

## **Dublin Athletic Board Cross Country Guidelines 2020**

### **Competition Guidelines**

1. Times of each race will be strictly adhered to, allowing competitors to warm up away from the venue and only present themselves ready to race before their scheduled race time.
2. Pre and post-race, competitors will be kept as separate as possible and should wear face coverings when and where possible. Two holding areas will be provided for the competitors. One for the competitors racing and one for the competitors preparing to race.
3. As each race is completed one of the holding areas will be vacated. Then the area will be disinfected before the next group of competitors take up their places in the area.
4. Competitors must arrange for number collection from their appointed club official, pay the entry fee of €3 to that official before entering the competition area.
5. One parent/Guardian should attend the venue.
6. Only club appointed chaperones, officials and athletes will be permitted into the competition area. The Chaperone is not considered a spectator and just like the competitor must leave the area immediately with their charges after the race.

### **Officials and Marshals Guidelines.**

1. All officials must register before the date of the event and have completed the Sport Ireland online Covid 19 training before being allowed to officiate.
2. All officials must wear masks/facecovering/shields for the duration of the event.

Before attending the event on the day, everyone must complete the form online through the link below

[https://docs.google.com/forms/d/e/1FAIpQLSd7LI\\_cmbg2\\_pnGoTn8yenyGkZhJLfFwwpztJimbt8xdl2gag/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSd7LI_cmbg2_pnGoTn8yenyGkZhJLfFwwpztJimbt8xdl2gag/viewform?usp=sf_link)

3. If anyone due to attend answers yes to any of the questions, they must not attend the event.

### **Participants.**

1. Participants or parent/guardian of an athlete U18 must complete the online link below on the evening before the event  
[https://docs.google.com/forms/d/e/1FAIpQLSd7LI\\_cmbg2\\_pnGoTn8yenyGkZhJLfFwwpztJimbt8xdl2gag/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSd7LI_cmbg2_pnGoTn8yenyGkZhJLfFwwpztJimbt8xdl2gag/viewform?usp=sf_link)
2. Everyone must complete and provide proof that they have completed the online form before attending on the day of the event.
3. Participants must not present themselves at the entrance to the competition area until their designated time.
4. All participants must present themselves at the entry only gate ready to run.
5. Upon entry to the competition area, participants will be directed to a holding area to drop their belongings and prepare to race. Social distancing will be enforced within this holding area.
6. Immediately after the race, competitors will collect their belongings and vacate the venue through the exit only gate.

### **Corvid 19 Guidelines.**

1. Everyone attending the event must abide by strict guidelines put in place by Government, Local Authority, Sport Ireland, Dublin Athletics and the host club.
2. Everyone attending the event must take responsibility for their own protection and the protection of others
3. Wash hands, disinfect regularly, wear a mask, respect the 2m social distancing rule and avoid gatherings.
4. Do not attend the event if you feel unwell.
5. Use the Corvid 19 App.

