



A Practical Guide for **Road Race Event Volunteers, Marshals and Staff** 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, staff and volunteers/marshals:
 - Have provided up to date contact details.
 - 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.
- Staff and volunteer training/briefing should be provided online, to cover event protocols and HSE guidelines. Should be completed at least 24 hours before the event day. With waiver signed by staff and volunteers.
- High visibility vests to be worn at all times.
- Help Develop and reinforce an etiquette that is communicated to participants. (I.E Spitting, coughing, overtaking etiquette). This should to be implemented by event marshals.
- It Should be made clear any volunteer displaying symptoms of Covid-19 or considered a high-risk group to stay at home.
- Club Volunteer contact details and role to be collected by Club lead and stored by Race Director for contact tracing.
- Event roles should be preassigned.
- Radio check out and return system to allow for minimum contact. Radios to be used by designated individual only.
- Total number of staff, marshals, volunteers should be included in the event capacity.

Event Day

- To protect against infection
 - All event personnel 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.
 - Wear PPE in line with Dept of Health recommendation.
- Any Staff should check in on site with Race Director.
- Club/group leads should check in each member of their group/club and alert Race Director if members are missing.
- Streamline the number of marshals/volunteers needed for each task. If volunteers/marshals are not being used, they should be repositioned to minimize amount of time they are in direct interaction with staff/participants
- PPE should be supplied and worn by all staff, Marshalls and event volunteers (level of PPE to be in line with government recommendations)
- Hand Sanitizer should be provided to event personnel
- All event personnel should be aware of surfaces they touch and to avoid touching their face.
- Extra course marshals should be stationed to police and encourage social distancing while running.
- Loud hailers can be used to help with directing instruction on the course.
- All Event personnel should have designated number for the Covid-19 compliance officer.
- All Staff and volunteers to arrive at designated time at their location.
- Volunteers and Staff to maintain physical distance at all times and to wash their hands when possible.



Post Event

- All Staff, Marshals and Volunteers to leave site as soon as Stood down by Race Director.
- Radios and hi visibility clothing to be returned by a pre organized method and cleaned thoroughly.
- If a Volunteer or staff member 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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