infection
 - All event personnel 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 event.
 - Wear PPE in line with Dept of Health recommendation.
- Any Staff should check in on site with Race Director.
- Club/group leads should check in each member of their group/club and alert Race Director if members are missing.
- Streamline the number of marshals/volunteers needed for each task. If volunteers/marshals are not being used, they should be repositioned to minimize amount of time they are in direct interaction with staff/participants
- PPE should be supplied and worn by all staff, Marshalls and event volunteers (level of PPE to be in line with government recommendations)



- Hand Sanitizer should be provided to event personnel.
- All event personnel should be aware of surfaces they touch and to avoid touching their face.
- Extra course marshals should be stationed to police and encourage social distancing while running.
- Loud hailers can be used to help with directing instruction on the course.
- All Event personnel should have designated number for the Covid-19 compliance officer.
- All Staff and volunteers to arrive at designated time at their location.
- Volunteers and Staff to maintain physical distance at all times and to wash their hands when possible.

Post Event

- All Staff, Marshals and Volunteers to leave site as soon as Stood down by Race Director.
- Radios and hi visibility clothing to be returned by a pre organized method and cleaned thoroughly.
- If a Volunteer or staff member 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.



**Athletic Association of Ireland,
Unit 19, Northwood Court,
Northwood Business Campus,
Santry, Dublin 9.**

Email: admin@athleticsireland.ie
www.athleticsireland.ie

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