RETURN TO RESTRICTED TRACK AND FIELD COMPETITION

IN A COVID-19 SECURE SETTING

Version 3

For competition from
Saturday 22nd August 2020
Summary of Changes (for competitions from 22 Aug)

- Up to 12 athletes in horizontal jumps
- Up to 12 athletes in vertical jumps
- Up to 12 athletes in all throws
- Up to 8 athletes in sprint events including sprint and 4x400m relays
- Up to 12 athletes in middle distance events
- Racing on track limited to 3000m and 3000m Steeplechase

*Competition providers need to be aware of any local lockdown restrictions enforced in their area at short notice. A list of areas with Local lockdown restrictions can be viewed here. If you are delivering a competition event, and local lockdown restrictions are put in place in your area, please contact your local authority for further advice.*
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This guidance is version 3 of the return to restricted track and field competition guidance issued on the 17th July 2020. This Version 3 is released on 21st August 2020 for implementation not before the 22nd August. All guidance will be updated as per government guidelines when they are made available or as soon as possible thereafter.

These guidelines apply to England only and are based on those detailing the use of Track and Field venues that are open. More details on step 3 of the England Athletics Guidance for the Phased return to Athletics is available here.

The safety and wellbeing of all athletes, coaches and the wider community is at the heart of any guidance that England Athletics is distributing. We know that athletes, coaches, competition providers, and athletics venues will be keen to resume athletics competition as soon as it is safe and appropriate to do so. England Athletics recognise that BUT at the same time want to ensure that the safety and wellbeing of everyone involved in athletics, facility providers and the wider community is considered the priority.

Please read all sections.
1. OVERVIEW

This document is in place to facilitate a safe, limited return to competition in a Covid-19 secure venue. Guidance on what constitutes a Covid-19 secure venue can be viewed here.

As such competition MUST factor the following Key (not exclusive) elements into their competition planning:

1. All competitions must adhere to the Covid-19 secure guidance and work with the EA return to competition documentation. This is based on the current government advice on risk mitigation through social distancing and hygiene with a careful assessment of risk and the size of the venue so all Covid-19 requirements can be maintained.
2. Self-assessment of health prior to an event must take place by a prospective participant.
3. Clear communication with all participants should be carried out prior to the event, detailing procedures and plans.
4. Appointment of a Covid-19 coordinator (Role guidance in Appendix 1)
5. Competition organisers and clubs may consider using some of the excellent guidance released by Sport England recently [here] which also details an ‘opt in’ form for all participants [here] in Section 6.
6. Licences for all track and field events are required. Details of how to apply are contained within the guidance.
7. Athletes will need to be prepared properly before they undertake any competition. Coaches, club managers and parents should ensure any athlete is confident that they are ready to compete.
8. Officials are vital to the safe running of competitions. We have detailed specific guidance around appointment of and ensuring the safety and wellbeing of officials in this guidance. Flexibility around the number and level of officials will be needed: this may affect licensing options, which is detailed in the licensing process.
9. Venues are a key part of competition and the venue’s management in partnership with the competition management must undertake the relevant risk assessments with regards to the number of people and athletics events, to ensure all normal and Covid-19 requirements are catered for.
10. This return to competition must be considered as a phased return. It is likely that numbers and age groups at each event will be restricted, and certain events not possible in the early stages.
11. Strongly recommend limited travel to competitions and partaking in competition locally. This applies to ALL included within a competition, including Officials, Volunteers, Guests and Competitors.
12. The emphasis should be on small and local.

All competition must take account of local conditions and any risk assessment for normal activities should be undertaken as well as ensuring that all government guidance around Covid-19 is considered. It is the responsibility of each competition provider, athlete, coach, and facility, to make that assessment based on their local environment. The competition Risk assessment must consider mitigations and plans for when activities do not go as expected. Planning scenarios around, for example, an injury occurring and the need to access help while social distancing, or a fire drill at the venue.
This guidance has been created for competition providers taking into account the Government guidance around the areas below. Full comprehensive guidance of how each area is addressed for each event follows this overview:

- **Droplet transmission and aerosol generation:** The risk associated with each action in an activity based on duration and proximity of participants.

  *An example risk mitigation is maintaining 2m social distancing around field events*

- **Fomite transmission:** The risk associated with the handling and transfer of equipment in the activity

  *An example risk mitigation is cleaning blocks between athletes use*

- **Population:** The number of participants likely to take part in the proposed activity plus known risk factors of participants with underlying health conditions or high-risk groups, who wish to participate

  *An example risk mitigation is online entry and one significant other per entrant so total event numbers are known prior to the event appropriate for the specific venue*

The guidance that follows provides more detailed competition specific advice within the confines of the government guidance. It has been published on the understanding that it is an interpretation of government guidance relevant to Track and Field competition. It is likely to change at short notice; in which case we will publish updates through the England Athletics website and our social media channels. All parties should note the disclaimer at the end of this piece.
2. HEALTH

Everyone associated with a competition should monitor themselves for any signs of Covid19, as well as general health. Everyone should follow the advice of their GP or medical practitioner in all cases. Anyone showing signs of ill health or COVID-19 should not attend the competition, in any capacity. Anyone self-isolating because of ‘track and trace’ advice or suspected contact with an infected person should not attend. Anyone, who subsequently becomes ill should contact the Covid19 coordinator for the event and inform them.

A register of competitors, officials and all volunteers associated with the event must be kept assisting with any track and trace requirements.

It is essential that all attendees at your competition, whether an athlete guest, official or an athlete themselves, must declare themselves free of Covid-19 upon entry to the competition. Please see additional guidance on the England Athletics website for ways in which to manage this effectively.
# 3. COMPETITION TIMELINES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>17th July</td>
<td>Guidance update for a Limited return to track and field competition released</td>
</tr>
<tr>
<td>11th July to 26th July</td>
<td>Pilot competitions in conjunction with England Athletics completed</td>
</tr>
<tr>
<td>20th July 2020</td>
<td>Track and Field Licensing opened for competitions until the 30th Sept.</td>
</tr>
<tr>
<td>1st August 2020</td>
<td>Licensed competition began.</td>
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Please apply for your license as far in advance as is practicable, based on the information required. Deadline dates for license applications will not be imposed, however depending upon demand it may not be possible to approve a license for a competition that is received the same week as that competition.

