



## *The Bermuda National Athletics Association*

Bermuda Registered Charity #180

P.O. Box HM 2156, Hamilton HMJX Tel: (441)296-0951 Fax: (441) 296-2823 Email: athleticsbda@gmail.com

### **COVID-19 Return to training**

### **Safety Guidance Plans for Road Races/Cross Country**

#### **Introduction**

The Bermuda National Athletics Association is committed to the health and safety of its athletes, coaches, officials and members. The Government regulations should always be adhered to for all road races/cross country and it is the responsibility of all members, affiliates, athletes and coaches to abide by the policies and procedures designated to ensure a safe environment for all.

By following these guidelines, athletes and their families will be able to make informed decisions when hosting and participating in road races/cross country.

#### **Review Restrictions**

Information and guidelines are constantly changing so please continue to review the following:-

- The Government and Health guidelines
  - Social distancing requirements
  - Required safety and hygiene controls
  - Any additional controls, such as local lockdown measures
  - Number of persons who can be gathered

Please note that the event delivery principles set out in this guidance document will need to be applied across the range of events that take place – from small local races to large mass participation events. Event organizers will need to assess how the delivery principles will be implemented for their events and if they have the necessary resources to stage them.

Event organizers have a responsibility to take reasonable steps to ensure their activities and the event environment is as safe as possible for all.

It should be noted that events may have to react to local lockdown conditions and may not be able to go ahead even if they have implemented all necessary mitigating measures.

## **General Overview & Recommendations**

### **The following individuals should not be allowed to participate in the event**

- Any person experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath). If these symptoms begin while at a event the individual must leave immediately and contact their physician for further management. The individual must also inform their club and/or personal coach. This person must receive clearance by their physician before participating in any event.
- Any person who receives a diagnosis of COVID-19 must comply with the current mandated quarantine policy
- Any person who has been told to quarantine at home
- Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19
- Any person who lives in a home or has been in close contact with someone who has been told to quarantine at home
- Any person who has arrived in Bermuda from outside of the country within the last 14 days as they are mandated to quarantine and monitor for symptoms for 14 days upon their arrival

## **Key Principles for Staging Events Safely**

### **Communication**

All key principles must be underpinned by clear, consistent messaging from the organizers to officials, volunteers, participants and the wider public, including potential spectators

Organizers should develop and deliver a comprehensive communications plan that reinforces all key points to the relevant audience.

### **Application of Principles**

Organizers should ensure that where applicable these principles are applied by all officials and volunteers and by all third-party suppliers, venue staff and contractors, throughout all stages of the delivery of the event, including planning and at all times on site.

Organizers should commit to make sure these principles are adhered to throughout the planning and delivery of the event.

## **Staff, Volunteers, Officials, Suppliers & Contractors**

All staff, volunteers, officials, suppliers & contractors must receive and acknowledge appropriately detailed briefings on these guidelines/regulations and appropriate ways of working before arriving at any event site or meeting.

If possible all staff, volunteers, officials, suppliers & contractors should have temperature checks on arrival.

Mitigations such as increased onsite working and welfare space should be put into place. Additional time to build and take down the event should be factored in.

Staff/Volunteers/Officials should be issued with suitable face masks where appropriate and there must be appropriate collection, renewal and disposal facilities. Must wear face mask throughout the event.

Organizers must develop suitable plans to follow the above – General overview and Recommendations

Event Organizers should appoint a named COVID-19 Officer (who could be the Race Director or other individual involved with the organization of the race) who shall be the first point of contact for all contractors and staff/volunteers/officials throughout the build and takedown period and the event itself. The COVID-19 Officer will be responsible for oversight of the risk assessment and the mitigation planning and will ensure that the necessary standards are met.

## **Social Distancing of the Event**

Organizers must design their event so that the applicable Government advise on social distancing can be maintained by participants and officials/volunteers/officials.

The event timetable and event areas should be designed in order to maximise the available space for each participant and minimise the amount of time participants spend in proximity to each other

Organizers must assess carefully the capacity of their events, such that social distancing is possible. Crowd flow should be used where appropriate.

## **Before the Event**

Ensure the race information is sent out sufficiently far in advance to allow competitors to ask any questions and receive a response before the day of the event. If possible provide a FAQ section on the event website and update regularly in advance of the event.

Pre-event communication to all participants must include reminders on who cannot attend (General overview and Recommendations).

Only competition essential materials should be included in the race pack such as the race number (eg. No promo materials) and reduce packaging as much as possible.

