



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave. Winnipeg, MB. R3B 2Z6 • Tel: 204-925-5744 • Fax: 204-925-5792

www.athleticsmanitoba.com

ATHLETICS MANITOBA CROSS COUNTRY GUIDELINES

This document is produced with the race director in mind and aims to provide direction and guidance to these individuals and groups when hosting an event during the COVID-19 Pandemic.

As noted in the National Guidelines, it is the responsibility of the Provincial/Territorial Branch to determine what size/scale of event is acceptable given the current health and safety guidelines within their Province/Territory.

Current MB health guidelines limit the size of gatherings to 500 people outdoors for sporting events. We caution all event organizers that that does not mean large scale, restriction free, events are a good idea.

We strongly encourage all Race Directors to read and follow as many of the items/suggestions laid out on pages 22-24 of the Athletics Canada Back on Track Guidelines as well as the additional suggestions/options presented below.

GENERAL SUGGESTIONS

- Establish a maximum number of participants that accounts for the additional spots required for event organizers, volunteers, coaches etc.
- Example - 80 athletes, leaves 20 additional spots for event organizers, teachers, coaches and volunteers.
- Maintain a list of ALL attendees at the event. (Officially, attendance tracking for the purposes of contact tracing is no longer mandatory, however still advisable).
- Establish a schedule of events that allows for enough time for participants to clear the course between races.
- Set up separate start/finish line areas so that interaction between racing groups is minimized as much as possible.
- Set up and properly communicate warm up zones, start line procedures and finish line chute details.
- Provide a detailed Race Map, that shows a clear outline of traffic and crowd management.
- Remind participants that they must provide ALL of their own supplies. No water, or food supplied onsite.
- Remember to designate a volunteer as Safety Officer. This cannot be the Race Director. The Safety Officer is an administrative position that is primarily responsible to ensure protocols and guidelines are being followed (national, provincial, local and facility)
- If using bibs, assign numbers in advance and try to distribute prior to the event.
 - If team race packages are prepared, designate a pick-up process that minimizes gathering and waiting in lines.
 - If some waiting/lines are unavoidable, ensure ample space is provided to maintain distancing.
- Use a modified start line configuration (Boxes or Zones)
 - Participants are recommended to wear a mask during marshalling and up until race start.
 - Break starts into 20 person groups.
 - Create two zones with zone 1 being the start line and zone 2 being "on deck"
 - Zones will be 20' apart with 6' markings
 - See diagrams below
 - Seed start times based on expected race finish time with fastest runners first, slower last etc.

Notes for Volunteers

- Volunteers are encouraged to wear masks
- On course marshals giving directions to stay 6' from runners at all times.
- All participants must be constantly reminded to keep distance from each other and runners.

Runner instructions (suggest including in briefing email and announced at each start)



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- Keep distance from others at all times.
- When passing, call out “passing on the left” then pass immediately and 6’ wide from the other runner.
- Runners who are passed to drop back and maintain 6’ distance.
- If somebody is coming the other way, wait to pass until the path is clear.
- Running paths are all at least 6’ wide and usually with plenty of grassy space on either side that can be utilized for safe distancing.

Race finish

- One wide and long finish chute separate from the start line to enforce distancing.
- Encourage all finishers to exit the venue immediately and limit gathering.
- No post race award ceremony until gathering restrictions change.
- If medals are being awarded: DO NOT put them around necks
 - Could potentially have medals spread out on tables for finishers to pick up.

Total Number Requirements	Volunteer Roles
1	Meet Director
1	Safety Officer
1	Medical * (may not be volunteer)
1	Registration
1	Registration
1	Lead Start Line
1	Start Line Volunteer 1
1	Start Line Volunteer 2
1	Starter
1	Lead Course Marshal
1	Course Marshal 1
1	Course Marshal 2
1	Course Marshal 3
1	Course Marshal 4
1	Course Marshal 5
1	Road Watcher (If course crosses road)
1	Lead Finish Line
1	Finish Line Volunteer 1
1	Finish Line Volunteer 2
19	TOTAL VOLUNTEERS/ORGANIZERS