See the licencing section 6. for more details on licensing.
4. COMPETITION PLANNING

a) The Competition Framework view here, should be adhered to when applying for a licence. Please be aware that this could change considering government guidance.

b) Contact the venue to ensure it is open and all COVID19 requirements are in place, to ensure a Covid-19 secure venue. Partnership working with venues will be key to any return to training and competition.

c) Competition providers need to be aware of any local lockdown restrictions enforced in their area at short notice. A list of areas with Local lockdown restrictions can be viewed here. If you are delivering a competition event, and local lockdown restrictions are put in place in your area, please contact your local authority for further advice.

d) Appoint a named COVID19 coordinator for the event (see appendix 1 for guidance) and proceed to work with the venue management on planning for the event ensuring all risk assessment procedures are in place for COVID19 and all other risks.

e) Consider how you would manage anyone on site who does not comply with all the Covid-19 processes and procedures that you put in place.

f) Ensure consideration is given to the wider community health provision. Local emergency and health services should be contacted to ensure they are aware of the event and potential ramifications of holding the event in the locality.

g) Ensure there is adequate PPE on site (face masks/gloves) for those who need it due to their duties on site, may arrive without suitable PPE, or who may ask for it. Anyone working indoors must be provided with a face mask.

h) Analyse with the venue management how many people the venue and therefore the competition can cater for while maintaining all social distancing and hygiene requirements. This will dictate the number of events and the number of participants in each event. Be aware some events may not be possible due to restrictions and others may need to be adapted. Guidance on events are detailed later in this document. Small and local competitions are encouraged.

i) Appoint officials, then apply for a license.

j) The licence process opened on the 20th July.

k) Food and beverage provision must adhere to any current Government guidelines. Officials and other volunteers should be informed of food and beverage arrangements prior to the event and informed if they need to provide their own.

l) Events that can take place within this updated guidance are;

   i) All Throws
   ii) All Jumps
   iii) All sprints up to and including 400mH in every lane up to a maximum of 6 people
   iv) Endurance up to 3000m including Steeplechase
   v) Para events in the above

m) Entries should be taken online or prior to the event to ensure numbers and scheduling is managed

   i) Events must be timetabled and planned according to pre-entries
   ii) Enough time must be planned between heats/pools/events to ensure social distancing can be maintained throughout including any warmup periods.
   iii) Consider separating Track and Field events to best use the space around the facility for warm up. Track only competitions could use the infield for warm up, similarly field only competitions could use the track for warm up.

n) Ensure good hygiene and social distancing is maintained when collecting and distributing bibs.

o) No call rooms, athletes proceed to competition start area directly. Event areas have a ‘holding area’ allocated for athletes prior to an event that enables them to maintain social distancing.
p) All results for competition should be managed locally, or virtually using the ‘Open Track’ system or similar. Results boards are not permitted at the competition.

q) Noise at the venue should be minimised in line with the following Government Guidance: “All venues should ensure that steps are taken to avoid people needing to unduly raise their voices to each other. This includes - but is not limited to - refraining from playing music or broadcasts that may encourage shouting, including if played at a volume that makes normal conversation difficult. This is because of the potential for increased risk of transmission - particularly from aerosol and droplet transmission.”

r) The Meeting Manager must not have any other official duty at the competition, they must coordinate with the Covid-19 Coordinator or appropriate person to ensure that all social distancing guidance, hygiene guidance, and flow routes are maintained.

s) This list is NOT exhaustive and local situations must be catered for and all risk assessments carried out and monitored by the COVID19 coordinator.
5. **FIRST AID AND MEDICAL SUPPORT**

The event organiser will need to ensure that appropriate First Aid cover is in place. This should be achieved through close liaison with appointed First Aiders and medical providers to agree best practice protocols for event day.

It is the responsibility of the First Aider not the competition provider to ensure that they adopt all necessary steps to comply with Government guidance around treatment of injury. The competition provider should ensure the First Aider has reviewed the COVID-19 Guidance for First Responders.

5.1 Protocols - All participants, officials, volunteers and spectators must undergo a self-assessment for any Covid-19 symptoms, which are: a high temperature; a new, continuous cough; or a loss or change to their sense of smell or taste. No-one should leave home for an event if they, or someone they live with has symptoms of Covid-19.

5.2 Temperature check onsite at a competition is not mandatory, however if you have this facility easily available it would be advisable to use this. This would not negate the requirement for self-assessment prior to entrance into the competition venue.

5.3 A separate area (isolated room with a door or standalone marquee) must be made available at the competition for isolation purposes in case someone at the competition begins displaying signs of COVID-19.

5.4 First Aiders must wear full PPE for the duration of the competition.

5.5 Any event First Aiders with additional needs should consider making their own provision as they may already be doing on a day-to-day basis.

5.6 Event First Aiders should adhere to the current Government guidelines for first responders treating patients during the pandemic. COVID-19 Guidance for First Responders.

5.7 Those administering First Aid should ensure their own protection. A First Aid kit containing the appropriate equipment should be carried by the event First Aider(s) at all times.

5.8 Injury management - Event organisers, in conjunction with local NHS services, should ensure there are no detrimental impacts of staging the event on the wider community and healthcare systems. Injuries during the event should still be treated as participant wellbeing is paramount. Physios or their equivalent, should keep a record of each participant they have come into contact with for track and trace purposes.
6. WELFARE

Pre-event communication to all participants must include reminders not to attend the event if they have been unwell in the last 14 days.
Event organisers must include links to the current NHS advice on coronavirus/Covid-19.


Competitors should assess their health/fitness to take part in events.

Athletes, Guests and Officials must complete a self-assessment prior to attending the competition. This is downloadable for competition providers to adapt or use. See resources section of EA website. The competition provider must implement this procedure in the best way they see fit for their competition, adopting social distancing and hygiene guidance within their procedure. They could use google forms, or a similar online system to minimise transmission risk on paper. We advise pre signing of downloadable forms rather than sign a declaration on the day as it could as this could create delays with registration and access. Contingency plans must be in place for individuals who do not bring the correct paperwork.

*It is unclear what impact Covid-19 will have on the long-term health of those who contracted the virus. As a precaution, you should provide your participants the following information:*

**Covid-19 Health Assessment**

- If you were hospitalised due to Covid-19, you should undergo a form of health screening prior to taking part in a competition. This screening is best led by a doctor with specialist training in sports medicine. However other doctors may feel competent to make decisions on your fitness to compete and to decide any appropriate investigations that might be required.
- If you were not hospitalised due to Covid-19, but self-isolated having shown symptoms at any time, you are also recommended to undergo a form of screening.
- If you have felt entirely well during the pandemic, you are not routinely recommended to undergo health screening, but it is something to be considered as part of your normal health monitoring for the health-conscious competitor.

Your GP should be able to guide you on what level of screening you may require, and who is the best person to assist you in the process.

If you have entered multiple events, unless you develop new symptoms at any time, a single screening assessment is sufficient to cover all event entries.