Where possible timing chips should be included in the race pack.

On the day, briefings should not take place unless last minute critical information needs to be shared.

All competitors must sign up for the event in advance and no race day entry. Any queries need to be dealt with prior to the event and not on race day.

Athletes must arrive at the event wearing a protective mask. This may be removed during athlete warm up but must wear as they head to the start line.

Limit lines especially number pick up.

### **Before the start**

Organizers must ensure that areas are designated so that participants do not need to assemble in a manner which conflicts with social distancing guidelines.

Organizers should not have baggage drop off and remove event elements likely to cause participants to congregate.

Organizers should consider marking out spaces or provide additional signage to remind competitors to conform to social distancing.

Organizers need to keep a list of all participants and contact information in case Contact Tracing is required.

### **Start Line Management, Course and Finish**

Organizers must design start line procedures such that the density of participants at the start line is within social distancing guidelines. This could be achieved by:-

- Maximizing the space available at the start line and the time available for participants to cross the start line
- Clear messaging to participants to follow start line protocols (seeding by predicted time). Waves of 20 persons
- Reducing the dwell time before the start to an absolute minimum. Move participants more rapidly to the start line
- Modelling the start “release” time. This would include lengthening the release time to allow social distancing to be maintained throughout the course and have a buffer built in (eg. 3 mins between each wave)

Consideration should be taken on the location and width of the start

Remove pacers and entertainment

Runners are requested to avoid running in groups.

If a runner overtakes please do so maintaining social distancing.

Organizers should ensure that finishers are dispersed quickly away from the finish line and should take measures to guide participants safely away from the event site

Unnecessary touch points (eg. Handing out of medals) should be removed from the finish line.

### **Feed Stations**

Use of feed and drink stations by participants should be minimised. Participants should be encouraged to bring their own hydration and nutrition, using bottle belts and hydration backpacks etc.

If drink stations must be used, they should be configured to minimise contact time. Sealed bottles are recommended rather than cups. Bottles should be picked up by participants and not handed to them.

### **Finish Area**

Social distancing and hygiene measures must remain of paramount importance.

Where possible increase the width of the finish chute to give competitors more space when crossing the finish line. The minimum finish line width will be determined by crowd flow.

Ensure competitors avoid lying or sitting down in the finish chute/finish area (unless in the case of a medical need/problem). Identify a pool of volunteers on duty at the finish line to look out for runners looking weak/light-headed and then encourage them to keep walking and not to stop. These volunteers should wear PPE appropriate to their role and have hand washing/sanitiser facilities available.

Following their finish, all competitors must be directed to an open space, wear their protective mask.

Organizers should have a plan to disperse everyone off site as efficiently as possible.

### **Medical and Hygiene**

Organizers must develop a plan to manage individuals presenting with COVID-19 symptoms at the event

Organize a discussion with event organizer and medical (St Johns) and have a plan for the event

Hand sanitizer should be freely available throughout the event site

A regular water supply is strongly recommended

Organizers must ensure that all relevant areas of the event site are cleaned at the standard of the Government guidelines

Spectators, Residents and Businesses

Organizers should develop comprehensive communication plans to deter the number of spectators and supporters from attending the event, emphasising alternatives to follow the event where provided. Spectators must wear masks at all times.

Where appropriate organizers must take pre-emptive action to mitigate known points of spectator crowding, including preventing access to those areas if necessary, remove any entertainment and attractions

Organizers must develop comprehensive communications plan in order to inform local residents and businesses that the event is taking place, explaining how the event is being held safely and how they can contribute towards ensuring the event remains safe

### **Elite athletes travelling from abroad**

Organizers must ensure that all considerations around elite athletes follow COVID-19 related guidance from the Government

Observe current quarantine rules.

Provide additional frequent testing following Government protocol.

### **Outbreak Action Plan**

- Any individual experiencing any symptoms of COVID-19 listed below or who have been advised to self-isolate are not permitted to participate.
- Current symptoms that may suggest a COVID-19 infection include:-
  - Fever
  - Chills
  - Cough
  - Barking cough/croup
  - Shortness of breath
  - Sore throat
  - Difficulty swallowing
  - Runny nose
  - Congested nose
  - Loss of taste or smell
  - Pink Eye
  - Headache
  - Nausea, vomiting, diarrhea, stomach pain
  - Muscle aches
  - Extreme tiredness
  - Falling down often
- If symptoms develop the individual must leave immediately and contact their public health office for recommendations

