



Moycarkey Coolcroe AC



Moycarkey Coolcroe Athletic Club

RISK and METHOD STATEMENT

Revision Date	Reason for Revision	Prepared By	Reviewed By
18/09/2020	Munster Cross Country Committee Meeting	BP	AH

In relation to hosting a Cross-Country

KEY ACTIONS

As the host of a Munster Cross Country event, Moycarkey Coolcroe Athletic Club has the ultimate responsibility for the direct influence on health and safety within our host facility. The Method Statement below outlines foreseeing tasks to ensure that the Sports and Workplace is as safe and healthy as is reasonably practicable and that all relevant health and safety legislation, including Covid 19 guidelines and regulations are complied with as is reasonably practicable. Every person entering our facility has responsibility for their own health and safety as well as bringing to the attention of the Covid Compliance Officer/Assistant any un-safe practice or danger they may come across. To comply with the current regulations in regard to Covid 19, there will be no one other than those mentioned below allowed into the area where the cross country is been run.

TITLE	NAME & ADDRESS	TEL. NO.	POSITION	E-MAIL
Client	Munster AAI			
Tipperary Contact				
Club Contact				
Secretary				
Cross Country Secretary				
Starter				
Finish Judge				
Covid 19 Officer				

Who should read this Method Statement?

- 1) All the members of the organizing Club/County
- 2) All members of the Munster AAI board, Committee and officials
- 3) All the members of the Munster AAI committee and their Officials
- 4) All members of Munster AAI County Board
- 5) All Clubs who intend to send athletes to the Munster AAI Cross Country in the Middle Piece, Two Mile Borris, Thurles
- 6) Every parent of every athlete who will compete on the day of the Munster AAI Cross Country in the Middle Piece
- 7) Every Senior athlete competing on the day.

Who is responsible for the distribution of this Method Statement?

- 1) Moycarkey Coolcree AC's Chairperson is responsible to ensure that the Chairperson of the Munster AAI Board gets a copy and where it is to go.
- 2) The Munster AAI Chairperson is responsible to ensure that the Chairperson of the County Boards in Munster gets a copy and where it is to go.
- 3) The County's Chairperson is responsible to ensure that the Chairperson in each Club gets a copy and where it is to go.
- 4) The Club Chairperson is responsible to ensure that each athlete, Parent/Guardian, Official and Team Leader intending to travel to the Middle Piece for the Munster AAI Cross Country is aware of this Method Statement and to ensure that they have read and understood at least the relevant sections that apply to themselves and whoever else is travelling with them.

Page: _____ **Description**

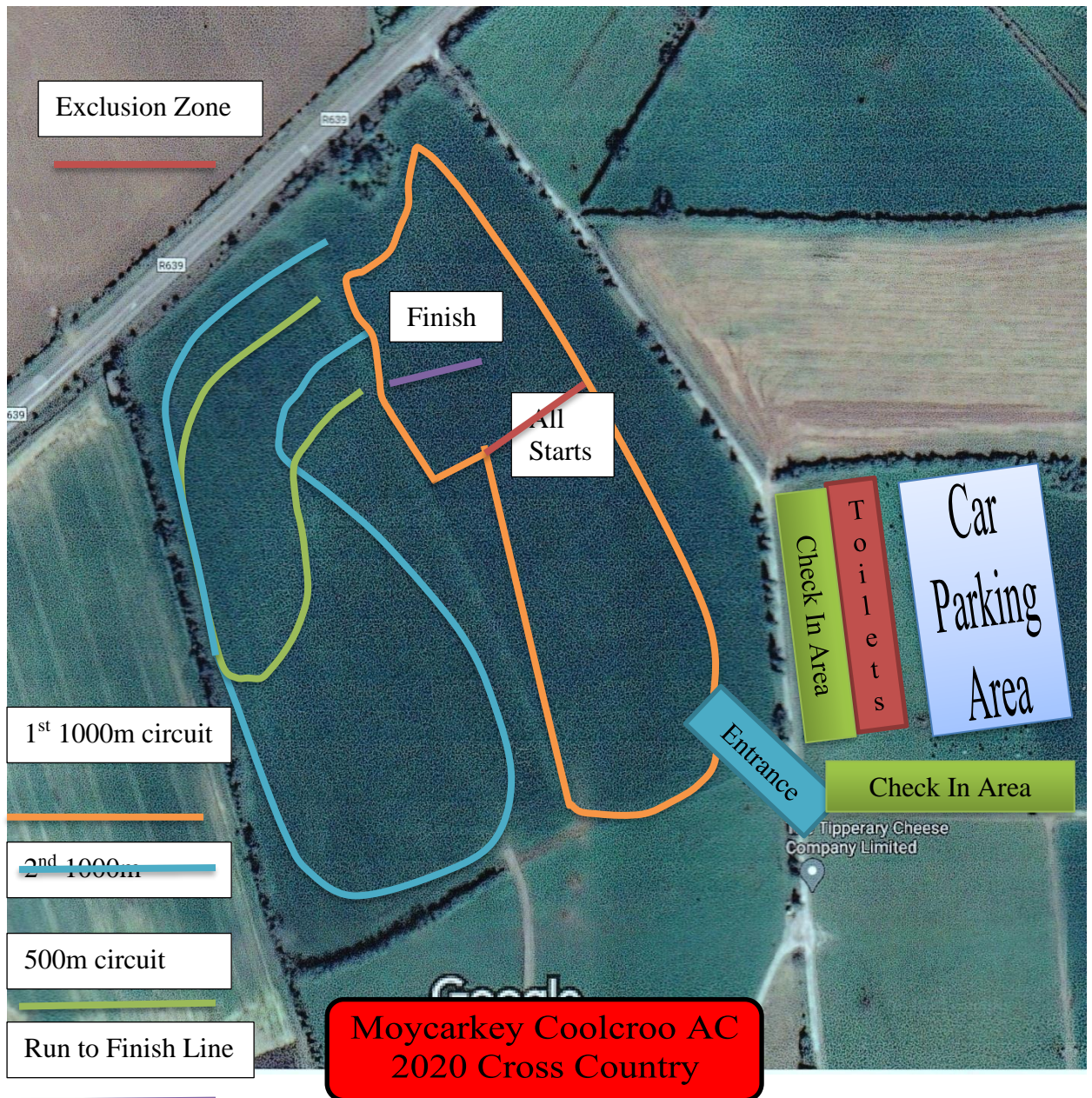
4. Overall Description
5. Setting up the Cross-Country Course
6. Setting up the Course Risk Assessment
7. Setting up the Finish Area
8. Setting up the Carpark Area
8. Setting up Road Signage
9. Driving, Parking, Entering the Carpark and Leaving Risk Assessment
13. Starting the Race Risk Assessment
15. Finish Line Risk Assessment
16. Contact Tracing Personnel Responsibilities
17. Toilet Guidelines
17. Covid Compliance Officer/Assistant(s) Responsibilities
19. Race Starter Responsibilities
19. PA system Responsibilities
20. Social Media System Responsibilities
21. Registration, Chip Timing and Results Responsibilities
21. First Aid Responsibilities
22. Car Parking Attendants Responsibilities
23. Parents/Guardians Responsibilities
25. Guidelines for Athletes
27. Team Leader Responsibilities
29. Each Club Chairperson's Responsibilities
32. Programme for the Munster AAI Un-Even Juvenile, Junior U/23 and Novice Cross Country on the 8th of November 2020 in the Middle-Piece Two Mile Borris
32. To be provided by the host club to the Munster AAI Board at least 1 week before the Championship Cross Country

Overall Description

The description of what will take place to organize and host the Munster AAI Cross Country on the 8th of November 2020.