Individuals who fall into the ‘vulnerable’ or ‘clinically extremely vulnerable’ must assess their own risk in association with attending any events and follow government guidance in this area. Individuals who are not themselves ‘vulnerable’ or ‘clinically extremely vulnerable’ but are in contact with individuals in these descriptions should make a personally informed decision about attending any event.
7. APPOINTING OFFICIALS

a) Officials are needed for the delivery of licensed competitions. The safety and wellbeing of officials must be considered in the planning phase of any competition.

b) Key Officials must be appointed and have confirmed in writing (email is acceptable) that they are happy to officiate at your competition with the mitigations in place for Covid-19, before applying for a Track and Field license.

c) The competition provider must contact the officials directly and only seek advice and assistance from the Cofsec or Tri – Regional contact if the number of Officials required for the competition cannot be met.

d) Officials should be selected within proximity to the venue. Only once all avenues for suitably qualified Officials locally have been explored, can the competition provider expand the search further.

e) Evidence of Officials acceptance confirmation will be required to be uploaded onto the license application. Only one document can be uploaded, therefore all confirmations must be copied and pasted onto one document. The name and confirmation must be clearly visible for each confirmation.

f) Officials appointed in a role which will have face to face contact with other people, less than 2m and for 15 minutes or more, must wear appropriate PPE. This must be provided by the competition provider.

g) Any official or volunteer who will work indoors must be provided with a face mask to wear for the duration of their activity at the competition.

h) Any Official or Volunteer cleaning surfaces must be properly equipped. Please see guidance HERE for cleaning in a non-healthcare setting.
8. TRACK AND FIELD LICENSES

a) Licence applications opened on the 20th July 2020. Click here to apply for a track and field license.

b) Applications will go to UKA and will be coordinated by the Regional Councils of England Athletics. This is to ensure the EA competition framework is adhered to, the allocation of officials can be managed, the venue is open, and events are prioritised according to local need.

c) The licence will be awarded as soon as possible but it is essential all competition organisers have included all the information requested to facilitate the process.

d) For any competition results to appear on Power of 10, a Track and Field license must be granted by UKA. This includes any competition which will adopt a virtual format.

e) All facilities used for competition must have or be working towards Track Mark status.

f) UKA public liability cover will apply to competitions that are licensed and promoted by an affiliated Competition Provider. A licence will only be awarded if all Covid-19 regulations are applied to the competition.
9. COMPETITION MANAGEMENT

a) Venue management
The competition organiser must work with the venue and adhere to all government guidance ensuring a detailed risk assessment covering all COVID 19 and other risks must be completed with the venue provider. The venue must be deemed as Covid-19 Secure.

b) Considerations for your Risk Assessment should include (this is not exhaustive)
See Appendix 7

(1) Clear signage to ensure social distancing and route finding around the venue.
Examples are in (Appendix 2) Further signage specific to competition can be downloaded HERE

(2) Competition providers must appoint a dedicated person to ensure that signage information is being adhered to and the flow of the competition is being followed throughout the duration of the competition. This person(s) should be provided with a Hi-Viz jacket, facemask and hand sanitiser.

(3) Hygiene/cleaning requirements for all equipment and facilities to meet COVID 19 guidance, see venue guidance, HERE

(4) Ingress and egress maintaining social distancing for all.

(5) Potential pinch points or areas where people may gather (entry / exit / start / finish etc) should be monitored and where possible signage or markings indicating 2m social distancing required be put in place

(6) Routes from parking to the event area for all competitors, spectators, and officials/volunteers.
   (a) Liaise with the venue to ensure that capacity guidelines for the venue is adhered to.

(7) Routes into and around the venue for competitors such as warm up and field of play.

(8) Warm down. This must be factored into the venue zoning plans and timetabling. Consider whether the athlete can carry out a warm down at another location?

(9) Oversight of young athletes by parents

(10) Changing facilities, being an indoor area, are currently not to be made available

(11) Toilet allocation is provided meeting all guidance on hygiene/cleaning and social distancing requirements

(12) Indoor facilities should not be used for any athletic activity.

(13) Preparation and planning for the potential occurrence of injuries or other accidents should be in place.

(14) Weather contingency plans.

(15) How will you communicate all the risk mitigations and plans for the competition to those attending your competition?

c) Participant communication and management

- All information about the event should be sent to participants prior to the event. This should include, as examples.
  a) Timetables
  b) Venue access and maps
  c) People management
  d) Event provisions, competition management
  e) Health and safety and risk mitigations
  f) Inclement weather contingency planning, if any. Ensuring social distancing can be maintained.
  g) Baggage and kit drop for athletes without support should be considered
h) Spike lengths permitted must be communicated, as onsite checking may not be available.

i) Ensure athletes are wearing spikes before they access the field of play, to prevent bare feet making contact with the track/field competition areas.

j) Para athlete assistance forms – see appendix 6.

- A register of all participants, guests, officials and anyone else at the competition, including press and the like, must be kept for track and trace purpose

### d) Officials information and management

- Competition providers must put in place a risk assessment around officials and ensure that all events can be managed to meet the latest guidance on COVID19 as well as meeting licencing and event needs.

- Any government guidance around PPE or where relevant vulnerable individuals must be followed.
  
  a) We would recommend officials are provided with facemasks and cleaning stations to enable regular sanitising of hands

- Where practicable have separate ingress points to the venue for Officials / Volunteers.

- Clear communication of the safety and wellbeing measures being put in place for officials should be made prior to the event.

- A register of all officials should be kept for track and trace purposes

- Officials briefing to take place outside

- Provision of a bag area for officials kit at each event zone i.e. a small gazebo or other cover, is provided.

### e) Promotion of events

- Ensure that the advertising includes information about what facilities and events will be available and any restrictions on age or ability level.

- It is essential that competition providers communicate with all parties involved the protocols for each area of the competition. Due diligence should be considered when factoring in elements such as Registration, Warm up, and Cool Down. This list is not exhaustive.

- Athletes and guests should be aware of the competition plans and be able to make their own assessment and judgement of the risk of participation.

### f) Spectators

- Spectators are permitted at the competition as per the government guidance; however, competition providers must ensure that spectators are registered prior to competition to ensure that capacity numbers at the venue can be maintained.

- Spectators do not have to be allocated as an athlete ‘guest’ but must be pre-registered.

- All spectators must self-assess prior to entering the venue, either 24 hours before the competition or on site upon entry.

- Spectators must maintain social distancing, but can gather in groups of 6, ensuring social distancing is adhered to.

