

Athletics Bendigo Welcome Back to the Track

Athletics Bendigo plans to conduct a Welcome Back to the Track competitions prior to the opening of Athletics Victoria AVSL.

The first of these events is to be on Saturday 31st October and is to be restricted to athletes 18 and under and 11 years old on the day (turning 12 in 2021)

For this competition to be conducted there are specific Rules, Principles and Regulations to be applied.

Safety Officer

The COVID Safety Officer is to be – The Bendigo Region Venue Manager – Terry Hicks. Additional appointments can be made if the SO deems that are required.

COVID Safe Principles

The event is to be conducted according to COVID Safe Principles used by Athletics Victoria and Little Athletics Victoria (who are conducting competitions at the venue on Friday 30th and Saturday 31st October). With variations to conduct of events, ingress and egress, cleaning of implements as detailed in this document.

Signage

Signage for the Venue (most of which has been in place during Training restrictions) is to include those sourced from DHHS web sites.

They are to be displayed at both the Ingress and Egress in the notice boards on the front of the main building, at the entrances to the toilets, above the hand washing sinks in the toilets. They include and not restricted to,

- Stay at home if you feel sick or unwell no matter how slight the symptoms
- Wear a mask or face covering (except when competing)
- Maintain your distance (1.5 metres)
- Cough and sneeze into a tissue or your elbow; and
- Keep good hand hygiene

Ingress and Egress

Ingress is to be via the Gates at the South end of the main building. Only one gate is to be open and set with a 2-metre gap. Athletes, Officials and Parent/Guardian/Carers are to check in on entry to the facility (refer form). They are to sanitise hands on entry and ensure that they are wearing a mask. They may be requested to provide identity proof. (Refer attached Register)

Egress is to be via the Gate at the North end of the main building. (not the Swipe Card Gate - this is available for emergency exit only) The gate is to be opened at the end of the Session. Athletes, Officials and Parent/Guardian/Carers are to check out on exit from the facility (refer form). They are to sanitise hands on exit. Note the Exit door in the Airway is only to be used as an Exit in case of emergency. It can be released by the “green button” which is within 2 metres of the door inside.

Note No swipe Card access to the venue during competition.

Sanitiser

Sanitiser is to be available at both the Ingress and Egress, at the event areas, at the finish line and in front of the toilets.

Cleaning of Implements and Competition Areas

Refer to Rules for Field Events.

As field athletes (throws) are to do consecutive trials they are to only use implements that have been sanitised by the appointed official. Athletes are not to handle implements until directed by the Official at the events area.

As field athletes (horizontal jumps) are to do consecutive trials they are to wait until the appointed official advises that the pit has been raked and sanitised. Athletes are not to handle rakes and equipment. On completion of their trial they are to exit the pit immediately by the shortest way.

As field athletes (vertical jumps) are to do consecutive trials they are to wait until the appointed official advises that the pit, bar, and uprights have sanitised. Athletes are not to handle the equipment. On completion of their trial they are to exit the bag immediately by the shortest way.

Track Athletes are to be advised to have minimal contact with adjustments to starting blocks. Prior to the competition and following each heat officials are to spray the blocks/rail with sanitiser and wipe with a suitable cloth.

Track athletes are not to congregate around the finish line on finishing. The Finish Line Marshall is to control this. If athletes have equipment at the start area, they are to continue around the track in an anticlockwise direction in Lanes 7 and 8 (keeping social distance 1.5 metres)

Coaches

Coaches are not permitted to have access however they are encouraged to assist as officials or club helpers.

Entry Process

All entries are to be On-Line (no walk ups) through the Athletics Bendigo provider Register Now. The Entry is to include data for Ingress and Egress as per the Form attached.

Event Processes

Warm Up

There could be limited opportunities for warm up during the sessions. Athletes are advised to enter the venue "ready to compete".

Track

Track event fields are to be seeded into heats from the entries prior to the Competition. Athletes are to be advised by email and Athletics Bendigo web site. All events are to be confirmed with no check in. Athletics Bendigo is to use electronic timing.

Field Events

The field events are to be placed into pools by the Competition Manager.

