

**Athlete Guidance Document**  
**GAA Miler Meet**  
**Friday 4th June 2021**  
**1830 - 2130**  
**Linwood Sports Centre**

## **Introduction**

This document has been drafted to confirm how athletes should access, compete in, and depart from the GAA Miler Meet on Friday the 4<sup>th</sup> June at Linwood.

Every athlete has a responsibility to follow this guidance and help bring about a safe return of competitive athletics in Scotland. Any person not following this guidance will be asked to leave by one of our COVID support team.

Some key points we highlight to you:

- We enclose a Location Plan to this document. This document illustrates the key areas you will access on the night.
- We will be controlling access and departure to the Stadium itself. This will be regulated by our COVID support team.
- Athletes will not be permitted into the Stadium if they arrive any more than 75 mins before their race time.
- **Unfortunately, no spectators are allowed at the event.** Only athletes (plus their chaperone or registered coach), volunteers and officials are permitted to attend the event.
- Any athlete under 18 years of age, is permitted to have one chaperone with them within the Stadium area, and that chaperone may watch the event, provided that they socially distance (2 metres) from all other persons. That chaperone may be any responsible adult (parent, guardian, carer, coach, etc).
- Any athlete over 18 years of age, is permitted to have one coach with them within the Stadium area, and that registered coach may watch the event, provided that they socially distance (2 metres) from all other persons. That chaperone may be any responsible adult (parent, guardian, carer, coach, etc).

- Any person who tries to access the Stadium, and who is not an entered athlete (or their chaperone / coach), volunteer or official, will be asked to leave.

**\*\*We will provide a link for chaperones / coaches in a follow up email - to be completed by Thursday midnight\*\***

- All persons (other than athletes) should wear face masks within the Stadium if they cannot achieve 2 metre social distancing from others (unless they have a medical reason not to do so).

- Athletes are allowed to be in 'close contact' with only those in their own race (their 'race bubble'). They may also Warm Up and Warm Down with these athletes. Athletes must socially distance themselves from everyone else not in their race, and therefore out with their 'race bubble'.

- Upon finishing their race, athletes must collect their belongings from the finish line, change and then leave the Stadium area as soon as possible, completing their Warm Down outside of the Stadium on the Warm Up & Warm Down trails. Athletes will not be permitted back into the Stadium to spectate after they are finished.

**Before you leave for the race please consider that you must stay at home if:**

- If you live in a postcode area which (on the date of the race) is under COVID restrictions which prohibits adults from travelling beyond their local authority area, then unfortunately you will not be permitted to compete.

**This currently applies to the Glasgow City Council area.**

You will be offered a refund in this situation.

- Have been in contact with someone with COVID-19 in the last 14 days.

- Have been overseas to a country on the quarantine list or exposed to someone with COVID-19 in the last 14 days.

- Have COVID-19 symptoms (self-isolate for 10 days) or are feeling unwell.

- If you are encountering symptoms 'contact NHS Inform (<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>) to seek advice on symptoms and/or request a Covid-19 test' should anyone be encountering symptoms.
- Before you leave home please bring your own safety pins with you. We will not be providing safety pins at the race to try and reduce contacts.

## **Arrival**

When driving to Linwood you should:

- Enter through the ON-X sports centre main entrance on Brediland Road
- Drive passed the ON-X sports centre (on your left) to the car parking area

## **Entry into the Stadium Area**

- A member of the COVID support team will be present at the Entry point to the Stadium Area and they will ask you for your details.
- Any person whose details we do not have on our register will not be permitted access into the Stadium Area.
- The COVID support team member will not permit you into the Stadium Area unless you have arrived 75 minutes or less from your race start time.

## Race Registration

- Once an athlete has passed through the Entry area, they will be directed to the Registration area.
- At the Registration area, athletes should make use of hand sanitiser stations that will be laid out.
- Upon reaching the Registration area, the athlete will have to confirm their details.
- The athlete will be given their race number and hip number (**remember to bring your own pins – ideally 10**).
- After completing registration, the athlete (and chaperone / coach) can either:
  - (a) Be guided immediately back round to exit the Stadium Area in order to commence their Warm Up.
  - (b) Make their way around the outside of track (one way system) to access the toilets in the indoor area before continuing round the track to exit the Stadium Area to commence their Warm Up.
- There are toilets located within the Indoor Centre and athletes (and chaperones / coaches) are permitted to use these whilst in the Stadium Area (provided they employ 2 metres social distancing at all times).

## Warm Up

- There is a large dedicated Warm Up area which can be seen on the Location Plan
- When an athlete is ready to Warm Up, they should enter the Warm Up area
- Athletes may only Warm Up with other competitors in their race (their race 'bubble').
- Athletes must remain 2 metres away from anyone else not within their 'race bubble'.
- Approximately 15 mins before your race start you can re-enter the Competition Area.
- 800m runners: deposit your kit bag at the relevant kit drop off area for your race at the finish area and complete final Warm Up at the 100m start area in the outside lanes (steering clear of any races taking place on the track during this time).
- 3000m runners: deposit your kit bag at the relevant kit drop off area for your race at the finish area and then follow the one way system around the track to complete final Warm Up at the 1500m start area in the outside lanes (steering clear of any races taking place on the track during this time).
- Athletes must only be wearing competition kit at this point.

## Race

- Athletes must only compete in footwear that are compliant with the World Athletics list – which can be found here:

<https://www.worldathletics.org/news/press-releases/list-of-approved-competition-shoes-published>

(see: Latest list of approved competition shoes 26 February 2021)

Athlete footwear will be checked and anyone who competes in non-compliant footwear will be disqualified.

- When you are called forward for your race start, you should report to the Official (maintaining socially distancing / remaining 2 metres from all Officials)
- The Official will then direct you to the track start area / your start position.
- Athletes will then race. The athletes in each race are not required to socially distance.

## Warm Down

- Once an athlete has finished their race, they will be directed to the relevant kit drop off area and asked to collect their kit bags immediately.
- Athletes should collect their bags, recover and then exit the Stadium Area and move towards the designated Warm Down area (see Location Plan). As soon as recovered, athletes must leave the Stadium Area and allow for the smooth running of the one-way system throughout the night.
- When an athlete is ready to Warm Down, they should enter the Warm Down area.
- Athletes may only Warm Down with other competitors in their race (their race 'bubble').
- Athletes must remain 2 metres away from anyone else not within their 'race bubble'.
- At the same time as the athlete leaves the Stadium Area and heads towards the Warm Down area, any chaperones / coaches should also leave the Stadium Area at the same time.
- Athletes (and chaperones / coaches) are not permitted to return to the Stadium Area after they have left it at the conclusion of their race.
- Athletes (and chaperones / coaches) are expected to leave for home, upon exiting the Stadium Area and completing their Warm Down. Under no circumstances will an athlete be permitted back into the Stadium Area.



## After the Race

- Should an athlete begin to suffer COVID-19 symptoms during the following 14 days after the event, please contact NHS24 and your GP.
- You **must** also advise the event if you begin to suffer COVID-19 symptoms by sending an e-mail to GAA at: [glasgowathleticsassociation@gmail.com](mailto:glasgowathleticsassociation@gmail.com)