- A register of all these individuals should ideally be kept electronically. Consider using google forms, linked to an opt in, and self-assessment form for Covid-19. [To view a ‘how to’ video for Goggle Forms creation click HERE](#)
g) Data Protection

- You should assist the NHS test and trace programme by keeping a register of all attendees at the competition. This information must not be held for longer than 21 days. Further information can be viewed on the Sport England website, here, and the Government website here.
10. ATHLETE COMPETITION GUIDANCE

It is important that athletes are aware of any policies put in place by the competition provider for not adhering to social distancing and hygiene guidance at the competition. Competition providers should make all aware of any sanctions they intend for non-compliance i.e. removal from the site.

a) Younger athletes (Under 18 years of age)
   a) Competition providers must ensure they have the permission/agreement of the responsible parent or guardian of an athlete who is under the age of 18.
   b) Competition planning for this age group must adhere to Sport England and DFE guidance. Please consult these guidance documents HERE.
   c) Social distancing guidance must always be maintained.
   d) The aim is to minimise the global number of attendees at an event so young athletes should ideally be accompanied by one parent or guardian. Attendance by a coach should be prearranged with the competition organiser whose decision based on global numbers would be final.
   e) Appoint a person to oversee this age group are adhering to social distancing guidelines, on and off the field of play.

b) Athletes aged 18 or over
   a) All guidance applicable to competition providers and athletes in this document is relevant to athletes aged 18 or over.
   b) The aim is to minimise the global number of attendees at an event so athletes should ideally compete by themselves. Attendance by a coach or other should be prearranged with the competition organiser whose decision based on global numbers would be final.
   c) In addition, government guidance on vulnerable persons should be adhered to, if relevant, and considered by coaches, competition providers and individual athletes.

c) Masters athletes
   a) All guidance applicable to competition providers and athletes in this document is relevant to Masters athletes.
   b) In addition, government guidance on vulnerable persons should be adhered to, if relevant, and considered by coaches, competition providers and individual athletes.

d) Athletes in Higher Risk groups
   a) Athletes and runners in the higher risk groups should follow any medical guidance they have been given about ensuring good health and welfare. If there are further concerns, please consult with your medical or national organisations for support and best practice.
   b) Advice will have been offered through your health body and/or is available here for those who are Clinically Extremely vulnerable and here for Clinically vulnerable see Section 7.
e) Disabled athletes
   a) General Assistance: disabled athletes requiring support can bring a carer with them to the competition. Everyone involved within the competition should maintain social distancing guidance.
   b) Higher Risk: athletes in the higher risk groups should follow any medical guidance they have been given about ensuring good health and welfare. If there are further concerns, please consult with your medical or national organisations for support and best practice.
   c) Athlete Assistance: Athletes in the following classes are permitted assistance on the Field of Play - RR1-3, T/F11-12, F31-33 & F51-54 (Must provide their own Bib). Athletes in other classes requiring assistance must submit an ->
   d) Athlete Assistance Form: should be available and submitted pre-event (Appendix 6)
   e) Guide Runners: competing up to the defined distance in track races can occur with a guide runner provided
      i. Both guide and runner understand the risk
      ii. Ideally the same pairing is maintained
      iii. Guides should clean the tether after use
   f) Equipment: Para athletes will be permitted to use their personal throwing frames and straps, Race Running Frames and Racing Wheelchairs. Hygiene guidance should always be followed.
   g) Wheelchair Racing: Athletes should be permitted additional time / laps pre-race to warmup and set compensators. This should be in the lane they are racing in. Chairs may be checked by officials using rulers and asking athletes to demonstrate working steerer / brakes.
   h) RaceRunning: As above. Maximum numbers allowing for social distancing dependent upon lanes available at the venue.
   i) Seated Throws: Extra time should be allowed for throwing frames to be moved and secured in place, whilst socially distancing. All seated throwers (F31-34 / F51-F57) permitted assistance for implement retrieval. An additional assistant may be permitted onto the FOP to support tie-downs. Frames may be measured using rulers (not touching).
   j) Accessible toilets: See facility guidance.
   k) Guide Dogs: Dog owners should refer to guidance on Guide Dog welfare via Guide Dogs UK
11. EVENT SPECIFIC GUIDANCE - FROM 22ND AUGUST 2020

a) Track and Field general
In all cases normal competition practice with relevant risk assessment should be adhered to as well as implementing any requirements around social distancing and hygiene.
(a) View a UKA Risk Assessment template for competition providers [HERE](#).
(b) Anyone involved in the competition should ensure they have followed government hygiene rules including washing hands and cleaning any equipment prior to use. (See facility guidance information)
(c) Maintain social distancing in warm up and post competition cool down.
(d) EA would recommend zoning of the track and field areas to ensure social distancing can be maintained. (See Appendix 3.)

b) Track and Field Update
(a) Groups of up to 12 can compete on the track with social distancing below 1m+ for short periods of time. This track specific advice is based on an assessment from the team sport framework document and medical input from within the sport. The assessment has been made based on the risk of droplet transmission (global time less than 15minutes) but potentially greater than 3s interactions, fomite transmission (minimal or zero) and population (reduced field size)
(b) Field events can maintain social distancing. In a Covid Secure environment field sizes of up to 12 can be accommodated. Organisers should assess space around the field event area and timetabling to ensure the event can run correctly.
(c) EA would recommend zoning of the track and field areas to ensure social distancing can be maintained. (See Appendix 3.)
(d) Spitting is forbidden in the field of play, including any instance where an athlete would spit onto or wet an implement with saliva for grip.

c) Track (Sprints and Hurdles) – From 22nd August 2020
(a) Step 2, phase 3 indicates a social distancing requirement of 2m OR 1m+ between individuals OR for short periods of time reduced social distancing below 1m+ within the competition period i.e. start to finish.
(b) Every lane is now permitted for all track events with up to 8 athletes.
(c) Athletes must sanitise their hands prior to and post-race. This eliminates the requirement for disinfecting the starting area after each heat. If hand sanitisation is not possible, then ensure that the start is sprayed with disinfectant after each different user.
(d) Ensure that post competition (the finish line) social distancing is maintained.
(e) If starting blocks are used, the hygiene procedures must be adhered to, examples below:
   (i) Athletes bring their own blocks, which are retrieved post event by the athlete.
   (ii) Stadium blocks are provided and must be sprayed clean with disinfectant after each use.
(f) Hurdles can be used in competition provided they are cleaned before and after use. Prior to competition those officials/volunteers that are to be allocated a hurdle role, need information outlining the process from taking the hurdle out of the track store to placement on the track. If there is ground staff/track team at the venue, once the hurdles are on the track it is the responsibility of the competition provider and official/volunteer to place the hurdles, and ensure
they are the correct height for the competition. Hygiene regulations must be adhered to when adjusting hurdle heights or repositioning them. Officials/volunteers are to be allocated ‘rows’ of hurdles which will remain their responsibility for the agreed amount of time. Upon changeover of official’s hygiene and social distance measures must be adhered to. If there are no ground staff or track team, then the competition provider must ensure guidance is given for how hurdles will be taken out from the storage facility.

(g) Relays 4x100m and 4x400m
1. Up to 8 teams can compete in relay events
2. Relays should be run under UKA rules
3. Athletes must sanitise their hands prior to and post-race.
4. Warm up drills should be minimised, one baton per team used and cleaned before and after use and all athletes sanitise before and after the warm up.
5. Athletes should be provided with clear directions to enable them to get to changeover areas and space/zones must be made available so all athletes can socially distance prior to changeovers
6. First leg athletes should use their own starting blocks where possible. Starting blocks should be moved by dedicated personnel who wash their hands after spraying and cleaning the blocks. Batons should be cleaned before and after the event.
7. 4x400m relay 3rd and 4th leg runners at changeover should be in adjacent lanes where possible.

