

IMRA - SOCIAL DISTANCING GUIDELINES (amended May 14th 2021)

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1. GENERAL

These guidelines have been drafted following the Government's publication of the Roadmap for Reopening Society and Business 2020. At all times IMRA will follow Government and Athletics Ireland guidelines and react accordingly based on the direction received.

While a return to competition is to be welcomed, it is also important to consider the impact of this on both runners and our volunteers, who are a vital resource without which no race can happen.

Our main priorities will be to maintain social distancing and hygiene requirements at a level that will enable participants, event volunteers and spectators to attend our events safely and with minimal risk to their health.

2. INDIVIDUAL RESPONSIBILITY

If you have been experiencing COVID-19 symptoms or if you are required to self-isolate under the current Government guidance you must not take part in or attend an IMRA event. We also encourage everyone to take note of the guidance from the Government that clinically vulnerable people who are at higher risk of severe illness from COVID-19 should take particular care to minimise contact with other people outside their own households.

- Participants should aim to keep at a safe distance from other people in compliance with the Government's current social distancing recommendations.
- We recommend frequent handwashing by participants using soap and hot water or alcohol-based hand sanitisers for at least 20 seconds.
- Participants should avoid physical contact such as shaking hands or hugging.
- Participants should avoid touching their own mouth, nose or eyes.
- Washing hands and social distancing are the most important measures to avoid the transmission of harmful germs and to prevent illness.

3. RETURN TO COMPETITION

Once we are permitted to host our races, all participants will be expected to fully comply with these protocols which have been drafted in line with Government regulations and Athletics Ireland guidelines. In order to ensure our events can be conducted in a safe and healthy manner for all participants and volunteers, the following processes will be implemented to cover race entries, race registration, race starts and finishes:-

- (i) Race Entry: For the foreseeable future, entry to races will be online with pre-registration only. Any change to this process will be announced on the IMRA website. This will make it easier for us to control the numbers entering and will avoid the

necessity of volunteers having to manually handle a member's voucher card, possibly within the recommended social distance space. In view of the possibility of races having reduced numbers (subject to further clarification) race limits will be determined prior to each event by the Committee and in conjunction with the Race Director for that race.

- (ii) Race Registration: Online entry will allow the Committee and Race Directors determine who has already been allocated and collected a number and/or race chip. Where a new or replacement chip is required this can be pre-assigned prior to the race and the participant can collect this on the day of the race prior to the race start with minimal physical contact. This will ensure that everyone has a registered chip when starting the race. Existing members requiring a new chip will pre-purchase online and it can be collected on race day in the same manner as a new person to the races would collect.

For the foreseeable future, there will be no physical sign-in at races. Any change to this process will be announced on the IMRA website. Currently therefore, the only people who will be able to race will be pre-registered entrants with valid race number and registered chip whose names will be on the pre-assigned entry list.

There will be no cash taken for parking at events.

- (iii) Race Start: Participants should arrive ready to participate and as close to the notified time as possible. Race starts will be organised in a manner that will minimise physical contact and ensure compliance with current Government social distancing recommendations.

Participants will be required to maintain the recommended social distance in the start area while waiting for the race to start. It will be the personal responsibility of each participant to ensure they are in compliance for the duration of time they will remain in the start area.

For the foreseeable future, participants will be required to wear a mask or buff while in the start area and for the first 200m of the race. Marshalls will be stationed at the 200m mark indicating to participants that they may remove their mask or buff. Littering is prohibited and will result in disqualification. The mask or buff must be carried by participants for the duration of the race and used as required. Any changes to this process will be announced on the IMRA website.

If a participant has to go to the aid of another participant during the race they should exercise reasonable care to minimise physical contact, use their face mask or buff and arrange for first-aid or mountain rescue to be contacted as appropriate.

Courses will be created, as far as possible, so that there are looped courses and thus minimise or avoid runners overlapping.

Runners are requested to avoid running directly behind another athlete at a distance of less than 2 meters. If a runner wants to overtake another runner it is recommended that they shout "on your left" or "on your right" as appropriate.

Physical contact with other runners is to be avoided at all times, other than as set out above.

Participants will be required to take extra care to avoid physical contact with members of the public who they may encounter on the race course.

- (iv) Race Finish: To avoid gatherings of people in the finish area, participants will be required to proceed immediately away from the finish area, maintaining the requisite social distance. Marshalls will be in place to enforce this.

The prize giving ceremony and raffle which take place after IMRA races will take place in the race area or parking area for the event until such time as it is possible to attend locations such as pubs, restaurants or hotels safely.

It is expected that all members will continue to adhere to social distancing guidelines at the prize giving.

To avoid giving out tickets for the raffle each member will be assigned a number and a random number generator will be used to find a winner for the prizes. Spot prizes will only be awarded to participants who attend the prize giving as has always been the case at IMRA events. Any changes to these processes will be announced on the IMRA website.

4. USE OF FACE MASKS, SANITIZERS and DISPOSABLE GLOVES

Participants will be required to wear buffs or face masks as set out above. Hand sanitisers will be available for participants at all events and all participants are expected to use these on arrival at registration and at other times as required.

First aid personnel will be provided with masks, disposal gloves and hand sanitisers.

An electronic record of all participants will be maintained by IMRA to facilitate contact tracing. If you attend an IMRA event and become unwell after the event you should first contact your GP and read the HSE guidelines. You should then inform our safety officer who will then follow advice provided to them by the HSE on the next steps.

5. BAG DROP-OFF

This facility will no longer be provided at IMRA events and participants are expected to carry with them any equipment or nutrition they require during an event.

For the foreseeable future, there will be no communal key-bag available at races.

6. TRAVEL TO AND FROM THE EVENT

Participants are expected to make their own way to and from any IMRA events complying fully with social distancing requirements. For the foreseeable future we will not provide transport for events. Any changes to this will be announced on the IMRA forum.