Moycarkey Coolcree AC will be taking into account the current Government restrictions in relation to Covid 19 as well as the 2013 Act in relation to Health and Safety regulations. What will be laid out below will look at each task and with a risk assessment, the safest way of implementing them.

- There will be a designated area for parking of cars and light commercial vehicles.
- Parking on the public road will not be allowed.
- There will be no area for parking buses.
- There will be a designated area onto and off the Course for athletes, team leaders and officials only.
- Everyone including Athlete, Team Leader and Munster Official entering the course will have to take their own responsibility for social distancing and adhering to the Covid19 Guidelines.
- The Course will be laid out in three enclosures, each measuring 1k each which can be linked to form a 2k circuit. There will be a 500m circuit incorporated into the second 1k course.
- The Course will be laid out so that the ropes and stakes will be on the athletes' left-hand side at all times unless there are ropes to both sides.
- The Course will have two starting locations, one for U/9 with all the remaining age groups including Seniors, starting at the second start location.
- There will be one final run-up to the Finish Line.
- There will be Chip Timing at the Finish Line. Each athlete will go immediately out of the designated to meet up with their Team leader and back to their family members in the carpark.
- There will be a table after the Finish Line where the individual medals will be laid out for the relevant medal winning athletes crossing the Finish Line.
- No one will be allowed onto the course **EXCEPT** for a Munster AAI Official, Team Leader or an athlete who is warming up or ready to compete as per the programme.



Setting up the course

On Saturday the 7th November 2020, Moycarkey Coolcroo AC will take over the lands which will be required for the cross country, set up the course and install the advanced road signage. At 9am that morning there will be two vehicles and trailers at the container in our grounds in Littleton to collect all the equipment. The equipment will be properly secured in each trailer and transported to the Middle Piece. At 10:00am the equipment will be off-loaded close to the entrance. A short meeting will take place with all the volunteers for the day, ensuring social distancing as laid down by the Government. Work will be allocated to each individual according to their various skills.

Setting up the course risk assessment				
NR	ITEM	RISK	ELIMINATE RISK	Responsibility
1	Covid 19	a) Catching the virus	<p>a) Before arriving at the venue, everyone will wash their hands with soap and water, as per Covid 19 regulations and wear gloves while the work is being done. If gloves get worn or have to be removed for some reason, that person should dispose of the gloves in their own plastic bag and get a new pair.</p> <p>b) Before starting, each volunteer should have completed the "Athletics Ireland Covid 19 Screening Questionnaire" online.</p> <p>c) At the meeting, all volunteers will stand within the field at least 2m apart</p> <p>d) All will be allocated PPE, i.e. - face protection, gloves and sanitizer.</p> <p>e) All Covid 19 PPE to be sanitized or disposed of when work has been completed as per Government guidelines.</p> <p>f) Organize work groups so that family members can work together.</p> <p>g) Divide the work to keep groups as small as possible.</p>	<p>Volunteer/Moycarkey Coolcree AC</p> <p>Volunteer/Moycarkey Coolcree AC</p> <p>Moycarkey Coolcree AC</p> <p>Moycarkey Coolcree AC</p> <p>Volunteer</p> <p>Moycarkey Coolcree AC</p>
1	Setting up the course	a) Driving the stakes	<p>a) The stakes will be loaded in a trailer and pulled around the field close to the tractor driving them.</p> <p>b) One stake will be taken out and placed in position.</p> <p>c) The tractor will reverse into position and drop the weight on top of the stake. When the stake is in position it is released by the person holding it. When that person is a safe distance away, the tractor driver will drive the stake. All this is done</p>	<p>Volunteer</p> <p>Volunteer</p> <p>Machine operator</p>

			<p>while keeping at least 2m from each other. This operation will keep going until all stakes are driven.</p> <p>d) The tractor driver will be a competent person with all safety systems up to date and will be experienced in doing this type of work.</p> <p>e) The pole to hold the drum of ropes will be attached to the trailer by means of pole clamps and checked for stability.</p> <p>f) The drum of rope will be slid over the pole and clamped in place.</p> <p>g) Trailer is driven slowly, stopping occasionally not to get too far ahead.</p> <p>h) One person will pull the rope from the drum while another will tie the rope to the post, all the time maintaining 2m distance.</p> <p>i) The procedure for setting out the finish line will be the same as above for driving posts and roping .</p>	<p>Machine operator</p> <p>Volunteer</p> <p>Volunteer</p> <p>Volunteer</p> <p>Volunteer</p> <p>Volunteer</p>
		<p>b) Fitting the ropes to the stakes</p> <p>c) The Finish Line</p> <p>If there is enough help, work can commence on a separate section of course keeping the same procedure as already outlined above.</p>		

Setting up the Finish Area

There will be no tunnels at the Finish Line. The Finish Line will be marked on the ground for the chip timing to be set up. There will be a designated area roped off around the Finish Line equivalent to 2m per athlete in the largest race. The chip timing mats or overhead gantry will be set up on the Finish Line. Every Athlete will exit the exclusion zone immediately after their race.

Setting up the Carpark Area

The carpark area will be set up with the first line of cars facing onto the avenue. The line of portaloos will be placed equidistant backing the avenue from one end to the other, ensuring they are at least 2m apart.

The first line of parking will be back to back 15m from the front of the portaloos and facing the road. All further rows will be 15m back from each other with the vehicles facing the road. There will be one entrance from the nearest end of the carpark to the road. The second entrance will be opened as an exit. Light posts or paint can be used for setting out the parking bays.

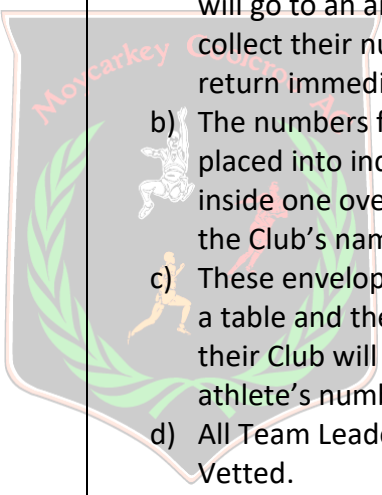
Setting up Road Signage

Driving in the direction of the signage, the sign erector will park their vehicle with hazard lights on and wearing Hi visibility clothing. When it is safe to do so, they will dismount the vehicle and go immediately to the side of the road. They will take the correct sign, crowbar and sledge to the grass margin. They will make a pilot hole with the crowbar, fit the post and drive it home with the sledge. At no point will any of the tools or signs be placed on the road surface. It is envisaged that if this is a two-person job, that both will be from the same household.