**d) TRACK – Endurance – From the 22nd August 2020**

**800m/1500m**
(a) Up to 12 athletes may compete in a middle-distance race in a standard format with social distancing below 1m+ for the competition period (start to finish)
(b) This competition can be carried out following UKA rules for competition.
(c) Competitions where a pacemaker is used must include the pacemaker within the 12, this cannot be an additional competitor.
(d) Starts should be managed limiting the time spent below 1m+ social distancing

**Pre and Post competition social distancing must be adhered to.**

**3000m and 3000m Steeplechase**
(a) Up to 12 athletes may compete in an 3000m or 3000m Steeplechase track race in a standard format with social distancing below 1m+ for the competition period (start to finish)
(b) This competition can be carried out following UKA rules for competition.
(c) Competitions where a pacemaker is used will have to include the pacemaker within the group of 12, this cannot be an additional competitor.
(d) Starts should be managed limiting the time spent below 1m+ social distancing
(e) Pre and Post competition social distancing must be adhered to.
(f) Barriers should be managed and cleaned as per hurdles

**5000m+**
(a) Not permitted within current England Athletics guidance for competition on the track.
**e) JUMPS**

High Jump and Pole Vault

(a) Up to **12 athletes can compete in a group.** Cleaning, see point c) below, should be undertaken after each group has competed. Organisers should assess space around the field event area and timetabling to ensure the event can run correctly.

   a) Adhere to social distancing **and regular cleaning of hands prior to and after each jump.**

   b) Athletes and Officials should maintain social distance at all times. Appendix 3 shows an example of how this can be managed.

   c) Disinfecting landing beds effectively against Coronavirus is the responsibility of the facility operator. The disinfectant used for this purpose must not damage or compromise the safety properties of the landing bed, or cause harm to staff, volunteers or athletes. Cleaning should be completed in line with **EA club guidance before and after each group of up to 12 athletes.**

   d) For pole vault it is advised that a measuring tape is laid out for athletes prior to the event, to prevent traffic up and down the runway with athletes measuring their run up.

   e) All athletes should bring their own markers.

   f) If athletes are sharing a pole, before use poles should be re gripped and any part of the pole outside the grip should be cleaned before use by another athlete.

   g) Bars and uprights should be cleaned before use and managed by dedicated individuals throughout the competition. Where management of this duty changes, the cleaning regime should be repeated prior to competition resuming.

   h) All seating should be socially distanced and cleaned before and after competition and used by one person in any one competition.

Long Jump and Triple Jump

   a) Up to **12 athletes can compete in a group** but must adhere to all Covid-19 secure guidelines including, currently, lightly turning and raking the pit after each jumper. Organisers should assess space around the field event area and timetabling to ensure the event can run correctly.

   b) Adhere to social distancing and clean hands prior to competing

   c) Athletes and Officials must maintain social distancing throughout the competition, please see appendix 3 for examples of how this can be achieved.

   d) Sand is cleaned with sterilising fluid spray of a suitable concentration to neutralise the virus, liaise with your venue before and after each competitive group. The sandpit (landing pit) is cleaned during competition by turning and raking of the sand **before and after each individual athlete/user.**

   e) Equipment such as rakes, measuring tapes, EDM should be managed by dedicated individuals for the whole competition. Where management of this duty changes, the cleaning regime should be repeated prior to competition resuming.

   f) Consider whether it would be viable for the athlete to have three consecutive jumps before the next competing athlete, to reduce the amount of raking and cleaning of the sand pit.

   g) It is advised that a measuring tape is laid out for athletes prior to the event, to prevent traffic up and down the runway with athletes measuring their run up.

   h) All athletes should bring their own markers.

   i) Venue seating can be used if the athletes have separate seats and are cleaned prior to and after use. All seating should be socially distanced.
j) All equipment should be cleaned once the competition has finished, in line with the venue guidance.

f) THROWS

Shot/Hammer/Javelin/Discus

a) Up to **12 athletes can compete in a group** but must adhere to all Covid-19 Secure guidelines on social distancing and hygiene/cleaning. Organisers should assess space around the field event area and timetabling to ensure the event can run correctly.

b) Adhere to social distancing and clean hands prior to competing

c) Athletes and Officials must maintain social distancing throughout the competition. An example of how this could be achieves is in appendix 3.

d) Athletes should use their own equipment where possible. Weighing of equipment should be carried out observing social distancing. Facility should be made available so this can be carried out outdoors or in a ‘gazebo’ space.

e) If venue implements are used athletes should clean their hands before and after use to reduce the requirement of cleaning each implement.

f) Athletes must provide their own chalk (if using), which cannot be shared between competitors.

g) 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.

h) Movement of gates for Hammer - all Left handers together, all Right handers together, and one official to move the gates – at the most two.

i) Should implements be caught in the net, it is the responsibility of one or more designated official or volunteer, throughout the competition to retrieve that implement. Ideally these would be trained in H&S ladder usage by the venue. Or be venue appointed. Hygiene regulations must be adhered to once the implement has been retrieved. The implement must be cleaned before the athlete can continue.

j) Equipment such as EDM, or measuring tapes, must only be used by dedicated individuals for the whole competition. Where management of this duty changes, the cleaning regime should be repeated prior to competition resuming.

k) A dedicated official should be responsible for implement retrieval from the field throughout the competition. This official should be provided with disposable gloves and sanitiser for the purpose throughout the duration of the competition.

l) The throwing circles must be swept and cleaned after each competition.
12. POST COMPETITION

Post competition the venue must be returned to its original state, ensuring all venue equipment is thoroughly cleaned in line with the venue and government guidelines.

Each competitor must be briefed to ensure if they do show signs of COVID-19 within two weeks of the competition the competition provider must be informed so all competitors can be contacted. This is in line with the Government Track and Trace system. UKA must also be notified if there is a positive Covid-19 case following the competition – click here.

Should the unfortunate instance arise that someone from the competition tests positive for Covid-19, an example email HERE can be used to advise the ‘next steps’ for everyone in attendance at the competition.
13. RISK ASSESSMENT TEMPLATE

Each competition provider must create a Risk Assessment for their competition outlining how transmission risks will be mitigated throughout every element of the competition. There is a generic Risk Assessment document on the UKA website – link below. In appendix 7 there is a Competition Provider Risk Assessment guidance document. While the guidance document will not include everything applicable to your competition, use it to begin thinking about what would need addressing in each area of your competition.

