



LIFTING ATHLETICS OUT OF LOCKDOWN

#StaySafe

Return to Competition (V9 22/12/2021)

This document has been created to provide sport-specific advice to help Competition Providers and Officials (as well as athletes, coaches and parents) within the confines of the Welsh Government's roadmap to unlocking society. All Welsh Athletics guidance will be updated as per Welsh Government guidelines when they are made available or as soon as possible thereafter.

These guidelines will apply to Wales only.

All competitions should take account of local conditions and any risk assessment for normal activity should be undertaken along with a COVID-19 specific risk assessment. It is the responsibility of each competition provider, athletes, coach and facility to make assessments based on their local environment. The event risk assessment must consider mitigations and plans for when activities do not go as expected e.g. treatment of an injury whilst maintaining social distancing.

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Welsh Government Restrictions for Outdoor Sport & Activity

The Welsh Government has specific guidance on maximum numbers that are permitted in organised events/activity.

From 26th December 2021, Wales will be at Alert Level 2. Within this Alert Level, a maximum of 50 people can attend outdoor events and a maximum of 30 people can attend indoor events. Competition Providers must ensure that any event is delivered in line within this limit.

No spectators are currently permitted to attend individual sporting events of any level.

Events involving staggered starts/waves are NOT permitted.

Social distancing is a legal requirement except for within the confines of competition.

The activity must be organised by a Welsh Athletics registered Competition Provider or Club. The environment must be risk-assessed and all reasonable measures to reduce the risk of spreading the virus should be taken.

Activities for the development and wellbeing of children are permitted to take place. Organisers should be mindful of the need for the safeguarding of young children, and that regulations, including social distancing, will apply to those adults who are present.

Health

Everyone associated with a competition should monitor themselves daily for any sign of the virus 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 symptoms of COVID-19 **should not** attend the competition in any capacity.

Pre-event communication to all participants must include reminders about the following:

- Not to attend the event if they have been unwell or had COVID-19 symptoms in the last 7 days.
- Not to attend the event if they have been in contact with/exposed someone with COVID-19 in the last 7 days.
- Not to attend the event if they have been overseas or exposed to someone with COVID-19 in the last 7 days.
- Not to attend the event if they have been told to self-isolate as part of any contact tracing measures in place.

Anyone who subsequently becomes ill, whether it is deemed to have been as a result of attending the event or not, should contact the COVID-19 officer for that event immediately and inform them.

A register of competitors, officials, volunteers and nominated persons accompanying athletes to the event should be kept to assist with Track, Trace & Protect requirements.

Licensing

License Application forms can be found [here](#). This should be completed no later than 4 weeks before the competition date to ensure that there is sufficient time to review the event format and risk assessment.

These license applications will be processed by Welsh Athletics, ensuring that the planned event will operate within Welsh Government and Welsh Athletics guidelines.

All events must be licensed by Welsh Athletics.

A license will only be granted if all COVID-19 regulations are applied to the competition.

Competition Operations

Risk Assessments & Mitigating Factors

All reasonable measures to minimise the risk of exposure to COVID-19 should be considered as part of the event risk assessment. These include, but are not limited to:

- Clear communication of pre-event health screening protocols, prohibiting people from attending if they feel unwell and advising that they arrange a PCR test.
- Encouraging all who will be attending to undertake routine testing using lateral flow tests.
- Ensuring accurate registers are kept of all persons present at the event, to allow for contact tracing if necessary.
- Reduce/minimise the time that people are in contact with one another.
- Clear signage to ensure social distancing and one-way systems are adhered to.
- Consider the use of technology to replace face to face interactions (e.g. virtual briefings, pre-posting of race numbers rather than on-the-day collection).
- Moving any indoor points of contact to an outdoor setting.
- Contact-free methods of communication (e.g. replacing the need to use paper with radios, WhatsApp and tablets)
- Regular cleaning of shared surfaces and touch points.
- Provision of PPE where necessary.