Location	Type		
	Straight Arrow	Left arrow	Right Arrow
N75 at Two Mile Borris Junction	0	1	1
Two Mile Borris to Turnpike	1	1	0
Ballynonty Road at Mooney's	0	0	1
Littleton to Hayes on old N8	3	1	1
M8, J6 Exit from Cork to Jockey	1	1	1
N75 Thurles to Two Mile Borris	2	0	0
Total	7	4	4

Sunday 8th of November – Munster AAI Cross Country

Driving, Parking, Entering the Carpark and Leaving				
NR	ITEM	RISK	ELIMINATE RISK	Responsibility
1	Covid 19	Catching the virus	<ul style="list-style-type: none"> a) Before setting out, all Athletes, Coaches, Parents, Guardians should have completed the “Athletics Ireland Covid 19 Screening Questionnaire “online. b) Every driver will keep their windows closed at all times unless an official requests otherwise. c) No one will exit their vehicle as there will be no one allowed onto the course. d) Drivers should obey the car park attendants and their hand signals at all times. Hand signals will be used at all times. e) All will bring and use their own PPE, i.e.- face protection, gloves, sanitizer, etc. 	<p>Drivers of each vehicle</p> <p>Driver</p> <p>Individuals</p> <p>Driver</p> <p>All attending the Cross Country</p>
	Display of Sign Information on the day	Sign Information for Drivers	<ul style="list-style-type: none"> a) An A3 size poster displaying the current regulations relating to Covid 19 will be erected along the entrance. b) There will be a further Covid 19 sign erected on the Course 	<p>Moycarkey Coolcree AC</p> <p>Moycarkey Coolcree AC</p>
	Safe Procedures for Car Parking	Parking cars	<ul style="list-style-type: none"> a) All stewards should be provided with all the PPE requirements including Covid 19 PPE b) All Covid 19 PPE to be sanitized or disposed of when work has been completed as per Government guidelines. c) Before starting, the car parking attendants should have a short meeting to allocate jobs with the lead taken by one person who will be designated beforehand. d) All car parking attendants should be wearing hi-visibility clothing at all times. 	<p>Moycarkey Coolcree AC</p> <p>Individuals</p> <p>Chief Car parking Steward</p> <p>Moycarkey Coolcree AC</p>

			<ul style="list-style-type: none"> e) All car parking attendants should be competent in car parking and have good knowledge of what is expected of them. f) At all times, car park attendants should have no distractions, like radios, phones etc. g) All cars will be uniformly parked, reversing into a space. h) To comply with Covid 19 restrictions, the occupants of a vehicle should remain in their vehicles, only getting out using the toilets, or when called for their races. 	<p>Moycarkey Coolcree AC</p> <p>Individuals</p> <p>Car parking Attendants</p>
	Numbers		 <ul style="list-style-type: none"> a) Only one Official from each Club will go to an area at the carpark to collect their numbers and will return immediately. b) The numbers for each race will be placed into individual envelopes inside one overall envelope with the Club's name to the front. c) These envelopes will be placed on a table and the Official allocated by their Club will have to take all their athlete's numbers. d) All Team Leaders should be Garda Vetted. e) Guidelines from Sports Ireland in relation to the ratio of athletes to supervisor (Coach) to be taken into consideration in relation to the Team Leader. (A club may need 2 team leaders). f) Under no circumstances will anyone be allowed to take some numbers and return the remainder. g) The Official collecting the numbers will distribute the individual race number envelopes, without opening them, to their Club Team Leader for each race. h) As per the Timetable, each Team Leader will go to their zone in the 	<p>Designated person agreed by each Club.</p> <p>Chip Timing Official</p> <p>Chip Timing Officer</p> <p>All Clubs</p> <p>All Clubs</p> <p>All Clubs</p> <p>All Clubs</p> <p>All Clubs</p>

			<p>carpark area and hand the correct number to each athlete.</p> <p>i) If numbers are incorrectly allocated by Clubs to athletes, these athletes will risk being disqualified.</p>	All Clubs
Procedures for Athletes and Clubs	Only athletes and Team Leaders are allowed enter the course		<p>a) There will be a timetable set out for each race.</p> <p>b) The timetable will allow for 20mins warm up for each race group.</p> <p>c) There will be zones allocated for each Club which will be identified by markings in the carpark area. This will be made known to each Club the week before the race.</p> <p>d) 40 minutes before the start of the athlete's race, the athlete will go to their allocated Club zone to be met by that particular Club Team Leader.</p> <p>e) 20 minutes before the groups race starting time, the group manager will escort all their athletes to the infield for warmups.</p> <p>f) The Team Leader is responsible for social distancing which should be maintained at all times.</p> <p>g) The Team Leader is responsible for having their athletes at the start line on time, at least 5 minutes before the start of the race, as per the programme. Athletes who are late will risk not been allowed to compete.</p>	<p>Moycarkey Coolcrao AC</p> <p>Moycarkey Coolcrao AC</p> <p>All Clubs</p> <p>All Clubs</p> <p>All Clubs</p> <p>All Clubs</p>
Procedures for entering the Course and while on the Course	Entering the Course		<p>a) There will be no-one allowed on the course, under any circumstances.</p> <p>b) The exit and entrance are to be clearly marked on both ends.</p> <p>c) Upon entering the Course, athletes should be ready to race and bringing no belongings with them, except for medical items.</p> <p>d) On entering the Course, be aware of athletes running from the left and give way to them.</p>	<p>Munster AAI</p> <p>Moycarkey Coolcrao AC</p> <p>All Clubs</p> <p>Each Athlete and Team Leader</p>

			<p>e) On entering the Course, each Club group should find a space where they will be at least 2m apart from each other and everyone else maintaining a 2m social distance.</p> <p>f) There will be no walking the course.</p> <p>g) Only when their race is called should that group go to the start line. All races will start as per the timetable. Anyone late or too early will be disqualified.</p> <p>h) The athlete going to the start line should not bring any belongings with them and should be ready to compete.</p> <p>i) All athletes should maintain social distancing until the starter calls the race.</p> <p>j) The starter will wait for no one, once the starter calls, the race will start immediately after.</p>	<p>All Clubs</p> <p>Athlete</p> <p>Athlete</p> <p>Athletes</p> <p>All Clubs</p>
Procedures for exiting the Course and etiquette while on the Course	c) Leaving the Course	<p>a) As the athletes go through the finish line, they should without delay, if entitled to individual medals, collect these from the table, and exit the finish zone immediately, to meet up with their Team Leader.</p> <p>b) The Team Leader should remain outside the exclusion zone at the finish line at all times</p> <p>c) The Team Leader is responsible for their own group, to ensure that all their athletes exit and return to the carpark as promptly as possible.</p> <p>d) Care should be taken when reaching the ropes as there could be athletes coming from the right.</p> <p>e) All should stay in their group, crossing the avenue and back into the carpark.</p> <p>f) Everyone should maintain social distancing from each other and from other groups on the return to the vehicle</p>	<p>Athletes</p> <p>Team Leader</p> <p>Team Leader</p> <p>Athletes and Team Leader</p> <p>All Individuals</p> <p>All individuals</p>	

			g) In the direction of the exit, drive onto the avenue; be aware of vehicles entering for later races; drive back onto the road, keeping windows closed at all times.	Driver
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The Start of the Race

Starting the Race Risk Assessment				
NR	ITEM	RISK	ELIMINATE RISK	Responsibility
1	Covid 19	a) Catching the virus	a) All Starters should be provided with all the PPE requirements, especially for Covid 19 protection. b) All Covid 19 PPE to be sanitized or disposed of when races have been completed as per Government guidelines. c) Before starting the first race, Starters should have a short meeting to allocate roles with the Lead Starter in charge. d) Athletes will only go to the start line as per the programme with each athlete to be outside the ropes at least 5 minutes before their race start. e) Athletes will have to go with their Team Leader and stand outside the ropes until the Starter calls them to enter, maintaining social distancing at all times. f) Athletes will not be allowed to bring any belongings to the start line. g) Team Leader will ensure that their athletes are in one location. h) When the Starter calls the athletes to the start line, they are to walk in an orderly fashion, entering from the rear. i) All athletes are to maintain social distancing from one another until the Starter calls the race to start. j) When the Starter calls the race, all the athletes should walk	Munster AAI Individual Lead Starter All Clubs to inform Athlete All Clubs to inform Athletes All Clubs to inform Athletes All Clubs to inform Athletes Athletes