The throws are to be measured using the EDM.

Due to the complexity of field events Athletes are to be offered 1 warm up trial/run though.

Vertical Jumps

- Maximum 3 athletes at the event site at one time. (As one completes trials another rotates in)
- Each athlete has a maximum 6 trials (3 consecutive fouls and complete)
- Although WA Rules are 2 minutes for consecutive trials encourage athletes to be ready at time of call.
- The 6 trials be consecutive i.e. Athlete completes their event.
- Rises to be 5cm or 10cm HJ and 15cm and 20cm PV. Athlete given option of 3cm (HJ) and 10cm (PV) rise for final attempt if first at this new height. i.e. clears 1.65 can go to 1.68cm or misses 1.65 at second attempt (5th trial) can have one trial at 1.68.
- 2 x Bar Judges
- One Bar Judges sanitise uprights, cross bar (after it is dislodged and end of athlete event), bags at the completion of each athlete trials.
- Athlete to dismount bags immediately after attempt. Ideally on the side opposite to their approach side.

Throws

- Maximum 3 athletes at the event site at one time. (As one completes trials another rotates in)
- Each athlete has 3 trials
- Although WA Rules are 2 minutes for consecutive trials encourage athletes to be ready at time of call.
- The 3 trials be consecutive i.e. Athlete completes their event.
- Athlete to retrieve implements at completion of trials. Only the athlete to have contact with the implement except; Spiker to wear gloves and if needs be to clear the implement in the sector. Athlete returns implement to circle area in a bucket or suitable carry method.
- One official to sanitise implements.
- Each sanitised implement weight group be separated to minimise physical contact.
- Ensure Hammer wires and Javelin cords are sanitised.

Horizontal Jumps

- Maximum 3 athletes at the event site at one time. (As one completes trials another rotates in)
- Each athlete has 3 trials
- Although WA Rules are 2 minutes for consecutive trials encourage athletes to be ready at time of call.
- The 3 trials be consecutive i.e. Athlete completes their event.
- Athlete to dismount pit immediately after attempt. Ideally on the side opposite to the officials.
- Raker to sanitise rake and sand at completion of the athletes 3 trials.

Program for 31st October

Programme 1

Session 1	Time	Events	
	2:00 – 3:00pm	100m	800m
		Long Jump	Shot Put
	3:10 – 3:20	clean/sanitise	

Session 2	3:20 – 4:20	Discus	
		400m	1500m
	4:20 - 5:00	clean/sanitise	

Bendigo Welcome Back

Saturday 31st October 2020

Bendigo

Role	Official
Competition Admin Director	Athletics Bendigo Official
Equipment Manager	Athletics Bendigo Official
Safety Officer	Covid Allocated person
Admin Leader - in - 1	AB Staff
Check In Leader - Check - in - 2	Athletics Bendigo Official
Exit Check - out	Athletics Bendigo Official
Results Scorer	Athletics Bendigo Official
Long Jump/High Jump - Chief & Take off Judge	Athletics Bendigo Official
Long Jump 1 - Recorder	Athletics Bendigo Official
Long Jump - Spiker/Bar - Sanitizer	Helper / TM - Coach
Long Jump - Rake/Bar - Sanitizer	Helper / TM - Coach
Long Jump - Tape	Helper / TM - Coach
Shot Put/Javelin - Chief and Board	Athletics Bendigo Official
Shot Put/Javelin - Recorder and Arm	Athletics Bendigo Official
Shot Put - Spike	Helper / TM - Coach
Shot Put - Tape/EDM	Athletics Bendigo Official
Shot Put - Sanitizer	Helper / TM - Coach
Starter / Starters Assistant	Athletics Bendigo Official
Starter / Starter Assistant	Athletics Bendigo Official
Track Referee - Finish Line Official	Athletics Bendigo Official
Photo Finish 1	Athletics Bendigo Official
Photo Finish 2	Athletics Bendigo Official
First Aid	Bendigo Sports Trainers
1 AB Staff positions	
14 Bendigo Officials positions	
6 Helpers / TM - Coach	
21 positions in total	