

Dear Athlete,

COVID has added an additional layer of complexity to this championship and it is important that all athletes and guests are familiar with the information shown below.

Thank you for entering the SW Inter-County T&F championship scheduled for July 18th at the Exeter Arena.

Following the Government's Road map plan, easing the lockdown restrictions, competitions of this type are permitted, but we need to strictly follow the guidance offered by the UK Govt and EA. Details can be found here.

<https://www.englandathletics.org/athletics-and-running/news/guidance-update-2021/>

The nominated COVID CO-ORDINATOR is Steve Shaw - if you need to contact him please use coach.shaw@me.com (this is for COVID related enquiries only)

If you have any symptoms of COVID 19 or have been told to Self-Isolate by the Test and trace organisations or have registered a positive test then DO NOT ATTEND the meeting.

If you return a positive COVID test 2 weeks after the meeting please inform the Meeting Manager at somersetathletics@hotmail.co.uk and also the COVID CO-ORDINATOR (see above). The information collected on the JotForm will be retained for 21 days post the event to satisfy track and trace requirements.

The only spectators permitted are those that were included on the athlete's online entry form. Children coming as spectators, who were not originally on the form, will be permitted if their details are notified to the Meeting Manager by email.

ONLY PEOPLE ENTERED IN OUR PRE-ENTRY SYSTEM WILL BE ALLOWED ON SITE.

COACHES CAN ATTEND IF THEY PRODUCE THEIR COACHING LICENCE AND WILL NEED TO SIGN IN AT THE GATE WHEN THEY ATTEND.

Spectators can watch events from outside of the railings surrounding the track but are not allowed into the competition area.

We ask that everyone maintains social distancing protocols and bring their own hand sanitiser and face coverings for use as required.

Entry to the stadium is via the two gates either side of the main stadium building.

At the time of writing, we plan to use one gate for boys/men and the other gate for girls/women.

Only Officials will be allowed access to the track through the Exeter Harriers clubhouse

On arrival your name will be checked against the entry list from your original application, as will that of your guest/coach/volunteer official.

There is likely to be a small queue at this point, please maintain social distancing. .

We are not able to provide food or drink at this event for spectators but there may be a dispensing machine in the main stadium that you can use.

Please bring your own supplies of whatever you might need.

Whilst under normal circumstances you would be allowed to stay and watch the day of athletics our risk assessment plan aims to minimise the number of people on site at any one time.

Please plan on arriving not more than 60 minutes before the published event time and leave as soon as practical after your event (after collecting medals, if relevant, and recovering sufficiently).

The Exit is via the large vehicle gates to the left of the Exeter Harriers clubhouse.

Please check and re-check our website <http://www.athleticssouthwest.org.uk/> and social media feeds for any changes and listen for announcements on the day.

Your competition (bib) number will be shown in a file on <http://www.athleticssouthwest.org.uk/>

Your bib number can be collected on the day at the access gates (from 9am to 12MD for the morning session and from 1pm for the afternoon session).

There is no need to print your own bib number. Please bring your own pins.

Changing rooms in the stadium are NOT available but the toilets in the stadium will be open. Use face masks whilst in the building.

As the meeting progresses various areas will be available for warmup drills and stretches depending on which areas of the track and field are currently in use.

If you are using hurdle barriers for warm up please restrict personal touch contact to them to a minimum. We will be making efforts to keep these items sterile.

TRACK EVENTS

We will not be using a call room so athletes should come to the start point for your event 10 minutes before the scheduled start time. MAINTAIN social distancing before and after the race.

Note this recent ruling-

CR18.5 Unsporting or Improper Behaviour (125.5) New UKA Supplementary Note: "Spitting (or similar) in warm up, call room, field of play or any other public area may be treated as a conduct offence and will be dealt with by a warning or disqualification (yellow card and / or red card offence)."

FIELD EVENTS

Athletes with personal implements should get these checked and weighed **on arrival** at the "garage" next to the clubhouse. Athletes should report to Pole Vault 45mins prior to event and Hammer 30mins - all other field event athletes should report 15mins before the scheduled start or when previous event has concluded.

Note this recent ruling-

CR18.5 Unsporting or Improper Behaviour (125.5) New UKA Supplementary Note: "Spitting (or similar) in warm up, call room, field of play or any other public area may be treated as a conduct offence and will be dealt with by a warning or disqualification (yellow card and / or red card offence)."

This ruling includes the moistening of hands with saliva to gain better grip on implements. This is for the safety of everyone in the sport to prevent the spread of COVID. Spitting or moistening of hands with saliva will be dealt with by warning and then disqualification from the event.

- We are unable to provide markers for long jump, triple jump or Pole Vault so please bring your own. A tape measure will be laid down so you can place your marker at a known distance from the board. If you know this distance in advance it will help.
- For Pole Vault, please do not share poles. The stadium is unable to provide poles. Same information as above relating to markers.
- For throwing events implements (except Shot) will be cleaned between each use wherever practicable. Officials will not touch the grip on Javelins at any time, this will not be sanitised.
- High Jump and Pole Vault mattresses will be cleaned prior to your competition.

At the competition area there will be a cleaning station where we expect each competitor to sanitise their hands. Parents and coaches can watch events from outside of the railings surrounding the track but are not allowed into the competition area.

Results will be published online and Power of 10 as soon as we can.
Paper results will NOT be posted on the day in line with EA Guidelines.

Medals will NOT be presented but can be collected from a table outside the clubhouse.
Athletes in field events will be given a paper slip showing the medallists.
These athletes may collect their medals immediately.
Athletes in track events will have to wait until the result is announced by the announcer.

We have onsite first aid situated near the finish.

We strongly suggest you bring your own minor ailments pack to include plasters and potentially a sports instant icepack.

The organising committee of the SW Council hope that you have an enjoyable visit and perform well in your events. Thank you for supporting our meeting and have a safe journey home after the meeting.

We would be more than happy to take feedback via somersetathletics@hotmail.co.uk

For more general information about the championship please refer to the general guidance notes on the SW website <http://www.athleticssouthwest.org.uk/>
The website will also show the timetable and the meet programme showing entries by event, lane draw etc.

With Kind Regards

David Cooke
Meeting Manager