



# Tipperary Athletics

## Guidelines for the 2021 Cross Country season

- 1) It's hoping that everyone attending the Tipperary Cross Country will be fully vaccinated against Covid.
- 2) Before setting out, all Athletes, Coaches, Parents, Guardians and Team Leaders should have completed the Tipperary AAI online Covid Questionnaire online.
- 3) There will be no buses or large transport vehicles allowed at the venue on the day of the Tipperary AAI Cross Country.
- 4) To comply with the 75% capacity issued by the Government for an outdoor venue, we would ask all clubs to comply with the timetable, that athletes' parents/Guardians and anyone else, are coming and going through the day.
- 5) Tipperary AAI Cross Country map of the course, the up-to-date programme will be on the Tipperary website. These can be found in the Fixtures under the relevant Cross Country
- 6) Everyone should ensure that they have packed adequate amounts of masks, hand sanitiser and any other materials to keep themselves safe from Covid 19. There will be no food provided on the day
- 7) There will be an entry fee on the day, so please have €5 per adult to hand.
- 8) It's hoped that everyone, while attending the cross country will wear a face mask or social distance, for everyone and their own safety.
- 9) No one will be allowed to walk the Cross-Country course, under any circumstances.
- 10) There will be a designated area on the infield for the campsites. It is each club will ensure that someone is responsible for setting up their club's campsite and to mark its location. Numbers for each club should be with someone at the club campsite
- 11) No one will be allowed to congregate at the start or finish line. There will be exclusion zone set up and everyone must keep outside this. If everyone complies with this, everyone will get a good view of each race.



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- 12) For the relays only. The 1<sup>st</sup> runner will stand at the start line. The 2<sup>nd</sup> runner will stand at a sign marked "2K" on the far side of the course at the start. The 3<sup>rd</sup> runner will stand at a sign marked "3K" and the 4<sup>th</sup> runner will stand at a sign marked "4K"
  
- 13) When the first runner is off the runners at sign "2K" will come to the start line to take the baton. After all these are gone the 3<sup>rd</sup> runner will come to the start line and so on with the 4<sup>th</sup> runner. The 4<sup>th</sup> runner will finish into the tunnel.