

Port Hills Athletic Club

Under 18 Cross Country Races 9th October 2021

Protocols to be followed by all attendees for Covid-19 Alert Level 2

These protocols detail the actions to be taken by each group of attendees at the event being held at Hansen Park. Refer also to the attached map

Clubs

- Entries close **5pm Monday the 4th of October.**
- No entries on the day
- Please ensure that all runners are made aware of these protocols
- There will be no club tents allowed
- Note that the clubrooms and changing rooms will not be open

Athletes

- Please do not attend the event if you are feeling unwell
- Under 12 grades start at 2pm. Athletes to arrive at Hansen Park no earlier than 1:40pm and park in the area shown on the map. If the carpark is full use adjacent roads.
- Under 14 to under 18 grades start at 3pm. Athletes to arrive at Hansen Park no earlier than 2:45pm and park in the area shown on the map. If the carpark is full use adjacent roads. Note the change to start time to suit Covid Level 2 restrictions
- Check start times on Friday. If entries require it races will be split into groups with separate starts
- One adult carer can accompany each athlete
- Follow the marked path behind the building to the information tent where you must register your attendance and carers must register using the QR code or manually
- Contact tracing details for athletes will be automatically recorded from their registration data
- You must wear your registration number or obtain a replacement number from the registration tent
- Community runners obtain numbers from the registration tent. Please keep it
- Timing chips will not be issued
- You will be directed to the warm up area where you can warm up and wait until directed to proceed to the gear drop area and the start line. You must only warm up in the designated area
- While racing you must avoid spitting or discharging mucus from your nose in the view of others or close to others
- Immediately after finishing collect your gear from the gear drop area and proceed immediately to the warm down area. You must only warm down in the designated area. Carers can re-join athletes in the gear drop area
- By 3pm latest you must clear the warm down area and proceed to the carpark area via the marked route
- There will be no awards on the day

Officials

- Please do not attend the event if you are unwell
- Printer stopwatch timing only will be used

- Practice 2m social distance from athletes and others as much as possible
- Register contact details using QR code or manually
- Please arrive at 1:30pm at the latest as there will be more setting up than normal
- No food or drink will be provided, please bring your own

Spectators

- Please do not attend the event if you are unwell
- Spectators are not encouraged
- You must sign in using the QR code or manually at the spectator area.
- You must stay 2m clear of the course
- The Area has a 100 person limit and practice social distancing