			<p>immediately to the start line and line up, without any pushing and shoving.</p> <p>k) Any erratic behaviour deemed by the Starter; the athlete responsible will be asked to leave the race</p> <p>l) The Starter will start the race immediately and will not wait for anyone.</p>	<p>All Clubs to inform Athletes</p> <p>Athletes</p>
Infrastructure	b) Procedures	<p>a) Covid 19 posters will be displayed at the start line</p> <p>b) There will be no site map located anywhere. It will be the responsibility of host club to send it to Munster AAI and Munster AAI to send it to their Clubs and the responsibility of Clubs to forward it to their Athletes. No one should arrive on the day without knowing where to go.</p> <p>c) The next race will only start at the allocated time on the programme.</p>	<p>Moycarkey Coolcree AC</p> <p>Moycarkey Coolcree AC/ Munster AAI</p> <p>All Clubs to inform Athletes</p>	
Policing	d) Information and Personnel	<p>a) A Covid Compliance Officer/Assistant(s) will police the area and advise of the restrictions in relation to Covid 19 and the Government regulations. They will also maintain procedures in relation to the starting of the race, as outlined above.</p> <p>b) The Covid Compliance Officer/Assistant(s) should remain in place until the last race is off.</p> <p>c) The Covid Compliance Officer/Assistant(s) should be provided with all the PPE requirements, especially for Covid 19 protection</p> <p>d) All Covid 19 PPE to be sanitized or disposed of when races have been completed as per Government guidelines.</p> <p>e) The Covid Compliance Officer/Assistant should be</p>	<p>Covid Compliance Officer</p> <p>Covid Compliance Officer</p> <p>Covid Compliance Officer</p> <p>Each individual</p> <p>Covid Compliance Officer</p>	

			informed of the current regulations in place and their duties in relation to same.	
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Finishing the Race

Finish line risk assessment				
NR	ITEM	RISK	ELIMINATE RISK	Responsibility
1	Covid 19	a) Catching the virus	a) Everyone working at the finish line will be provided with their own PPE i.e. - face protection, gloves and sanitizer b) All Covid 19 PPE to be sanitized or disposed of when races have been completed as per Government guidelines. c) Workers at the finish line should direct the athletes to the table to collect their medals and also ensure that they and all other athletes leave the finish area and go back to their team manager as quickly as possible. d) A short meeting should take place to allocate jobs and the particular area they will work within. e) Athletes should stay away from the public immediately post-race when they are breathing heavier.	Munster AAI People who were using them Finish line officials Munster AAI Clubs to inform their Athletes
	Infrastructure	b) Procedures	a) A secondary exclusion rope should be placed across the field which would allow a 2m X 2m area for each athlete in the larger race with no one allowed inside these ropes. b) There will be no tunnels. c) There will be no cloakroom tickets handed out at the end of the race. d) There will be no medal presentation on the day. e) There will be no group photographs on the day.	Moycarkey Coolcree AC All Clubs to inform Athletes

Policing	c) Information and Personnel	<p>a) A Covid Compliance Officer/Assistant(s) will police the area and advise of the restrictions in relation to Covid 19 and the Government regulations. They will also maintain procedures in relation to the finishing of the race, as above.</p> <p>b) The Covid Compliance Officer/Assistant(s) should remain in place until the last race has finished.</p> <p>c) The Covid Compliance Officer/Assistant(s) should be provided with all the PPE requirements, especially for Covid 19 protection</p> <p>d) All Covid 19 PPE to be sanitized or disposed of when races have been completed as per Government guidelines.</p> <p>e) The Covid Compliance Officer/Assistant(s) should be informed of the current regulations in place and their duties in relation to same.</p>	<p>Munster AAI</p> <p>Covid Compliance Officer</p> <p>Covid Compliance Officer</p> <p>Each individual</p> <p>Covid Compliance Officer</p>
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Contact Tracing Personnel

- 1) All Contact Tracing Personnel should have completed the “Athletics Ireland Covid 19 Screening Questionnaire” online.
- 2) All Contact Tracing Personnel should be provided with all the PPE requirements, especially for Covid 19 protection.
- 3) All Covid 19 PPE to be sanitized or disposed of when events have been completed as per Government guidelines.
- 4) Ensure that there is one online “Athletics Ireland Covid 19 Screening Questionnaire” per each individual in each vehicle. This can also be done by the Covid Compliance Officer/Assistant(s).
- 5) If none, or the incorrect number of “Athletics Ireland Covid 19 Screening Questionnaire” forms are received, ensure that people who have not completing the forms, complete a spare one before they are allowed to enter the venue. No one should be allowed to enter without producing a fully completed form.
- 6) Contact Tracing Personnel must refrain from handshakes, hugs and high fives.

- 7) There will be no entry fee on the day, the fee will be added to the Athlete's entry fee.
- 8) There will be no food provided for officials on the day, the Contact Tracing Personnel should bring their own.

Toilets

- 1) Where possible, all toilet cubicles are to be supplied by the same company.
- 2) There is a requirement for 8 toilet cubicles on the day
- 3) In the event that all toilets cannot be supplied by the same company, a second or third company should be acquired, but these toilets should be placed in different locations with each company having their own isolated area, well away from each other.
- 4) Toilets should be cleaned and sanitised before coming to the cross-country location.
- 5) Toilets should be located in the carpark and be backing onto the Avenue and be at least 2m apart from one another.
- 6) Each toilet cubicle should have at least 5 rolls of toilet paper.
- 7) Each toilet should have running water and soap for hand washing.
- 8) Toilets should be checked before anyone arrives and periodically during the day to ensure they are adequately stocked. Inadequately stocked toilets or full toilets should be shut down.
- 9) Toilets to be sanitized every 20 minutes by a competent person or company.

Covid Compliance Officer/Assistant(s)

- 1) All Covid Compliance Officers/Assistant(s) should have completed the "Athletics Ireland Covid 19 Screening Questionnaire" online.
- 2) All Covid Compliance Officer/Assistant(s) should be provided with all the PPE requirements, especially for Covid 19 protection.
- 3) All Covid 19 PPE to be sanitized or disposed of when events have been completed as per Government guidelines.
- 4) All Covid Compliance Officer/Assistant(s) will familiarize themselves with the current guidelines in relation to Covid 19 and Government guidelines.
- 5) All Covid Compliance Officer/Assistant(s) should have a vest or some identification as to who they are and the role they have in keeping everyone safe.
- 6) Covid 19 Compliance Assistants will have a lead, called a Covid Compliance Officer.
- 7) All Covid Compliance Officer/Assistant(s) should be competent to do their job.

