

# Inter-Club Cross Country

## Holyrood Park, Edinburgh

Saturday 14 November 2020

### To be Issued to Attendees, Parents or Guardians. v3.

**1. Before you come to the event there are a few things you must do. You must confirm by email or other means set out by your club that none of the following apply to athletes or chaperones:**

- You have been in contact with someone with COVID-19 in the last 14 days.
- You have been overseas to a country on the quarantine list or exposed to someone with COVID-19 in the last 14 days.
- You have COVID-19 symptoms (self-isolate for 10 days) or are feeling unwell.
- You have been told to self-isolate as part of the contact tracing measures in place.

**You may be subject to a symptom check by your facility operator or club prior to attending.**

- There is no spectating allowed at the event. As all our athletes are under 18, a 'Parent Chaperone' is allowed to attend. We ask that only 1 parent attends to fulfil this duty. Please confirm in your email the name of the 'Parent Chaperone' for your club to maintain their attendance record.

**2. Physical distancing & good hygiene behaviours**

- Please read and follow the current Scottish Government advice on physical distancing at all times. See current guidance here-<https://www.gov.scot/coronavirus-covid-19/>
- Do not share food, towels, water bottles and drinks.
- Clean your hands and equipment frequently.
- Avoid touching your face.
- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on.
- Physical distancing must be adhered too at all times when outside your competition bubble.
- 'Parent Chaperones' must comply with the current restrictions, keeping a 2m distance and complying with current guidance at all times. The Chaperone may escort the athlete to the declaration area but must not enter the start box. Chaperones must leave this area immediately once their child has entered the start box.

**3. Races**

- A Maximum of 30 are allowed to compete in the same race. This is termed as a 'competition bubble'. Once athletes enter the Start box, they are in their competition bubble and remain in this until they leave the Cooldown area.
- All competitors must report to the the Declaration area 10 minutes before the start of their race having completed their warm up. This is a socially distanced area and face masks are required. They

will then move immediately to the Start box where they will enter the competition bubble and face masks are not required.

- Where more than 30 are entered in any age group, they will be sent off in waves. Sufficient time has been allowed for each previous wave to finish before the next wave starts to avoid mixing of competition bubbles.
- Athletes personal equipment should be kept by their 'Parent Chaperone' during the race and handed over to the athlete in the cooldown area adjacent to the finishing line. Athletes are asked to change promptly in the cooldown area before leaving. Once athletes leave the cooldown area they are no longer in the competition bubble and face masks must be worn.
- Parents are asked to take athletes away from the Park as soon as they leave the cooldown area.

It is important that all our juniors understand the need to follow this procedure, to ensure their own safety and that of the rest of their 'competition bubble'.

We hope that the measures we have put in place will keep us all safe and healthy and able to enjoy our sport.

- **Please note that only those who are scheduled to attend the races are allowed to compete.**
- **Your club will advise time of your race and time of arrival. Please don't arrive too early.**
- **Race numbers will be usual East District club numbers.**

**In addition:**

- Queens park is a Public place and we have no control over members of the public using the park. Please be considerate towards other park users.
- There will be limited Toilet facilities.
- There are no club gazebos allowed and therefore you may wish to bring your own umbrella. Please dress for the weather conditions on the day.
- 'Parent Chaperones' must comply with the present restrictions, keeping a 2m distance from other attendees and other park users., wear a mask and comply with current guidance at all times.
- Please do not park inside the park. Queens Drive is closed at weekends.
- All attending this event are requested to wear face masks, including athletes until they enter the Start Box. Please bring your own face mask.
- Hand sanitizer will be available and dispensed to athletes as they enter the Start Box and as they are leaving the Finish Area.