



Gold Coast Masters Athletics – COVID SAFE Event Plan for Track & Field (as at 04 July 2020)

This plan is based on the Queensland Athletics COVID SAFE Event Plan for Track & Field that has been provided to assist clubs in conducting Track & Field events. The purpose of the COVID SAFE Event Plan for Track & Field is to ensure that events comply with the current Queensland Government regulations as set out in the Stage 3 Roadmap and Outdoor Sports Industry COVID SAFE Plan.

This is an activity specific COVID SAFE Plan which outlines how Gold Coast Masters Athletics will conduct their competition events to ensure compliance with all applicable COVID SAFE requirements. Gold Coast Masters Athletics has carefully considered all requirements outlined in the Queensland Athletics COVID SAFE Event Plan for Track & Field and these requirements are outlined below.

Gold Coast Masters Athletics has negotiated the proposed dates for the events they are looking to deliver with the Gold Coast Performance Centre Runaway Bay, to ensure a coordinated calendar of events, and to ensure a coordinated approach to complying with COVID SAFE requirements.

Core Responsibilities

- Good COVID-safe hygiene is required of all competitors, spectators, coaches, etc. (i.e. adhere to hand-washing guidelines, and cough and sneeze into elbow.)
- No one shall attend if they have any symptoms of COVID-19, e.g. fever, cough, sore throat, shortness of breath, sneezing/runny nose or loss of sense of smell, etc. (please also refer to the thermometer reading requirement outlined below.)
- No one shall attend if they have COVID-19 or if they are awaiting the results from being tested for COVID-19.
- No one shall attend if they have been in contact with any known or suspected cases of COVID19 in the past 14 days.
- No one shall attend if they have been in a designated COVID hot spot, or has returned from overseas, in the last 14 days.
- No one shall attend if they have been in contact with someone that has been in a designated COVID hot spot, or who has returned from overseas, in the past 14 days.
- COVID hot spots include any designated COVID hot spot in any State or Territory.
- A record, including contact information, shall be kept on every individual that attends the event, including competitors, spectators, parents, children and coaches.
- The event shall not have more than 500 persons in total.
- The number of persons allowed under 500 is dictated by the ability to ensure social distancing for all attending whilst not on the field of play.
- Social distancing is not required on the field of play or in the race.
- Social distancing is required by all, including competitors while not competing or on the field of play.
- All competitors and spectators shall spend as little time at the venue as possible.
- Competitors shall arrive in time for warm up and leave as soon as their race/event finishes.
- Results shall be posted electronically after the event.
- Contact with officials and event volunteers shall be avoided as far as reasonably practicable.
- Dispose of rubbish, used tissues, sanitary wipes, etc. in rubbish bins provided at the venue.
- Each event shall have a designated COVID SAFE Safety officer who is responsible for implementation of this plan.
- Gold Coast Masters Athletics' COVID SAFE Safety Officers are Alf Lakin and Karen Lakin.
- The most recent copy of the COVID SAFE plan shall be published on the Gold Coast Masters Athletics Website. All competitors are to familiarise themselves with the most recent copy of the COVID SAFE plan.

Pre-Event Plan

- Check with the venue (Gold Coast Performance Centre Runaway Bay) for any specific requirements.
- The track shall be divided into zones and these communicated to competitors. Gold Coast Masters Athletics event zones are: Track, Horizontal Jumps, High Jump, Long Throws (hammer, discus, javelin) and Short Throws (shot put and weight throw).
- Competitors shall stay in the zone appropriate to their event.
- The timetable/sequence of events shall be constructed so as to facilitate athletes to come and go from the event as soon as possible, e.g. 100m followed by 200m.
- Design the timetable/sequence of events so as to minimise the number at the venue at any one time. The timetable/sequence of events should also ensure no interaction between race groups.
- Define separate entry and exit points to the field of play and inform all competitors. Use signs as appropriate.
- Ensure there is a designated spectator area that is of sufficient size to ensure good social distancing of all spectators at all times.
- Avoid having a spectator area that is close to the finish line.
- Where the venue has a grandstand, this area shall be designated as a Spectator only area and be serviced by a separate entrance.
- No tents or shade shelters are to be brought to the event by competitors, spectators, coaches, etc.
- Spectators, coaches, etc. are not to have contact with competitors at any time (i.e. do not enter the field of play), and social distancing shall be maintained at all times.
- All competitors must be members of Queensland Athletics or Queensland Masters Athletics. This is required for insurance purposes and to ensure all have agreed to share contact information.
- Where possible, competitors are to download the Gold Coast Masters Athletics entry form which can be found [here](#), complete it beforehand and hand it in on the day of competition at the sign-in desk. Note: throwers to not attend the sign-in desk if possible – please see requirements below.
- Entry forms will still be available on the day of competition but competitors are strongly encouraged to download and complete the entry form prior to the event (this will help reduce persons congregating at the sign-in desk).
- Gold Coast Masters athletics is looking into an electronic payment option to be available on the day to reduce the need to handle cash.
- Hand sanitising stations shall be provided at entry, exit, start line, throws area, results and official's area and toilet facilities.