Risk Assessment: <Insert Activity/Event>

<table>
<thead>
<tr>
<th>Date:</th>
<th>Assessed by:</th>
<th>Location:</th>
<th>Review:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/20</td>
<td>&lt;Insert Name&gt;</td>
<td>&lt;Insert location&gt;</td>
<td>&lt;Review Date&gt;</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What are the Hazards?</th>
<th>Who might be harmed and how?</th>
<th>What are you already doing?</th>
<th>Risk Rating</th>
<th>What else can you do to control this risk?</th>
<th>Resultant Risk Rating</th>
<th>Action by whom</th>
<th>Target date</th>
<th>Complete</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slips and trips</td>
<td>Staff may be injured if they slip on slippery or trip on cables or objects left on the floor.</td>
<td>There is general good housekeeping policy in the organisation. Wet floor signs are always used. Staff use electrical sockets nearest to where they are working to reduce the risk of tripping over leads.</td>
<td>L</td>
<td>Introduce a two-mop system for cleaning floors (see mopping followed by dry mopping). Rentall staff to wear sensible shoes, e.g. flat shoes with a good grip.</td>
<td>L</td>
<td>Joe Bloggs</td>
<td>25/12/16</td>
<td>Yes 14/05/15 Joe Bloggs</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NB Copy and paste rows as required

Download Risk Assessment Template HERE
14. DISCLAIMER

Please note that the subject matter covered in this guidance is in no way exhaustive and the material does not stand on its own nor is intended to be relied upon as a substitute for obtaining specific legal advice. Individual circumstances will differ. The information contained in this guidance is given in good faith but any liability of England Athletics Limited or its professional advisors (including their respective members or employees) to you or any third party which may arise out of the reliance by you or any other party of the contents of this guidance is hereby excluded to the fullest extent permitted by law. England Athletics Limited and its professional advisors accept no duty of care or liability for any loss occasioned, whether caused by negligence or otherwise, to any person acting or refraining from actions as a result of any material in this guidance. We would strongly recommend that you consult professional advisors on specific issues before acting or refraining from action on any of the contents of this guidance.

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APPENDIX 1 - COVID-19 COORDINATOR ROLE

The COVID-19 coordinator is responsible for reviewing each area of the competition and asking pertinent questions to ensure that EA and Government Guidance is adhered to throughout the competition. We would advise that this role is separate to the meeting manager, and ring fenced for only this role to ensure they can oversee the full operation of the competition.

Competition Providers should appoint a designated COVID19 coordinator (preferably with experience in health and safety in a professional or volunteer setting) whose responsibilities include:

- Liaising with the facility manager / landowner in relation to all matters concerning COVID19
- Assisting to produce site-based risk assessments ensuring that COVID compliant processes and protocols are in place
- Ensuring all necessary level of risk mitigation are in place prior to competition
- The coordinator is responsible for alerting the meeting manager to any situation which contradicts the Covid-19 procedures which have been put in place for the competition.
- Competition Providers should ensure they are prepared and have planned for circumstances where injuries or other accidents occur, and they have mitigating procedures and plans in place to resolve the issue while maintaining all government guidance ensuring compliance of social distancing measures during training sessions
- Ensuring that volunteers/Officials, coaches / leaders, athletes, and parents / guardians are adhering to this guidance.
- Ensuring that the competition complies with the facility restrictions and guidance.
- There must be a clear line of responsibility adopted at the competition to ensure compliance is achieved. We recommend that the duty of command is as such that issues are reported in the first instance to the Covid-19 coordinator, who will attempt to resolve the situation, if that is not possible then the meeting manager is informed to pursue further, appropriate action in line with the competition risk assessment.
APPENDIX 2 – INFORMATION POSTERS

It is important that posters are displayed upon entrance to your competition to remind people not to attend should they be showing signs of the virus, and also to reinforce the message that Government Guidelines are being adhered to at the competition. Liaise with your venue in the first instance. A collection of NHS information posters can be viewed [HERE](#).

Event specific social distancing merchandise can be found [HERE](#). Other suppliers are available.

EA posters for competition providers to use can be found [HERE](#).

Examples:
APPENDIX 3 - ZONING EXAMPLES

These are examples only and do not depict the correct number of athletes. Downloadable copies of these diagrams are available HERE.

PLEASE NOTE:
This diagram is for illustration purposes only, each competition provider should adopt the most suitable solution for their venue.
400m Hurdles and 400m

KEY
- Officials
- Athletes approach
- Athletes run
- Athletes leave

NOTES
- After finishing athletes continue to bag collection and exit. If Photofinish is used, at least one timekeeper must be appointed.

4x400m Relay

PLEASE NOTE:
- This diagram is for illustration purposes only, each competition provider should adopt the most suitable solution for their venue.

NOTES
- Up to 8 teams of 4 athletes each may take part. Athletes start in lanes 1-8, traversing 100m into second lap Changeover is around the start/finish area
- There must be space for athletes to socially distance prior to changeover. Athletes must sanitise their hands prior to and post-race. One button per team, to be sanitised prior to and post-race. After finishing athletes continue to bag collection and exit. If Photofinish is used, at least one timekeeper must be appointed.
Endurance

Track Judge / Referee

Timekeepers ×2
Top and bottom of stand

Finish

Notes
800m to 3000m including steeplechase
Up to 12 athletes can compete.
Social distancing to be maintained outside of competition time i.e. before start and after finish.

Hammer & Discus

Athlete waiting area

Chief judge
Call up, count, warning horn, front and rear of circle, flags, read and record measurement.

Sector judge
Splits and zero end of tape

Landing area

Implement return

Implement return and cleaning

Second judge
Adjust hammer gate, front and rear of circle, pull tape through (move to rear of cage, out of sight, do so).

Notes
Athletes to use the same implement throughout.
Implement to be returned to a point 5m from the circle and picked up by athletes from there.

PLEASE NOTE
This diagram is for illustration purposes only. Each competition provider should adopt the most suitable solution for their venue.
Long & Triple Jump

KEY
- Officials
- Athletes approach
- Athletes jump
- Athletes return

Athlete seating

Judge
Call-up.
Runway control.
Wind gauge.

Volunteer
An optional additional raker on the Opposite side of the pit will speed things up significantly.

Runway
Sand Pit

Chief Judge
Card 1. Take-off board.
Exit from pit. Flags. Pull tape through and measure.

Judge
Spike and zero end of tape.
Rule pit.
(Foot sequence in Triple Jump)

PLEASE NOTE: This diagram is for illustration purposes only, each competition provider should adopt the most suitable solution for their venue.

Pole Vault

KEY
- Officials
- Athletes approach
- Athletes vault
- Athletes return

Landing mat

Judge
Adjust uprights & bar.
Hips, Hands, validity of clearance. Flags.

Judge
Adjust uprights Solar.
Plant, Plant of both feet. (Will have to adjust position when uprights are adjusted. Normally these duties are 29FL)

Chief Judge
Card 1. Call-up.
Runway control.
Height progression.
Communicate position of uprights.

PLEASE NOTE: This diagram is for illustration purposes only, each competition provider should adopt the most suitable solution for their venue.
SEATED THROWS DUTIES

a. Additional use will be made of athletes’ personal assistants to retrieve implements during warm-up and competition.

b. Where EDM is used, an additional EDM operator will be required.

c. For events from a cage, where a tape is used, consideration should be given to threading it under the net at the back so that the pull through can be done outside the cage to ensure social distancing.

d. As is normal at domestic level, it is anticipated that six consecutive throws will be taken, unless numbers are such that they require the elimination of competitors after three rounds.

e. Wherever possible competitors should use their own implements throughout. If supplied implements are used, suitable COVID 19 hygiene procedures must be in place.