- 8) There will be one Covid Compliance Officer/Assistant at each of the Start and Finish areas. There will be three more to patrol busy areas, like the area where athletes and Team Leaders are.
- 9) The Covid Compliance Officer should get a copy of all Method and Safety Statements from the host club and ensure that the Covid Compliance Officer/Assistant(s) are aware of their contents.
- 10) The Covid Compliance Officer should get a copy of the latest guidelines from National AAI and inform the Covid Compliance Assistants of their contents, ensuring each understands them and their requirements.
- 11) The Covid Compliance Officer/Assistant(s) should have a meeting on the morning of the event to outline the tasks of the Covid Compliance Officer/Assistant(s) during the day.
- 12) The Covid Compliance Officer/Assistant(s) will move around and may interchange as the day goes on.
- 13) All Team Leaders should be Garda Vetted.
- 14) Guidelines in from Sports Ireland in relation to the ratio of athletes to a supervisor (Coach) to be taken into consideration in relation to the Team Leader. (A club may need 2 team leaders).
- 15) Covid Compliance Officer/Assistant(s) to check the toilets during the day.
- 16) Covid Compliance Officer/Assistant(s) duties on the day. The Covid Compliance Officer/Assistant(s) personnel are only there to advise everyone on the regulations. If they come across something that contravenes the guidelines in relation to Covid 19, they should take a picture and then advise the person or persons involved. If there is a satisfactory outcome, no further action is needed and the picture can be disposed of. If the situation is not resolved, the officer should not take it on themselves to resolve the situation and should try not to be argumentative with the perpetrators. Collect as much data as possible like:-
 - A) The names of the people involved.
 - B) Club name or if wearing club colours.
 - C) County they represent.
 - D) Description of the act that contravenes the regulations in relation to Covid.All this information to be relayed to the Covid Compliance Officer, who will forward the report on to the race organizer, Munster AAI, for them to take further action.
- 17) Should an Covid Compliance Officer/Assistant(s) or member attending, including at the start line and finish , bring to the attention of the Covid Compliance Officer/Assistant(s) that they suspect someone of having Covid 19 issues, they should first observe to see if person requires attention. If further action is needed, they should escort the individual to the First Aid location, maintaining a social distance of 2m at all times. Ensure that the First Aid personnel know the situation.
- 18) Anyone showing signs of Covid 19 should be taken to the isolation area provided, their details should be recorded as well as anyone they have been in contact with, and they should be advised to go home and contact their GP as per the Covid 19 guidelines.

- 19) There will be no food provided for officials on the day, the Covid 19 Compliance Officer/Assistant personnel should bring their own.

Race Starters

- 1) All Starter personnel should have completed the “Athletics Ireland Covid 19 Screening Questionnaire” online before coming to site.
- 2) All Starters should be provided with all the PPE requirements, especially for Covid 19 protection.
- 3) All Covid 19 PPE to be sanitized or disposed of when races have been completed as per Government guidelines.
- 4) All the Starters will familiarize themselves with the current guidelines in relation to Covid 19 and Government guidelines.
- 5) There will be no food provided for officials on the day, the Starting personnel should bring their own.
- 6) Officials must refrain from handshakes, hugs, and high fives.
- 7) Before starting the first race, Starters should have a short meeting to allocate roles to their helpers and decide how to maintain a social distance of 2m.
- 8) Athletes are only to go to the start line 5 minutes before the start of their race, as per the programme.
- 9) Athletes will have to go alone to the start area with their Team Leader and stand outside the ropes at the starting line, maintaining social distancing.
- 10) Athletes will not be allowed to bring any belongings to the start line.
- 11) The Starter will call the athletes to the start, all athletes are to walk into the course, maintaining social distancing and wait for further instructions.
- 12) When the Starter calls the race, all the athletes should walk immediately to the start line and line up, without any pushing and shoving.
- 13) Any erratic behaviour deemed by the Starter; the athlete responsible will be asked to leave the race.
- 14) The Starter will start the race immediately and will not wait for anyone.
- 15) The next race will only start at the allocated time on the programme.

PA System

- 1) The PA personnel should have completed the “Athletics Ireland Covid 19 Screening Questionnaire” online before coming to site.
- 2) The PA personnel should be provided with all the PPE requirements, especially for Covid 19 protection.
- 3) All Covid 19 PPE to be sanitized or disposed of when races have been completed as per Government guidelines.
- 4) The PA personnel will familiarize themselves with the current guidelines in relation to Covid 19 and Government guidelines.
- 5) The PA system is to be set up by a competent person.

- 6) The PA system should be set up in a location where a view of every part of the field can be seen and be in close proximity to the start and finish.
- 7) The area around the PA system should be roped off to give a 4m space all round.
- 8) The PA personnel should receive the Course map, programme of the races, as well as all the Safety Guidelines, including the Government guidelines in relation to Covid 19 in the days preceding the race.
- 9) There will be no food provided for officials on the day, the PA personnel should bring their own.
- 10) Officials must refrain from handshakes, hugs, and high fives.
- 11) There should be announcements at regular intervals informing the public on what regulations have to be adhered to, especially in relation to Covid 19.
- 12) There should be announcements from time to time about the guidelines relating to ordering food if this facility is provided.
- 13) The PA personnel are responsible for calling the athletes for each particular race to the start line. The first call should be made 7 – 10 minutes before the particular race as per the programme. Each race should be called at least two times with a space of 2 minutes between each and the final call being called the “final call” for that particular race.
- 14) All races to start as per the programme.

Social Media System

- 1) The Social Media personnel should have completed the “Athletics Ireland Covid 19 Screening Questionnaire” online before coming to site.
- 2) The Social Media personnel should be provided with all the PPE requirements, especially for Covid 19 protection.
- 3) All Covid 19 PPE to be sanitized or disposed of when races have been completed as per Government guidelines.
- 4) The Social Media PA personnel will familiarize themselves with the current guidelines in relation to Covid 19 and Government guidelines.
- 5) The Social Media system is to be set up by a competent person.
- 6) The Social Media system should be set up in a location where a view of every part of the field can be seen and be in close proximity to the start and finish.
- 7) The Social Media system should be connected and disconnected to the PA system by one or the other personnel, but not both.
- 8) The area around the Social Media system should be roped off to give a 4m space all round.
- 9) There will be no food provided for officials on the day, the Social Media personnel should bring their own.
- 10) Officials must refrain from handshakes, hugs, and high fives.
- 11) The Social Media personnel should receive the Course map, Programme of the races, as well as all the Safety Guidelines, including the Government guidelines in relation to Covid 19 in the days preceding the race.
- 12) The platform for the social media should be setup and dismantled by a competent person, taking account of all health and safety guidelines.

- 13) There should be a link sent to the Munster AAI Board at least 5 days prior the race, for sending to Clubs.

Registration, Chip Timing and Results

- 1) All Personnel should have completed the “Athletics Ireland Covid 19 Screening Questionnaire” online before coming to site.
- 2) All Personnel should have their own PPE requirements, especially for Covid 19 protection.
- 3) All Covid 19 PPE to be sanitized or disposed of when races have been completed as per Government guidelines.
- 4) All Personnel will familiarize themselves with the current guidelines in relation to Covid 19 and Government guidelines.
- 5) Envelopes will be displayed on a table located in the car-parking area close to where the Club Team Leader will meet their athletes.
- 6) There will be a table after the finish line where all the medals for the particular race will be laid out, with the gold nearest the finish line, followed by silver and then bronze.
- 7) There will be no food provided for officials on the day, the Chip Timing personnel should bring their own.
- 8) Officials must refrain from handshakes, hugs, and high fives.
- 9) There will be no cloakroom numbers handed out at the end of the race.
- 10) There will be no group photographs.
- 11) There will be only individual medal given out on the day, these will be laid down in rotation on a table, all team medals will be sent to the Clubs or provided at the next County Cross-Country competition.
- 12) There will be no paper results on the day, they will be posted shortly after the event on the Munster website and sent by Club social media.
- 13) A table will be provided with a screen allowing a space of 200mm between the bottom of the screen and the top of the table. There will be a tunnel to the table 1m wide with social distance posters at 4m intervals displaying social distancing of 2m and reminding everyone to adhere. There will be an area from the table 4m wide roped off where no one will be allowed inside.
- 14) There should be a map of the Course, showing all starts, finish and distances for all age groups, on all the applicable websites and social media. Such information should be suitable for downloading and printing at least a week before the event.

First Aid





- 1) All First Aid Personnel on the day should have completed the “Athletics Ireland Covid 19 Screening Questionnaire” online before coming to site.
- 2) An area located between the run-up and the finish line should be allocated for the First Aid.

