

# Notification Advice

## FOR ATHLETES



ENGLAND ATHLETICS

## Mark Cawte Autumn Open Meeting

Swindon – Sunday 6<sup>th</sup> September 2020

Thank you for entering this meeting, we look forward to seeing you on the day. As you know we are indeed in strange times, and as such we have had to put in some extra rules and procedures at the competition - which you will not be used to - to ensure we mitigate against virus transmission.

Please review and follow the guidance below to help ensure our competition follows Government and England Athletics guidance.

1. The competition will employ procedures to comply with COVID-19 guidance and your involvement is dependent on your acceptance that you will co-operate with officials fully and adhere to procedures that are designed to reduce the risk of virus transmission.
2. You should not attend the competition if you have any virus symptoms or have had close contact with anyone that shows symptoms or is suffering from the virus or that you have been advised to stay at home.
3. Hand sanitiser will be available, but we would advise you to bring your own personal hand sanitiser and use it whenever you have touched surfaces that may have been touched by others. This and 2 metre social distancing is the key behaviour we expect of you to keep yourself safe.
4. If you see anything which contradicts current Government guidance please bring that to the attention of the Covid-19 coordinator (Steve Connolly) or the meeting manager (Ray Bell).
5. We would ask you and any spectators who accompany you to complete the Health Questionnaire/Track and Trace form and hand this in as you enter the track, together with your entry fee (please bring the exact change). You will collect your number at this point. the entry gate is that nearest to the Tesco store, there will be signs directing you to this gate
6. As we have to limit the number of attendees would you please advise before the day of anyone who will accompanying you, this may be a parent/guardian/partner or coach.
7. You will be directed from the gate to the competition area for your particular event. To aid maintenance of distancing requirements there will be a signed one-way system for movement around the site which you must observe.
8. There will be toilets available and drinks and light refreshments will be available from a window in the main pavilion, near to the football pitches. Would you please take litter home with you.
9. You are responsible for your own personal equipment and its exclusive use by you.

Further information directly relevant to either Track or Field competitors and Spectators follows, please read and be aware of these when you arrive on the day.

All results of the competition will be published after the competition.

You should arrive at the relevant competition area no more than 30 minutes before the start of a track event. 45 minutes before the start of a field event, to ensure that social distancing across the site can be maintained. The timetable below will provide you with arrival and competition times.

Heat and lane draws for the track events accompany this document, please ensure you know which heat you are competing in.

If you have any queries regarding any of this information, then please do not hesitate to contact me on [bellrjg@btinternet.com](mailto:bellrjg@btinternet.com).

Look forward to seeing you and Best of Luck!

### **Provisional Competition Timetable**

<b>Track (all races maximum of 6 athletes)</b>		<b>Field (all throws maximum of 12 competitors)</b>	
10:30	Sprint Hurdles (3 races of 6 athletes) 10:30. 70mH 10:40. 75mH 10:50. 80mH	10:00	Hammer (All Male Age Groups) Shot (All Female Age Groups)
11:30	800m (6 races of 6 athletes) 11:30. Race 1 11:38. Race 2 11:46. Race 3 11:54. Race 4 12:02. Race 5 12:10. Race 6	11:15	Shot (All Male Age Groups) Hammer (All Female Age Groups)
12:30	100m (8 races of 6 athletes) 12:30 Heat 1 12:35 Heat 2 12:40 Heat 3 12:45 Heat 4 12:50 Heat 5 12:55 Heat 6 13:00 Heat 7 13:05 Heat 8	12:30	Discus (all Male and Female Age Groups)
		13:15	Javelin (BU13/15)
		13:45	Pole Vault
14:00	400m (3 races of 6 athletes) 14:00 Heat 1 14:10 Heat 2 14:20 Heat 3	14:00	Javelin (GU13/15)
14:45	300m (6 graded races of 6 athletes) 14:45 Heat 1 14:53 Heat 2 15:01 Heat 3 15:10 Heat 4 15:18 Heat 5 15:25 Heat 6	15:00	Javelin (MU17/MU20/SM)
15:45	1500m 4 races of 6 athletes) 15:45 Heat 1 15:55 Heat 2 16:05 Heat 3 16:15 Heat 4	16:00	Javelin (LU17/LU20/SL)

### **Hammer, Discus, Javelin and Shot Competitors - Equipment**

- Only enter the competition area when invited to by an official.
- Athletes should sanitise their hands before competing
- Athletes should use their own equipment where possible. Weighing of equipment should be carried out observing social distancing.
- If you require the use of stadium throwing equipment you should already have indicated to the organiser so it may be prepared. If venue implements are used athletes should clean their hands before and after use to reduce the requirement of cleaning each implement.
- Athletes must provide their own chalk (if using), which cannot be shared between competitors.
- Spitting is not permitted, either on implements or otherwise. Licking fingers to enhance the grip is also not permitted. Athletes should use chalk or something else suitable which does not have any transmission risk.
- A dedicated official will be responsible for implement retrieval from the field throughout the competition.

### **Track Event Competitors**

- Always maintain social distancing within the holding area and only enter the competition/warm-up area when invited to by an official.
- There will be a designated warm up area for each event. You will be advised when and where you can begin your warm-up. Athletes should not move hurdles within either the warm-up or competition area.
- Be aware of your heat time and be in a position to hear a Starters' Assistant call competitors for marshalling and then lead the competitors to the start area. Take only personal starting blocks to the start, no other kit is to be left at the start.
- A sanitising station will be set up at the Call Up area where you will spray clean personal blocks if you have them and sanitise your hands. Obey all instructions given by the Starters Assistant.
- There will be stadium blocks available at the start. If needed, select and handle only one set if you require them. A block monitor will oversee the use of stadium blocks which will be sanitised between each use by an athlete.
- After your race personal blocks will be lifted and placed where you can collect them without having to enter the competition area
- Ensure that post competition (the finish line) social distancing is maintained. After finishing your track event you should return as directed to retrieve any kit you have left in the warm-up area.

## Spectators

- You should not attend the competition if you have any virus symptoms or have had close contact with anyone that shows symptoms or is suffering from the virus, or you have been advised to isolate
- You will need to complete a health questionnaire and hand this in as you enter the site. You must have personal hand sanitiser and use when necessary.
- There will be toilets available and drinks and light refreshments will be available from a window in the main pavilion, near to the football pitches. Would you please take litter home with you.
- You must observe 2metre distancing while in the arena
- You will be directed to the signed spectator areas. Spectators will not enter Competition or Warm up areas and avoid unnecessary contacts with surfaces (fences/railings etc).