SEATED SHOT


2. Lifting. Pull tape through.

3. Sector judge. Mark throws. Spike and zero end of tape. (Or EDM prism.)

SEATED JAVELIN

1. **Chief Judge.** Call-up. Card 1. Contact with tie-down straps outside the circle. Flags. Measure and record distance.

2. Lifting. Pull tape through.

3. Sector judge. Mark throws. Spike and zero end of tape. (Or EDM prism.)

4. Validity of landing.
SEATED DISCUS
1. **Chief Judge.** Call-up. Card 1. Contact with tie-down straps outside the circle. Flags. Measure and record distance.
2. Lifting. Pull tape through.
3. Sector judge. Mark throws. Spike and zero end of tape. (Or EDM prism.)

CLUB
1. **Chief Judge.** Call-up. Card 1. Contact with tie-down straps outside the circle. Flags. Measure and record distance.
2. Lifting. Pull tape through.
3. Sector judge. Mark throws. Spike and zero end of tape. (Or EDM prism.)

*Malcolm Rogers*  
*On behalf of UKA Technical Advisory Group*  
*8th June 2020*
APPENDIX 4: SAFE REMOVAL OF DISPOSEABLE GLOVES

Follow the simple steps below to remove gloves correctly:

Remove carefully to protect your skin from contamination.
APPENDIX 5: HOW TO WEAR A MEDICAL MASK SAFELY

Remember that masks alone cannot protect you from Covid-19. Maintain at least 2 metres distance from others and wash your hands frequently and thoroughly, even whilst wearing a mask.
APPENDIX 6 - ATHLETE ASSISTANCE REQUEST FORM - EXAMPLE COVID DRAFT

Athletes are entitled to Assistance or Guides in the following classes: **RR1-3, T/F11-12, F31-33 & F51-54. Please provide your own bib & report straight to the event / call-room**

Name: ..............................................   Bib Number: ..............................................
Club: ...........................................................   Classification: ..............................................
Event(s): ..............................................   Saturday: **TICK**   Sunday: **TICK**

Assistance in other classification groups is not normally permitted, unless agreed by the Track or Field Referee in advance. This might include setup of blocks, run-ups, athletes with hearing impairment etc.

Parents and coaches won’t be permitted onto the track, unless agreed.

COVID-19: whilst social distancing measures are in place it is important arrangements are requested pre-event and athletes are familiar with their setup.

- **PRE-EVENT** i.e. Laces, Gloves: .................................................................
- **START COMMANDS / FALSE START:** ...........................................................
- Other (please detail): .................................................................
- **STARTING BLOCKS**
  - Left Foot: ..........cm ..........degrees
  - Front: ...............cm
  - Right Foot: ..........cm ..........degrees

- **RUN-UP MARKERS:**
  (1).........cm   (2).........cm

- **SEATED THROWS (COVID-19):**

All seated throwers will be permitted assistance to assist with implement retrieval.
Where needed, an additional assistant wearing a bib will be permitted onto the Field of Play (FOP) to assist with tie-down straps, then leave the circle before the athlete enters.

NOMINATED GUIDE / ASSISTANT(S): .................................................................
REFEREE SIGNATURE: .................................................................
REFEREE NAME: .................................................................

Please return this form to the organiser by XXXX
APPENDIX 7 - COVID-19 HEALTH AND SAFETY CONSIDERATIONS FOR COMPETITION

EA COVID-19 guidance for competition providers

This document is intended to offer competition providers some guidance for implementing H&S protocols specifically relating to COVID-19 when resuming formal competition activity. Each competition provider is responsible for their own actions. England Athletics has produced and issued this document as guidance only, subject to the disclaimer notice below.

Key points to note:

1. Resuming competition will always carry a degree of risk associated with transmission of COVID-19. The risk cannot be eliminated unless you decide not to resume activity until there is an effective vaccine or cure, or the disease is eliminated from the UK. As a competition provider you need to consider what are the key generic, operational and site-specific risks and how you can mitigate these risks by specific actions you take. The law does not expect you to eliminate all risk, but you are required to protect people as far as ‘reasonably practicable’.

2. You will need to review the risks and actions on a regular basis to understand how effective they are and what may need to change. This should be done at regular intervals and also in line with any changes to government, England Athletics (EA) and site-specific guidance.

3. Whilst EA recommends that all clubs appoint a COVID-19 co-ordinator role (see competition guidance for more details about this role) it is not its sole responsibility to produce, implement and review H&S protocols and risk assessments (RA). This should be jointly carried out by key club members who all have a responsibility in this area.

4. You should refer to guidance issued by the UK government (which can be found here) and follow this strictly at all times. Please refer to this regularly. This will supersede any guidance issued by England Athletics.

5. All competition providers, either acting solely within a club competition, or within a UKA licensed competition will have access to public liability insurance as a result of having up to date affiliation with England Athletics, that sits alongside club governance including up to date policies, procedures and risk assessments (See EA Club Standards).

6. You should liaise with any site owner / operator to ensure your protocols / RA comply with any site-specific restrictions or protocols that are in place.

7. Some of the points below will be relevant for virtual runs and challenges.

8. The points in the Risk Assessment below will need to be reviewed as and when any UK government / EA / local guidance is updated.

9. Competition providers should have a protocol for online entry to the competition, or session forms in place. Competition providers and clubs should update athletes, parents and volunteers on policies, risk assessments and operating procedures due to COVID-19. It is everyone’s responsibility (athletes / parents / coaches) to NOT attend competition if they have symptoms (or suspect they have symptoms), or tested positive for COVID-19, or have come into contact with someone who has tested positive for COVID-19.

10. Competition ratios and delivery should be in line with the EA competition guidance and government guidance around the number and location of gathering of groups.

Risk Assessments:

1. All competition providers should have risk assessments in place for competitions as standard. This is an ideal time to ensure your standard risk assessments are up to date and meet your current requirements.

2. For COVID-19 specific risk assessments you could simply add to your existing risk assessments to ensure they cover COVID-19 related hazards, or produce a specific document relating to COVID-19. There is no right or wrong approach for this, and it will depend on your circumstances.

3. The table below will help you to write risk assessments for your competition around COVID-19 and the points should be lifted from this and added to your own risk assessment template.
or added to the recommended risk assessment template that is included within the club guidance document.