- 3) All First Aid Personnel should be provided with all the PPE requirements, especially for Covid 19 protection.
- 4) All Covid 19 PPE to be sanitized or disposed of when races have been completed as per Government guidelines.
- 5) All First Aid Personnel will familiarize themselves with the current guidelines in relation to Covid 19 and Government guidelines.
- 6) The First Aid Personnel should be equipped to determine that someone may have Covid 19 as well as be able to inform them on the guidelines that this person will have to follow.
- 7) There will be no food provided for officials on the day, the First Aider personnel should bring their own.

Car Parking Attendants

- 1) All Car Parking Attendants should have completed the “Athletics Ireland Covid 19 Screening Questionnaire” online before coming to site.
- 2) All Car Parking Attendants should be provided with all the PPE requirements, especially for Covid 19 protection.
- 3) All Covid 19 PPE to be sanitized or disposed of when races have been completed as per Government guidelines.
- 4) All Car Park Attendants should use hand signals only to direct vehicles to their parking location.
- 5) If verbal guidance is required, the attendants should maintain a social distance of at least 2m.
- 6) It is advisable to use 3 car parking zones in rotation, to speed up parking.
- 7) As the vehicles enter the car parking area, the first 2 vehicles are directed into the 1st zone, the next 2 into the 2nd zone and a further 2 into zone 3
- 8) On entering the zone, the first vehicle should be directed down to almost halfway, allowing the second vehicle to park close to the entrance.
- 9) When the 2 vehicles are directed to the 3rd zone, the first 2 vehicles in zone 1 should be parked and the zone should be free to start again.
- 10) This way there should be no waiting for one vehicle to park out of the way of another, causing hold-ups.
- 11) This method of parking should allow for social distancing.
- 12) There will be no food provided for officials on the day, the car parking personnel should bring their own.

Coronavirus **COVID-19**











Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
 Fever	Common	Rare	Common
 Cough	Common* (Usually Dry)	Mild	Common* (Usually Dry)
 Shortness of Breath	Sometimes	No	No
 Aches and Pains	Sometimes	Common	Common
 Sore Throat	Sometimes	Common	Sometimes
 Headaches	Sometimes	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Runny or Stuffy Nose	Rare	Common	Sometimes
 Diarrhoea	Rare	No	Sometimes for Children
 Sneezing	No	Common	No

Parents and Guardians

- 1) Before setting out, all Athletes, Coaches, Parents and Guardians should have completed the "Athletics Ireland Covid 19 Screening Questionnaire" online. A link will be sent out to all Clubs for distribution to the relevant people and will also be available on the Munster Athletics website.
- 2) There will be no buses or large transport vehicles allowed at the venue on the day of the Munster Cross Country.
- 3) Before deciding to go to the Munster Cross Country, every member should ensure that they are up to date with the National AAI, Government and Health Board Regulations relating to Covid 19.
- 4) Before traveling, all athletes should know who their Club Team Leader is.
- 5) Before traveling, all Athletes, Coaches, Parents, Guardians must have read and understood all the relevant guidelines in this Method Statement.
- 6) It is advisable that anyone with any flu symptoms does not attend the Munster AAI Cross Country.
- 7) Before traveling, ensure that all personnel have washed their hands in soap and water as per the guidelines.
- 8) Everyone should ensure that they have packed adequate amounts of masks, hand sanitiser and any other materials to keep themselves safe from Covid 19.
- 9) Parents/Guardians must refrain from handshakes, hugs and high fives.
- 10) On approach to the venue, everyone should keep their vehicle windows closed at all times.

- 11) Please be aware of the signage in relation to Covid 19 and adhere to all the instructions given by Stewards and Covid Compliance Officers/Assistants.
- 12) Ensure that everyone travelling with you has completed online one "Athletics Ireland Covid 19 Screening Questionnaire" each.
- 13) Admittance fee will be added to the Athlete's race entry fee.
- 14) There will be no admittance to the Cross-Country Course, under any circumstances.
- 15) All Team Leaders should be Garda Vetted.
- 16) Guidelines from Sports Ireland in relation to the ratio of athletes to a supervisor (Coach) to be taken into consideration in relation to the Team Leader. (A club may need 2 team leaders).
- 17) There will be a social media link sent to all Clubs preceding the event, make sure you have it and the facility to view the races.
- 18) Proceed to the carpark, be courteous taking the instruction from the car-parking attendants. These directions will be hand signals only and you should keep your windows closed.
- 19) Reverse or drive into the space provided and park parallel to the vehicle beside you, giving adequate space.
- 20) The first vehicle into the parking zone will go to the middle area while the second will park in the next available space.
- 21) You should not get out of your vehicle except to use the toilet or when your athlete needs to go to the particular zone in the carpark at their allocated time (red zone on programme) to meet their Club Team Leader.
- 22) Always maintain a social distance of 2m from all others
- 23) Every athlete should know the course and number of laps in their race, which can be got from their club, on the Munster website or by social media from their Club.
- 24) Any erratic behaviour or pushing and shoving, the athlete deemed by the Starter to be at fault will be asked to leave the race.
- 25) A Chip Timing machine will scan your number and register you as you pass the Finish Line. It is each athlete's responsibility to have their number on correctly and have it at the Finish Line.
- 26) There will be no cloakroom numbers handed out at the end of the race.
- 27) There will be no group photographs.
- 28) There will be individual medals laid out on a table, all team medals will be sent to your Club or distributed at the next County Cross-Country Race.
- 29) There will be no results on the day, these will be posted on the Munster AAI website and sent by your Club social media.
- 30) When finished, following any instructions from the car park attendants and leave the carpark by the exit. Be aware of other vehicles entering the avenue for later races.
- 31) Athletes should stay away from the public immediately post-race when they are breathing heavier.

Coronavirus **COVID-19**

Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
 Fever	Common	Rare	Common
 Cough	Common* (Usually Dry)	Mild	Common* (Usually Dry)
 Shortness of Breath	Sometimes	No	No
 Aches and Pains	Sometimes	Common	Common
 Sore Throat	Sometimes	Common	Sometimes
 Headaches	Sometimes	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Runny or Stuffy Nose	Rare	Common	Sometimes
 Diarrhoea	Rare	No	Sometimes for Children
 Sneezing	No	Common	No

Source: World Health Organization, Center for Disease Control and Prevention



- 1) Before setting out, all Athletes, Coaches, Parents, Guardians should have completed the “Athletics Ireland Covid 19 Screening Questionnaire” online. A link will be sent out to all Clubs for distribution to the relevant people and will also be available on the Munster Athletics website.
- 2) There will be no buses or large transport vehicles allowed at the venue on the day of the Munster Cross Country.
- 3) Before deciding to go to the Munster Cross Country, every member should ensure that they are up to date with the National AAI, Government and Health Board Regulations relating to Covid 19.
- 4) Before traveling, all athletes should know who their Club Team Leader is.
- 5) Before traveling, all Athletes must have read and understood all the relevant guidelines in this Method Statement.
- 6) It is advisable that anyone with any flu symptoms does not attend the Munster Cross Country.
- 7) Before traveling, ensure that all personnel have washed their hands in soap and water as per the guidelines.
- 8) All Athletes should ensure that they have packed adequate amounts of masks, hand sanitiser and any other materials to keep themselves safe from Covid 19.
- 9) Athletes must refrain from handshakes, hugs and high fives.
- 10) On approach to the course, everyone should keep their vehicle windows closed at all times.