Participation Communication and Management

All information about the event, including safety and wellbeing measures in place, should be sent to participants prior to the event. Competition Providers should update athletes, parents, and coaches on policies, risk assessments and operating procedures in light of COVID-19. As an example, this should include the following:

- Timetables
- Venue access, maps and routes
- People management measures in place
- Event provisions and competition management procedures
- Health and safety and risk mitigations

- Adverse weather contingency plans, if any – any plans to this effect should ensure that social distancing can be adhered to
- Baggage and kit drop for athletes without the need to call on someone for support

Officials Communication and Management

Competition Providers must put in place a risk assessment for Officials' and their activities, and ensure that all events can be managed to meet the latest Welsh Government guidance on COVID-19 as well as meeting licensing and event needs:

- Welsh Government guidance around PPE and/or vulnerable individuals must be followed.
- Where practicable, have separate ingress and egress points to the venue for Officials/volunteers.
- Clear communication of safety and wellbeing measures put in place for Officials should be distributed prior to the event.
- Consider how a register of officials for Test, Trace & Protect will be done in a contactless fashion.
- Officials' briefings should all take place outside.
- Provision of a bag area for Officials' kit at each event area where practicable.

Promotion of Events

Ensure that any event promotional material includes information about which facilities and events will be available, and any restrictions on numbers, age and ability.

It is essential that the Competition Provider communicates with all parties involved the protocols for each area of the competition from arrival to departure. Due diligence should be considered when factoring in elements such as registration, warm up and cool down. This list is not exhaustive.

Athletes and spectators should be aware of the competition plans and be able to make their own assessment and judgement of the risk of participation with the information provided.

It is the responsibility of all involved (athletes, parents, coaches, Officials) to NOT attend the competition if they have symptoms (or suspect they have symptoms), have tested positive for COVID-19 or have come into contact with someone who has tested positive for COVID-19.

Spectators

No spectators are permitted at events within the current alert level. Competition providers should develop a clear communication plan to deter spectators from attending where there are no specifically controlled access/egress points.

Athlete Guidance

Athlete Checklist for Competition

- Ensure you are familiar with the latest Welsh Government guidance relating to COVID-19 (including travel).
- Consider taking a lateral flow test just before you leave for the competition.
- Ensure you are aware of the policies, rules and procedures put in place by the competition provider (including access for parents and coaches).
- Adhere to any venue and event specific guidance in place at the competition.
- Carry your own hand sanitiser with you and ensure you have a mask to wear when using indoor toilet facilities.
- Ensure you bring enough food/hydration for the competition as on-site hospitality services may not be available.
- Athletes should not use competitions as an opportunity to socialise.
- Do not attend in any capacity if showing symptoms of COVID-19 or self-isolating.

Risk Assessment Template

Each Competition Provider must create a risk assessment for their competition outlining how transmission risks will be mitigated in every element of the competition. This should be done in addition to the usual competition risk assessment that would take place. A generic competition risk assessment can be found [here](#).

Appendix 6 provides guidance on creating a COVID-19 specific risk assessment for Competition Providers. Whilst this may not include all elements applicable for your competition, it will provoke thought around mitigations in each area of the event.

Appendix 1 – COVID-19 Officer Role

The COVID-19 Officer is responsible for reviewing each area of the competition and asking pertinent questions to ensure that Welsh Athletics and Welsh Government guidance is adhered to throughout the competition. This person can be the Meeting Manager, or someone else deemed appropriate for the role.

