



## Competitor Information and Covid Protection Guidelines

1. Due to Covid restrictions only 1 competition bubble (max 30 athletes) can be on the course at any one time. This means that some events, e.g. Seniors, need to comprise a number of waves with approx. 1 hour between waves. To facilitate this males and females within an age group will run together

**NB: Depending on the number of entries, and local conditions, further changes may be required. It is therefore imperative that team managers / coaches / athletes check the final race schedule available from Thursday 12<sup>th</sup> November.**

2. To comply with restrictions that athletes can only compete as a “competition bubble” and that bubbles cannot mix, the event will be managed as a flow. While in the competition bubble athletes are allowed to mix and are not required to social distance. Out with this area everyone must practice social distancing. In terms of the course map, areas within the purple dotted line i.e. warm up, call up, competition and cool down zones are for officials and competition bubbles only. Social distancing must be observed in the car park, registration area and New Mill Rd.

The flow will consist of

Arrive (as per schedule) and ready to run as there are no changing facilities (Social Distancing observed)

Collect numbers and pins from team rep (Social Distancing observed)

Enter Warm Up Area and form a competition bubble (normally a bubble per age group but see above comment in red). Bags/warm clothes can be carried and subsequently left behind the Start / Finish Area. NB apply hand gel on entry

When called forward, move to Call Up area / Start, bringing Bags / Warm clothes with you (the next age group should then be arriving to enter the Warm Up area)

After passing through the Finish, collect bags / clothes move to the Cool Down Area and then Exit to the car park.

Apply hand gel on exit and re commence social distancing.

Depart the area (i.e. do not wait for subsequent events unless a member of household is involved)

3. Additional restrictions :

Under 17s are restricted to 1 chaperone per athlete and spectators are discouraged. Any coaches / chaperones in attendance must stay outside the Competition Area. Much of the action can be observed for Newmills Rd which is a public road, but social distancing must be observed.

Athletes are not permitted to walk round the course in advance of their race so should familiarise themselves with the course map.

4. Parking – parking for the event is at Scott Ellis Playing Fields, New Mill Rd, Kilmarnock, KA1 3JB. There is **NO** access to the area from the Ayrshire Athletics Arena.

5. Registration – club representatives should collect numbers and pins from the Registration Tent ( separate envelopes for Juniors and Seniors) and notify any last minute changes.

6. Club Tents - The pitching of tents/ gazebos is discouraged. In the event of inclement weather a tent with max 1 side will be allowed.

7. Toilets - there are toilets available in the competition area but are restricted to currently competing athletes and officials.

8. First Aid – First aiders will be on hand operating from a tent in the Start / Finish Area. The nearest Accident and Emergency Hospital is Crosshouse Hospital, Kilmarnock Rd, Crosshouse, KA2 OBE, 01563 521133

9. Course - The course consists of a mixture of parkland, riverside paths, farmer's fields and a 30 metre stretch of tarmac road (except for U11).

10. Results – results will be posted on Ayrshire Harriers Facebook page on Saturday evening. Arrangements will be made to have medals sent to the clubs for winning teams.

11. Officials - Clubs **MUST** provide a minimum of 3 officials/ volunteers in order to ensure the safe running of the event. Contact details and names of officials/ volunteers should be emailed to [john.gebbie@btinternet.com](mailto:john.gebbie@btinternet.com) by Wednesday 14th October

- 12. Directions – from the main intersection of the M(A)77, A71 and A76, follow the signs for A735/Town Centre.
- Pass the Ayrshire Athletics Area on your right and continue on Queen's Drive/A735 for 0.1 miles (yellow dotted line) and at first roundabout take the second exit. Continue for 0.2 miles and at roundabout take the second exit.
- Move into outside lane and turn right at the traffic lights onto New Mill Road.
- Continue for 0.3 miles and competitor car park is on the right.