- 11) Please be aware of the signage in relation to Covid 19 and adhere to all the instructions given by Stewards and Covid Compliance Officers/Assistants.
- 12) Ensure that everyone travelling with you has completed online one "Athletics Ireland Covid 19 Screening Questionnaire" each.
- 13) Admittance fee will be added to the Athlete's race entry fee.
- 14) You will only be admitted to the Course as per the programme and times of your race.
- 15) Proceed to the carpark, be courteous taking the instruction from the car-parking attendants. These directions will be hand signals only and you should keep your windows closed.
- 16) Reverse or drive into the space provided and park parallel to the vehicle beside you, giving adequate space.
- 17) The first vehicle into the parking zone will go to the middle area while the second will park in the next available space.
- 18) You should not get out of your vehicle except to use the toilet or when you need to go to the particular zone to meet your Club Team Leader at your allocated time (red zone on programme).
- 19) Always maintain a social distance of 2m from all others.
- 20) All athletes will ensure that their number is on correctly and will not be interfered with when running, by their arms etc, as there will be a chip in the number and if lost the athlete will not feature in the results. Each athlete has to take responsibility for their own number.
- 21) Only leave your location as per the time on the programme for your race (red zone) and go the designated area to meet your Club Team Leader.
- 22) Under no circumstances can you bring any items to the start line, no matter what they are.
- 23) Be at the start line at least 5 minutes before your race.
- 24) At the start line the athlete will have to wait outside ropes to be called for their race.
- 25) Go to the start line with your Club Team Leader, you should stand, but maintain social distancing at all times.
- 26) Only when the Starter calls the athletes to enter the start location, should you do so.
- 27) Anyone entering the start location will have to walk in and maintain social distancing from each other
- 28) Only when the Starter calls, should all the athletes move to the front line and then the Starter will start the race without delay. It will not be a false start if any athlete does not come to the start line when called and the race has already started.
- 29) Any erratic behaviour or pushing and shoving, the athlete deemed by the Starter to be at fault will be asked to leave the race.
- 30) Every athlete should know the course and number of laps in their race.
- 31) A Chip Timing machine will scan your number and register you as you pass the Finish Line. It is each athlete's responsibility to have their number on correctly and have it at the Finish Line.
- 32) All athletes should maintain social distancing of 2m after entering the finish area.

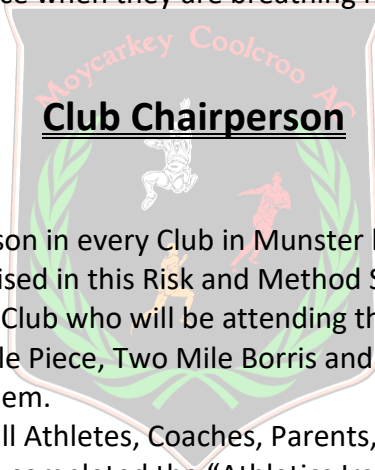
- 33) All athletes should proceed through the finish area as quickly as possible and return to their Club Team Leader.
- 34) There will be no cloakroom numbers handed out at the end of the race.
- 35) There will be no group photographs.
- 36) There will be individual medals laid out on a table. If you are entitled to a medal, ensure you take the correct one. All team medals will be sent to your Club or distributed at the next County Cross-Country Race.
- 37) There will be no results on the day, these will be posted on the Munster AAI website and sent by your Club social media.
- 38) After exiting the exclusion zone, all athletes should return to their Club Team Leader and return immediately to the carpark.
- 39) On returning to the carpark, the group should use the exit route off the course, looking to the right for athletes running in the next race and cross into the carpark, following any instructions from the car park attendants and keeping safe from other car park users, all the time maintaining a social distance of 2m.
- 40) Athletes should stay away from the public immediately post-race when they are breathing heavier.

Club Team Leader(s)

- 1) Before setting out, all Club Team Leaders should have completed the "Athletics Ireland Covid 19 Screening Questionnaire" online.
- 2) There will be no buses or large transport vehicles allowed at the venue on the day of the County Cross Country.
- 3) Before deciding to go to the Munster Cross Country, every member should ensure that they are up to date with the National AAI, Government and Health Board Regulations relating to Covid 19.
- 4) Before traveling, all Club Team Leaders must have read and understood all the relevant guidelines in this Method Statement.
- 5) It is advisable that anyone with any flu symptoms does not attend the County Cross Country.
- 6) Before traveling, ensure that all personnel have washed their hands in soap and water as per the guidelines.
- 7) Everyone should ensure that they have packed adequate amounts of masks, hand sanitiser and any other materials to keep themselves safe from Covid 19.
- 8) Club Team Leaders must refrain from handshakes, hugs and high fives.
- 9) On approach to the course, everyone should keep their vehicle windows closed at all times.
- 10) Please be aware of the signage in relation to Covid 19 and adhere to all the instructions given by Stewards and Covid Compliance Officers/Assistants.
- 11) Ensure that everyone travelling with you has completed online one "Athletics Ireland Covid 19 Screening Questionnaire" each.
- 12) Admittance fee will be added to the Athlete's race entry fee.

- 13) There will be no admittance to the Cross-Country course, under any circumstances, until the race you are leading is on the programme.
- 14) Proceed to the carpark, be courteous taking the instruction from the car-parking attendants. These directions will be hand signals only and you should keep your windows closed.
- 15) Reverse or drive into the space provided and park parallel to the vehicle beside you, giving adequate space.
- 16) The first vehicle into the parking zone will go to the middle area while the second will park in the next available space.
- 17) All Team Leaders should be Garda Vetted.
- 18) Guidelines from Sports Ireland in relation to the ratio of athletes to a supervisor (Coach) to be taken into consideration in relation to the Team Leader. (A club may need 2 team leaders).
- 19) You should not get out of your vehicle except to use the toilet or, as per the programme, to go to your club's zone to hand out numbers and collect your athletes.
- 20) Once your athlete team is together and as per the programme, you can enter the infield to warm up.
- 21) Under no circumstances can you bring any items to the start line, no matter what they are.
- 22) All athletes will ensure that their number is on correctly and will not be interfered with when running, by their arms etc, as there will be a chip in the number and if lost the athlete will not feature in the results. Each athlete has to take responsibility for their own number.
- 23) Always maintain a social distance of 2m from all others.
- 24) Find a location on the infield away from the racing and other clubs to warm up your athletes.
- 25) At least 5 minutes before the start of your athletes' race, make sure all your athletes are at the start line and maintaining social distance, outside the ropes.
- 26) Only when the Starter calls the athletes to enter the start location, should you do so.
- 27) Anyone entering the start location will have to walk in and maintain social distancing from each other.
- 28) Only when the Starter calls, should all the athletes move to the front line and then the Starter will start the race without delay. It will not be a false start if any athlete does not come to the start line when called and the race has already started.
- 29) Any erratic behaviour or pushing and shoving, the athlete deemed by the Starter to be at fault will be asked to leave the race.
- 30) Every Club Team Leader and Athlete should know the course and number of laps in their race.
- 31) After the race starts and before the finish, you should go to the finish line and remain out the exclusion zone, waiting for your athletes to finish.
- 32) A Chip Timing machine will scan your Athlete's number and register as they pass the Finish Line.

- 33) When finished, encourage your athletes to leave the exclusion area as quickly as possible and return to you.
- 34) When all your athletes have finished their race, go immediately back to the carpark.
- 35) There will be no cloakroom numbers handed out at the end of the race.
- 36) There will be no group photographs.
- 37) There will be individual medals laid out on a table. If your athlete is entitled to one, they should take the correct one. All team medals will be sent to your Club or distributed at the next County Cross-Country Race.
- 38) There will be no results on the day, these will be posted on the Munster AAI website and sent by your Club social media.
- 39) On returning to the carpark, the Club Team Leader and Athletes should be aware and look to the right for any athletes running in the next race. Use the exit route off the Course and cross into the carpark, following any instructions from the car park attendants and keeping safe from other car park users, all the time maintaining a social distance of 2m.
- 40) Club Team Leaders should remind athletes to stay away from the public immediately post-race when they are breathing heavier.



