



A Practical Guide for **Road Race Participants** following the Covid-19 Restrictions

During Phase 3 and Phase 4 of the Roadmap for Reopening Society





Phase 3 and Phase 4

Return to Road Race Events Always follow the Government Guidelines of Good Hand Hygiene – Respiratory Etiquette – Social Distancing

Key Notes

Phase 3 – Commencing June 29th

1. Permits sporting activities to resume.
2. Outdoor gatherings of up to **200** people when conducted in line with public health advice are permissible in phase 3.
3. Indoor gatherings of up to **50** people when conducted in line with public health advice are permissible in phase 3.
4. If you feel unwell do not attend the Event
5. If you are recovering from Covid19 seek medical advice prior to entering the event.

Phase 4 – Commencing July 20th

Main changes subject to Government approval.

1. Outdoor gatherings of up to **500** people when conducted in line with public health advice are permissible.
2. Indoor gatherings of up to **100** people when conducted in line with public health advice are permissible.

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.

The measures, which relate to Phase 3 and Phase 4 of the Roadmap for Reopening Irish Society and Business, cover each aspect of a road race event

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
 - Not have been out of the country in the last 14 days.
 - 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.
 - Use best judgment if over 70 or medically vulnerable to Covid 19.
- 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 (spitting, overtaking rules etc)
 - Event maps
- Participant 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 star/ finish area, (If advised by Dept. of Health)

Event 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.
- Participant 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. (If advised by Dept. of Health)
- Event participants should be told to listen to instructions of Event Marshals regarding keeping a safe distance.
- 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 (advised by Dept of health) must be adhered to.
- Participants should Adhere to event ingress and egress plans.
- While running participants should always maintain a safe distance from others and should allow a safe distance while overtaking.



Post Event

- All participants will be expected to leave as soon as they finish.
- 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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