

SCHOOLS CROSS COUNTRY IN A COVID19 SECURE ENVIRONMENT

Overview

Resuming competitive activity will always carry a degree of risk associated with transmission of Covid-19. The risk cannot be eliminated unless we decide not to resume activity until there is an effective vaccine or cure, or the disease is eliminated from the UK. As an organisation we need to consider what the key generic, operational area and site specific risks and how we can mitigate these risks by specific actions taken. The law does not expect us to eliminate all risk, but we are required to protect people as far as “reasonably practicable”.

- ALL athletes/ officials/parents/guardians/siblings who attend must ensure that prior to attending each session they conduct a self-pre-activity health assessment. *Details of this are below. If there any doubts. Do not attend.*

The main symptoms of coronavirus (COVID-19) are:

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
- In the event of illness all immediate contacts will be forwarded to UKGov track and trace
- Due to the above, all athletes attending MUST be registered with a contact telephone number and email address included. This will normally be the details of a parent/guardian
- Each race will be limited to a maximum of 130 competitors
- Numbers and race information will be sent by post prior to the event. This reduces the incidence of crowding.
- Entrants will be issued an arrival time and a race start time. Anyone arriving early will be asked to remain in their car or socially distanced away from the main area.
- To reduce contact and to speed entrance to the facility, instead of a parking fee, there will be a race entry fee
- Walking the course will be discouraged
- A separate meeting/holding/warm up area will be provided
- Only those due to compete, along with an accompanying adult/siblings will be allowed in the “Race Field”
- There will be a “People Flow” system in place. This will be available on the website and displayed at the facility
- An allotted time of arrival will be listed. Athletes/parents should not arrive on the designated holding area until this time. Anyone arriving early should remain in their car or in a socially distanced environment away from the holding area
- Belongings (bags/coats etc) must be kept at least 2 metres from others. Labelling or use of an easily identified bag is recommended
- Social distancing (except family member pods or support bubbles) will be adhered to by all involved or attending the facility
- Sanitiser will be used upon entrance and exit to the facility and before/after using toilets. Other sanitiser points will be available
- Restrictions on parents or family members entering the facility will be encouraged

- Sanitiser will be provided at all toilets
- Signage will be displayed accordingly with information of the above
- Contact with equipment/event infrastructure will be restricted to officials and accredited volunteers only
- Competitors will be called to their start and guided to the designated area
- Only one parent / guardian (Plus other siblings) will be allowed to accompany each athlete to the start area
- The race will be electronically chip timed
- The start area will be split into four sections following government guidance for “mass” starts . This will then merge into two then one area to allow for competitors to spread out.
- There will be as little as possible waiting time prior to “the off”
- Each section will contain approx 30 competitors (allowing for a % of no shows within the 130 entrants)
- There will be two waves at 30 second intervals
- Finishers will be guided into a large holding pen for repatriation with parent/guardian
- Finishers will be instructed to depart via a separate exit. There will be the option of returning to the holding area(In the case of siblings in later races) or returning straight to a vehicle and leaving the facility
- Souvenirs will be purchased on line
- No trophies will be distributed post-race
- Refreshments vendors will have their own specific COVID19 secure environment measures
- For the safety of our officials (of a certain age) the event will be manned by younger officials and volunteers