- 1) Every Club Chairperson in every Club in Munster has responsibility to ensure that all the issues raised in this Risk and Method Statement are made known to everyone in their Club who will be attending the Munster AAI Cross Country in the Middle Piece, Two Mile Borris and that all the relevant items are highlighted to them.
- 2) Before setting out, all Athletes, Coaches, Parents, Guardians and Team Leaders should have completed the "Athletics Ireland Covid 19 Screening Questionnaire" online.
- 3) There will be no buses or large transport vehicles allowed at the venue on the day of the Munster AAI Cross Country.
- 4) Before deciding to go to the Munster Cross Country, every member should ensure that they are up to date with the National AAI, Government and Health Board Regulations relating to Covid 19.
- 5) In the weeks preceding the Munster AAI Cross Country, it is each Club Chairperson's responsibility to ensure that they have appointed a Club Team Leader for each race they intend sending Juvenile Athletes to. Be aware that one Team Leader will not manage all the teams.
- 6) Club Chairpersons should ensure that the Senior team entered have a Team Leader. This team leader can be one of the athletes competing on the day, who will be responsible for collecting the numbers and distributing them to their Club athletes.
- 7) All Team Leaders should be Garda Vetted.

- 8) Guidelines in from Sports Ireland in relation to the ratio of athletes to a supervisor (Coach) to be taken into consideration in relation to the Team Leader. (A club may need 2 team leaders).
- 9) It will be the Club Chairperson's responsibility to ensure that all their members who intend traveling to the Munster AAI Cross Country has a map of the course, the up to date programme as well as the link to watch the racing.
- 10) Before traveling, all athletes should know who their Club Team Leader is and they should be known to them from their own Club training sessions.
- 11) Before traveling, all Athletes, Coaches, Parents, Guardians must have read and understood all the relevant guidelines in this Method Statement.
- 12) It is advisable that anyone with any flu symptoms does not attend the Munster AAI Cross Country.
- 13) Before travelling, ensure that all personnel have washed their hands in soap and water as per the guidelines.
- 14) Everyone should ensure that they have packed adequate amounts of masks, hand sanitiser and any other materials to keep themselves safe from Covid 19.
- 15) The Club Chairperson must inform all their members to refrain from handshakes, hugs and high fives.
- 16) On approach to the Course, everyone should keep their vehicle windows closed at all times.
- 17) Please be aware of the signage in relation to Covid 19 and adhere to all the instructions given by Stewards and Covid Compliance Officers/Assistants.
- 18) Ensure that everyone travelling with you has completed online one "Athletics Ireland Covid 19 Screening Questionnaire" each.
- 19) Admittance fee will be added to the Athlete's race entry fee.
- 20) There will be no admittance to the Cross-Country course, under any circumstances.
- 21) Proceed to the carpark, be courteous taking the instruction from the car-parking attendants. These directions will be hand signals only and you should keep your windows closed.
- 22) Reverse or drive into the space provided and park parallel to the vehicle beside you, giving adequate space.
- 23) The first vehicle into the parking zone will go to the middle area while the second will park in the next available space.
- 24) You should not get out of your vehicle except to use the toilet or when the athlete needs to go to the particular zone, as per the programme to meet their Club Team Leader.
- 25) Always maintain a social distance of 2m from all others.
- 26) All athletes will ensure that their number is on correctly and will not be interfered with when running, by their arms etc, as there will be a chip in the number and if lost the athlete will not feature in the results. Each athlete has to take responsibility for their own number.
- 27) Only leave your location as dictated per the programme time for your race and go the designated area to meet your Club Team Leader.

- 28) Under no circumstances can you bring any items to the start line, no matter what they are.
- 29) At the start line the athlete will have to wait outside the ropes with their Club Team Leader, to be called for their race.
- 30) Only when the Starter calls the athletes to enter the start location, should they do so.
- 31) Anyone entering the start location will have to walk in and maintain social distancing from each other.
- 32) Only when the Starter calls, should all the athletes move to the front line and then the Starter will start the race without delay. It will not be a false start if any athlete does not come to the start line when called and the race has already started.
- 33) Any erratic behaviour or pushing and shoving, the athlete deemed by the starter to be at fault will be asked to leave the race.
- 34) Every athlete should know the course and number of laps in their race. This instruction should be issued by the Club Team Leader to the athlete.
- 35) A Chip Timing machine will scan their number and register each athlete as they pass the Finish Line. It is each athlete's responsibility to have their number on correctly and have it at the Finish Line.
- 36) All athletes should maintain social distancing of 2m after entering the finish area.
- 37) All athletes should proceed through the finish area as quickly as possible and return to their Club Team Leader.
- 38) There will be no cloakroom numbers handed out at the end of the race.
- 39) There will be no group photographs.
- 40) There will be individual medals laid out on a table and if an athlete is entitled to one, they should take that particular one. All team medals will be sent to your Club or distributed at the next County Cross-Country Race.
- 41) There will be no results on the day, these will be posted on the Munster website and sent by Club social media.
- 42) After exiting the exclusion zone, all athletes are to go their Club Team Leader and return immediately to the carpark.
- 43) On returning to the carpark, the group should use the exit route off the Course and cross into the carpark, following any instructions from the car park attendants and keeping safe from other car park users, all the time maintaining a social distance of 2m.
- 44) Club Chairpersons should remind athletes that they should stay away from the public immediately post-race when they are breathing heavier

Programme for the Munster AAI County **Even Age Juvenile, Junior ,U/23 and Novice Cross Country on the 8th of November 2020 in the Middle-Piece, Two Mile Borris**

Time	U/10 G	U/10 B	U/12 G	U/12 B	U/14 G	U/14 B	U/16 G	U/16 B	U/18 Junior G	U/18 Junior B	Novice, U/23 Ladies	Novice, U/23 Men
10.20	Red											
10.40	Yellow	Red										
11.00	Green	Yellow	Red									
11.20		Green	Yellow	Red								
11.40			Green	Yellow	Red							
12.00				Green	Yellow	Red						
12.30					Green	Yellow	Red					
13.00						Green	Yellow	Red				
13.30							Green	Yellow	Red			
14.00								Green	Yellow	Red		
14.30									Green	Yellow	Red	
15.00										Green	Yellow	Red
15.30											Green	Yellow
16.10												Green
Red	Go to your zone in the carpark to collect your numbers from your Team Leader											
Yellow	Allocated time for warming up on the infield only. Only the athletes allocated to this time can warm up. No one will be allowed onto the infield without a number or a Club Team Leader											
Green	Your Club Team Leader will be required to have you at the start line 5 minutes before this time as the time illustrated is the start time. If you are not there, the race will start without you.											

To be sent to Munster AAI one week before the Championship Cross Country

- Copy of host Club's Risk and Method assessment taking into account the current National Guidelines in relation to Covid 19.
- A map of the Course incorporating the vehicle parking area, age groups, start location (s), finish area, number of laps for each race and an area for Club Team Leaders to meet their athletes.
- Corral locations in the car parking area and which one will be allocated to each Club to meet with their Club Team Leader.
- A programme with allocated times for each race.
- Link to the Athletics Ireland Covid-19 Screening Questionnaire.
- Livestreaming Link to view races.