Event Day

- Arrive early and ensure the venue is set up as per this COVID SAFE Plan, the designated COVID SAFE Officer shall check all arrangements and sign off before any competitors are allowed to enter the venue.
- Ensure signage specifying social distancing at all times other than with competition on the field of play.
- The sign-in desk at the event shall be constructed in such a way as to ensure social distancing – example two tables deep or use of bunting to ensure a minimum 1.5 meters from those collecting and the officials. Athletes to form a single line with 1.5 m spacing designated by cones or other means.
- Do not attend if unwell – a competitor, spectator, coach, etc. who is observed to be reasonably displaying symptoms (for example persistent coughing) of COVID-19 will be politely asked to leave the venue. This is for the safety and wellbeing of everybody concerned, and is in line with Queensland Government requirements.
- Wash your hands and/or use alcohol-based hand sanitiser before entering the venue and when moving through different areas within the venue.
- Bring your own drink bottle, no water bubblers are provided at the venue.
- All spectators, coaches, etc. shall sign an Attendance Register on entry.
- Each competitor, spectator, coach, etc. who needs to sign in is to bring their own pen, no sharing of pens.
- All competitors, spectators, coaches, etc. shall have a 'no-contact' thermometer reading on entry (performed by a designated person from Gold Coast Masters Athletics). Where a person's temperature exceeds 37.5 degrees, they shall not be able to enter the venue and/or compete on the day. This is for the safety and wellbeing of everybody concerned.

- If possible, make regular announcements asking for social distancing to be maintained.
- Competitors shall be told there no shaking of hands, high fives, hugs or other contact to be had during the event.
- Athletes shall leave the venue as soon as possible and not congregate, results to be posted electronically after the competition/event concludes.
- High Jump and Pole-vault mats should be wiped down with a 70% Ethanol 30% water solution, or alternatively steam cleaned, 30 min before the competition begins and straight after the competition concludes
- Medical Staff attending shall have a COVID SAFE Plan.
- If it looks like rain consider postponing the event.
- Ensure that social distancing and good hygiene is maintained at all times, toilet facilities kept clean and not crowded. Regular cleaning of toilet facilities may be required.
- Surfaces such as tables shall be cleaned with disinfectant wipes on a regular basis.

Officials, Marshalling, Call rooms, etc.

- Contact with officials and event volunteers shall be avoided as far as reasonably practicable.
- Officials shall have no physical contact with competitors unless absolutely necessary.
- The event shall run with no Call Room, athletes to go directly to the event site.
- Marshalling at event at start lines and events sites are to be conducted in a totally non-contact way.
- No indoor officials room.
- All officials to be given individual hand sanitiser bottles.
- There are to be no medal ceremonies.

Track events

- Competition races up to 400m will be run in every second lane. Please note that this might result in more heats than what competitors are used to.
- No shaking of hands, high fives, etc. after the race.

Throw events

- Athletes competing in the throws events are to go straight to their throw event and not check in at the sign-in table. Event fees and entry forms shall be collected by a designated member of Gold Coast Masters Athletics as early as possible on the day (to ensure uploading of competitor details onto the competition computer system).
- The preference is that athletes provide their own throwing implements where this is possible. Private implements are to comply with all competition standards applicable to implements. This will be checked by the relevant throws official.
- If you don't own your own private implements then ensure that you spread the club implements evenly between each individual.
- Wipe down implements with sanitary wipes between throws as necessary.
- Regularly use hand sanitiser in between throws.
- No shaking of hands, high fives, etc. during or after competition.
- At the end of competition, wipe down of all implements and return to the equipment shed. Private implements will not be returned to the shed.

COVID SAFE Plan Sign off

Gold Coast Masters Athletics COVID SAFE Safety Officer name: Alf Lakin

Date:

Signature: _____

Gold Coast Masters Athletics COVID SAFE Safety Officer name: Karen Lakin

Date:

Signature: _____

Gold Coast Performance Centre representative name:

Date:

Signature: _____