<table>
<thead>
<tr>
<th>Competition at Track and Field Venues – Hypothetical Competition</th>
<th>Who might be harmed</th>
<th>Settings – physical settings &amp; activities</th>
<th>Considerations for mitigations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lack of awareness around COVID-19 risk factors and key government / EA / local guidance for limiting the spread / transmission of the disease</td>
<td>Athletes, Officials, Venue staff, Volunteers, Parents, Coaches, anyone involved in attending or participating in the event.</td>
<td>All settings / activities</td>
<td></td>
</tr>
<tr>
<td>Spreading / transmission of COVID-19 through contact with disease on a surface</td>
<td>As above</td>
<td>Sanitisation and PPE</td>
<td>What will you implement? And why? Who will implement this, you or the venue?</td>
</tr>
</tbody>
</table>

**Ingress / Egress**

Will Parking be available on site? How many spaces? Is signage required? Will you need to timetable arrivals?

**Car Parks**

How will this be managed? What signage will be implemented? Will you have flow routes/ are there any pinch points that need addressing?

**Registration / Competition Entry**

What will the registration process look like? How will you collate data of people?
<table>
<thead>
<tr>
<th>Payments</th>
<th>at the facility for track and trace? What sanitisation procedure/social distancing measures will you have in place? What is the procedure for bibs?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seeding/Lane Draw</td>
<td>How will competitors pay for your competition? Is payment required? If cash, what mitigations for virus transfer are in place?</td>
</tr>
<tr>
<td>Timetabling</td>
<td>How will athletes be seeded? And drawn in lanes? How have you come to this decision?</td>
</tr>
<tr>
<td>Warm up</td>
<td>How will you communicate the timetable? What will the timetable look like and include? What happens if an athlete misses their allocated time slot?</td>
</tr>
<tr>
<td><strong>Food and Drink</strong></td>
<td>signage required? Is there a need for one-way systems?</td>
</tr>
<tr>
<td>---------------------</td>
<td>--------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Waste disposal</strong></td>
<td>Will food and drink be available on site? If so for you and when/how? And what mitigations are you putting in place for this? How will this be managed? And by who?</td>
</tr>
<tr>
<td><strong>Toilets / Changing Rooms</strong></td>
<td>What is available at the venue? How will numbers be managed? How will his be communicated to all taking part in the competition?</td>
</tr>
<tr>
<td><strong>As above</strong></td>
<td>Who will be appointed as First aid at the competition? Who will provide first aid supplies? What PPE will first aiders need? Will they provide it or you? What happens if an incident occurs? How will the number guidance be adhered to? What happens with younger athletes who have parents at the competition? We will be using the venue first aid provision who we are in radio contact with should an injury need tending to throughout the competition.</td>
</tr>
<tr>
<td>As above</td>
<td>First aid and dealing with major or life-threatening injuries</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>As above</td>
<td>Emergency procedures and evacuations</td>
</tr>
<tr>
<td>As above</td>
<td>Welfare and Safeguarding of young athletes</td>
</tr>
<tr>
<td><strong>Field of Play – Athletes / Officials</strong></td>
<td><strong>Field Events – Throws</strong></td>
</tr>
<tr>
<td></td>
<td>Consider the following: (this list is not exhaustive) EA guidance Implements Sanitisation Social distancing One-way systems Number of officials/athletes The competition format (e.g. three throws with a rest in between or each athlete takes their turn and why) Will there be seating How will the distance be measured? What mitigations are in place for hygiene for the officials (regarding tape measures/EDM and the like)</td>
</tr>
<tr>
<td></td>
<td>Consider the following: (this list is not exhaustive) EA guidance Markers Run up measurement Sanitisation Social distancing One-way systems Number of officials/athletes</td>
</tr>
</tbody>
</table>
The competition format (e.g., three jumps with a rest in between or each athlete takes their turn and why)
Will there be seating
How will the distance be measured?
What mitigations are in place for hygiene for the officials (regarding tape measures/EDM/Rake and the like)
9m/11m boards and management of Uprights
Bar management
Cleaning of all landing surfaces (sand/bed)

Consider the following:
(this list is not exhaustive)
EA guidance Blocks
Starting area Lanes
Prior to the race Post-race
Officials duties/hygiene implications
Hurdles (management of/cleaning etc)
Falls
Communication of procedures

Endurance up to 3000m Inc. steeplechase

EA current guidance.
Up to 6 athletes must maintain social distance before start and at finish.

Sprints and Sprint Hurdles – (50/75/100/200/300/400)
| 800m | Consider the following: (this list is not exhaustive) EA guidance Staggers Officials duties |
| 1500m | Consider the following: (this list is not exhaustive) EA guidance Officials duties Pre-race/Post race social distancing measures |
| Zones | Consider the following: (this list is not exhaustive) Will you use zones at the venue? If so for what and how will these be managed according to social distancing regulations? |
| Results | Consider the following: (this list is not exhaustive) How will you manage the results? Following the EA guidance how will this be communicated to athletes? |
| Announcer | Consider the following: (this list is not exhaustive) Will you have one? How will they be communicated with ensuring hygiene and social distancing regulations are in place? |
| Field Cards        | Consider the following: (this list is not exhaustive)  
|                   | Will field cards be required?  
|                   | If so how will the officials receive these?  |
| Timekeepers       | Consider the following: (this list is not exhaustive)  
|                   | Timekeepers equipment  
|                   | Social distancing  
|                   | Timing pads  |
| Photo finish      | Consider the following: (this list is not exhaustive)  
|                   | Location of the room  
|                   | Size  
|                   | Hygiene  
|                   | Social Distancing  |
| Athlete +1        | Consider the following: (this list is not exhaustive)  
|                   | Can athlete bring a +1  
|                   | If so how is this recorded  
|                   | Where do they stand/sit?  |
| Spectators        | How are these managed / recorded and numbers kept to a minimum. How does this group self assess? |
Consider the following: (this list is not exhaustive)
- Provision?
- Hygiene

Consider the following: (this list is not exhaustive)
- Location
- Social distancing
- Personal belongings
- Communication

Weather contingency plans

Is this required?
- If so how will they be managed?

Location of them / How many / Communication

What will happen if someone falls?

For information on how to write a risk assessment and template risk assessment please visit - https://www.uka.org.uk/governance/health-safety/risk-assessments/

This is a sample Risk Assessment.

**PLEASE NOTE:** The subject matter covered above is in no way exhaustive and the material does not stand on its own nor is it intended to be relied upon as a substitute for obtaining specific legal and/or tax advice. The information contained in this document is given in good faith but any liability of England Athletics or its professional advisers (including their respective members or employees) to you or any third party which may arise out of the reliance by you or any other party of the contents of this document is hereby excluded to the fullest extent permitted by law. We would strongly recommend that you consult...
your own professional advisers on specific issues before acting or refraining from action on any of the contents of this document
APPENDIX 8 - USEFUL LINKS

Legal risks and duties when returning to play – Sport England

Cleaning in non-healthcare settings – COVID-19

Phased return to Outdoor Sport and Recreation – Government

UKA – Risk Assessment Guidance

Open Track Platform – Competition Management

Competition Signage

England Athletics Return to Activity Guidance

Sport England – Helping Volunteers Return

Safer Public Places

EA return to competition, additional information

Public Health England

Track and Field License Application