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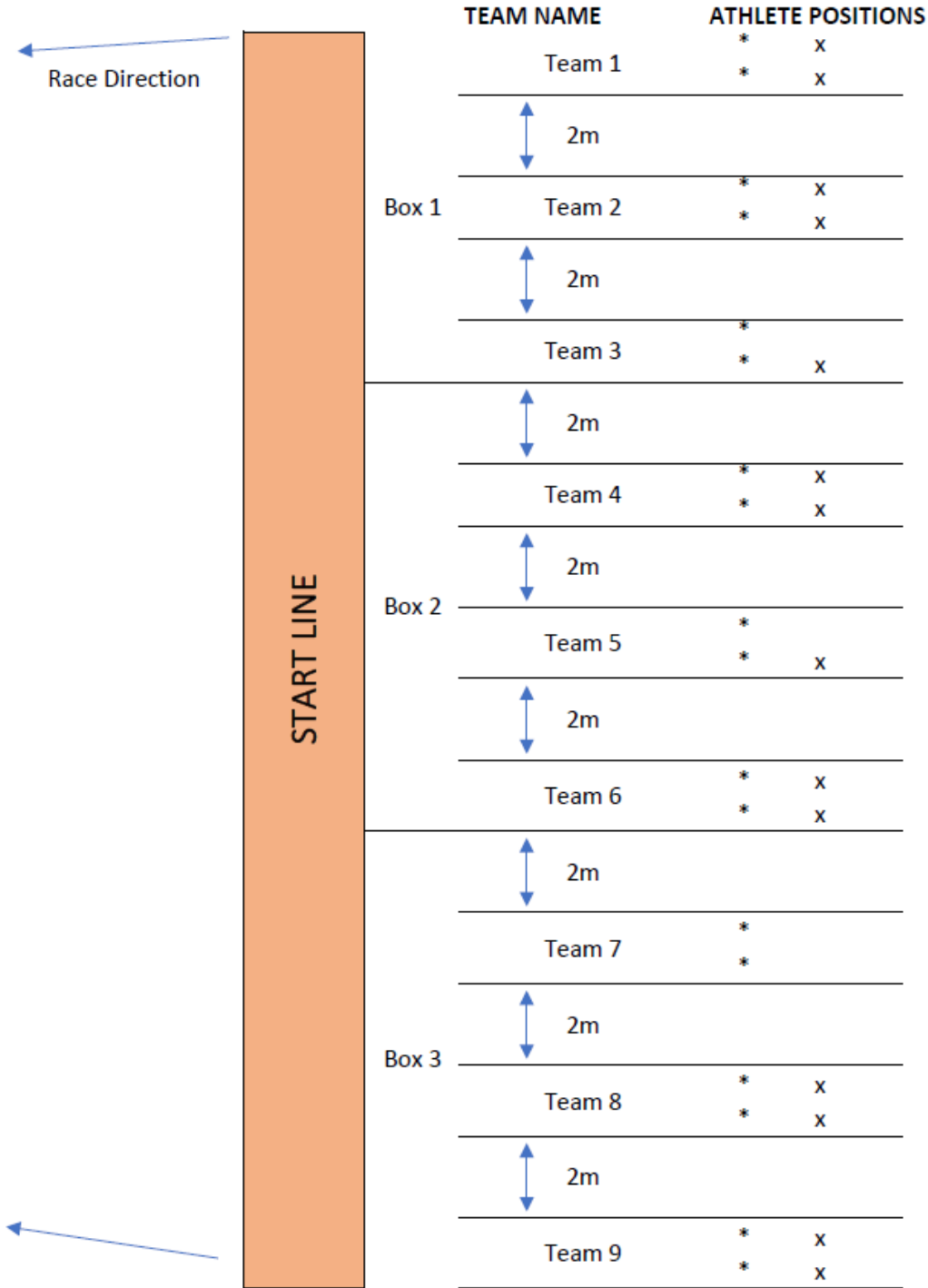


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START LINE MAP ADJUSTED EXAMPLE FOR TEAMS/BOXED RACE



** 2 fastest runners at the front of the start line