Competition Providers should appoint a designated COVID-19 Officer (preferably someone with experience in Health & Safety in a professional or volunteer setting) whose responsibilities include:

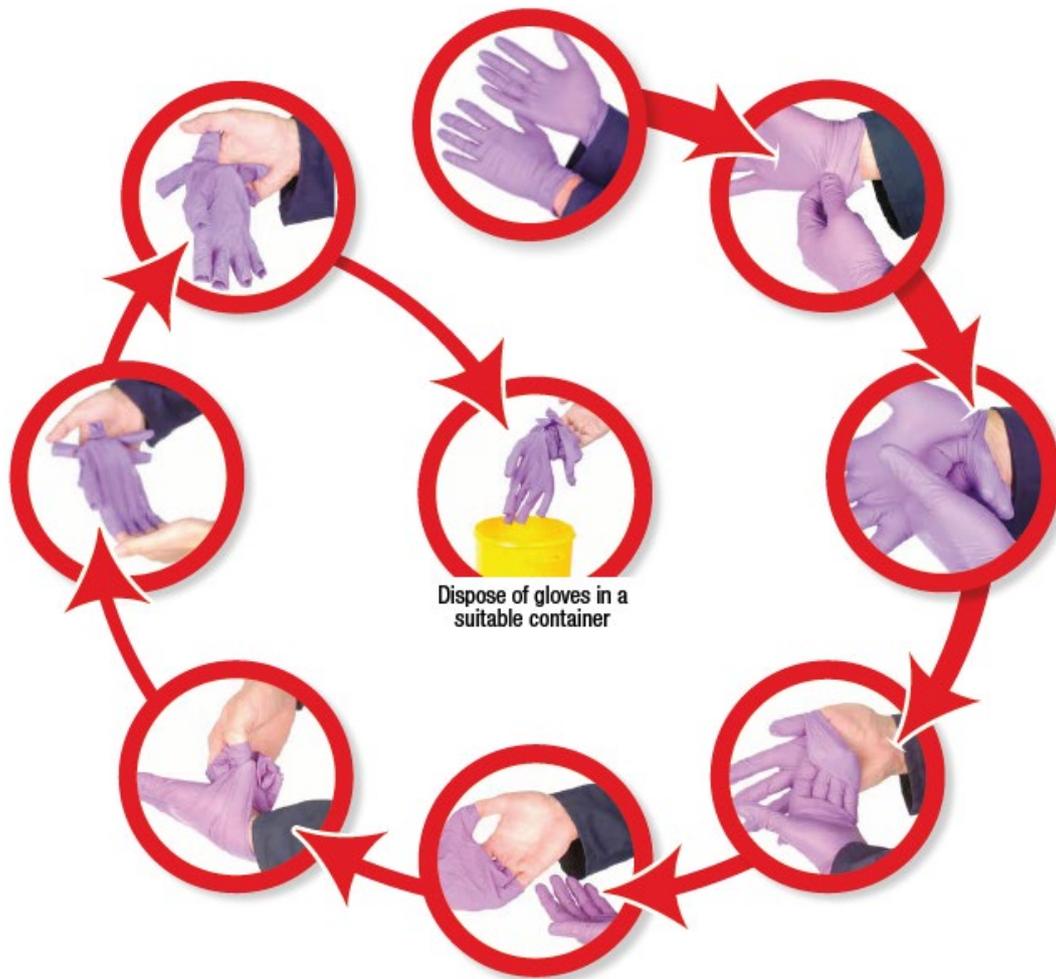
- Liaising with the facility manager / landowner in relation to all matters concerning COVID-19
- Assisting to produce site-based risk assessments ensuring that COVID-19 compliant processes and protocols are in place.
- Ensuring all necessary levels of risk mitigation are in place prior to competition.
- 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 Welsh Government guidance and ensuring compliance of social distancing measures.
- 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.

Appendix 2 – Information Posters

It is important that information posters are displayed upon entrance to your competition that remind people not to attend if they are showing signs of illness, and also to reinforce that Welsh Government guidelines are being adhered to at the competition. A collection of Public Health Wales posters can be viewed [here](#).

Appendix 3 – Safe Removal of Disposable Gloves

Follow the simple steps below to remove and dispose of gloves correctly;



Appendix 4 – How to Wear A Medical Mask Safely

HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.