



A Practical Guide for **Athletes at Competition** during Covid-19 Restrictions



Return to Competition

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

Safe every step of the way

1. PreCompetition

2. During Competition

3. Post Competition

We know that athletics provides great mental and physical health benefits for our society. We have a duty of care to ensure that our athletics competitions 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 competition organisers to implement and maintain to help safeguard all members during the COVID-19 pandemic.

Our measures and procedures are under constant review and updated as advice from government, health authorities and governing bodies evolves in line with updated advice.



Pre-Competition

- For involvement in the event, participants must:
 - Have entered for the event online within the deadline.
 - Have completed online Covid-19 Screening Questionnaire.
 - 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.
- Athletics Ireland will adhere to all government guidelines regarding inward travel to Ireland when staging competition.
- 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/>
- 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

Competition Day

- Athletes must complete a COVID 19 screening questionnaire prior to check in for the competition each day.
- 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 at as close to the check in time as possible.
- Athletes must bring their own food and drink as none will be available on site.
- Participants should bring a small bottle of hand sanitizer.
- Wearing of a buff / neck scarf / facemask at all times other than when warming-up and competing.
- Athletes will be told to listen to 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 limit time in the warm-up area and maintain a safe distance from others at all times.
- Athletes should utilize own implements for field events and collect after each throw where applicable. Any shared equipment should be cleaned and sanitized after each use.
- Athletes should stay away from others immediately post-race when they are breathing heavier.



Post Competition

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