



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



Return to Cross Country 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

We know that athletics provides great mental and physical health benefits for our society. We have a duty of care to ensure that our competition organisers 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 and World Athletics Guidelines, outlines the robust measures Athletics Ireland strongly recommend competition organisers to implement and maintain to help safeguard all members during the COVID-19 pandemic. This will allow all of us to get back to training safely, improving the wellbeing of members across the country.

Our measures and procedures are under constant review and updated as advice from

2. During Competition

3. Post Competition

government, health authorities and governing bodies evolves in line with the gradual lifting of social restrictions.



Pre-Competition

- For involvement in the event, participants must:
 - Have entered for the event.
 - 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 someone 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.
- Participants must read and understand all notices from the competition organiser, to include:
 - Covid-19 specific guidelines.
 - Competition specific messages.
 - Competitor etiquette (No spitting, no hand shaking etc).
 - Venue maps.
- Participant must enter before the competition, no on the day registrations will be taken.

Competition Day

- Athletes must complete a COVID 19 screening questionnaire at check in for the competition.
- To protect against infection;
 - Participants 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.

- Athletes should arrive ready to participate where possible and as close to the check in time as possible.
- Participants should bring a small bottle of hand sanitizer if possible.
- 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 told to listen to the instructions of officials regarding keeping a safe distance.
- Toilet etiquette (advised by Dept of health) must be adhered to.
- Adhering to competition ingress and egress plans.
- While warming up athletes should maintain a safe distance from others at all times.
- Athletes should stay away from the public immediately post-race when they are breathing heavier.

Post Competition

- All athletes will be expected to leave as soon as they finish.
- Adhere to egress signage.
- If an athlete becomes unwell after competing, 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.



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

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

facebook.com/AthleticsIreland
twitter.com/irishathletics
instagram.com/athleticsireland