

**JOINT LEAGUE MEETING
SUNDAY 30th MAY 2021
GRANGEMOUTH STADIUM**

INFORMATION FOR ATTENDEES

We look forward to welcoming you to Grangemouth Stadium for the first of our Joint League meetings and wish you all an enjoyable, rewarding and safe competition.

We would also like to say a special thank you to all our **scottishathletics** officials, our volunteers and the staff at Grangemouth Stadium for without their invaluable assistance this event would not be taking place.

This event will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1st April 2020. A copy is available for download from the British Athletics website: [Competition Rules](#).

6 Steps to Competing

1. Pre-event – check the start list for your event and arrival time.
2. Declarations – opens 75 minutes before and closes 45 minutes before your event. ***Don't be late!***
3. Warm up – maintain physical distancing within the grass warm-up area
4. Reporting to Assembly Point – report 5-10 minutes prior to your event start time.
5. Compete!
6. Leaving the stadium – once their event is finished, athletes should leave the stadium as soon as practicable.

EVENT INFORMATION

Due to the ongoing COVID - 19 pandemic there are a number of conditions placed on all attendees at this event.

You are reminded that these conditions are for everyone's safety with all attendees taking responsibility for their own hygiene and safe conduct before, during and after the event.

Full details can be found [HERE](#), but some important factors to be aware of include:

COVID – 19 & RISK ASSESSMENT

There is a COVID – 19 Risk Assessment in place for this event in accordance with the Scottish Government, SportScotland and **scottishathletics** guidelines.

Except when in a Bubble, all attendees must ensure physical distancing, i.e., 2m distance between each other at all times.

In addition, all attendees must ensure that they do not attend the event if:

- They have COVID – 19 symptoms.
- Anyone in their household has COVID – 19 symptoms.
- They are self - isolating at home in line with Scottish Government Test and Protect system.

WEARING OF FACE COVERINGS WHILE INSIDE THE STADIUM

Due to the Indian variant, unless exempt, everyone apart from competing athletes will be required to wear a face covering at all times while inside the stadium, (except when eating or drinking).

Although there are hand sanitiser stations inside the stadium and the officials / volunteers will also have hand sanitiser and disinfecting spray, you should also bring your own hand sanitiser with you.

NHS SCOTLAND TEST AND PROTECT

- **scottishathletics** is supporting NHS Scotland's Test & Protect programme, contact details for this scheme have been collected at the time of entry.
- Details shared will be your name, contact number and the number of people in attendance with you at this event (i.e. parent chaperone or coach).

NO SPECTATORS

- There will be no spectators allowed inside the stadium.
- Athletes under 18 are allowed to bring a parent with them to the Warm-Up area **only**, however, please note that any parent wishing to access the Warm-Up area must do so from outside the Stadium perimeter fence line – **see Grangemouth picture attached**.
- Coaches will only be allowed into the event provided they have notified Leslie Roy in advance (as requested).
- Coaches will have trackside access while their athlete is competing, however unless their athlete is competing in the long jump, this access is restricted to the outside the barrier at the back straight and two bends - **see Grangemouth picture attached**
- The main stand will be closed during the event.

WITHDRAWALS

- If you are no longer able to compete in this event, please Email Leslie.roy1@virginmedia.com **before Wednesday 26th May**
- Final start lists will be confirmed and published by the end of the day on **Thursday 27th May**
- All athletes are expected to check online for their band and report time.
- No changes will be made to band lists after they are published.
- Seeding and lane draws for track races will be done prior to **publication on 27/05/21**

ARRIVAL

- You must not arrive early to ensure numbers within the stadium can be controlled.
- Declarations will open 75 minutes before each event 'Bubbles' scheduled start time.
- All athletes **MUST** be registered with **scottishathletics** at time of declaration otherwise they will not be able to compete.
- Athletes will only be allowed to compete in one event.
- Coaches must ensure they have their normal covid kit with them.
- All event attendees enter into the stadium via the main entrance and in the cafeteria.
- Athletes and coaches will be directed Gate 1 for entry into the track and then onto the Warm Up area (athletes) and around the track (coaches).
- Officials and volunteers will be directed to the track via a one - way system inside the stadium - **see Grangemouth picture attached**.
- All athletes must maintain physical distancing when proceeding to and once in the Warm-Up area
- All coaches must maintain physical distancing when proceeding to and once at their positions alongside the track.
- Athletes who may be running late must contact their Team Manager to notify of your arrival.

Event Closing Times: 45mins prior to Event Start Time
Athletes registering after this time will not be granted permission to compete.

WARM UP, TOILETS, CATERING & FIRST AID

- No indoor warm up facilities will be available.
- All warm-ups must be conducted in the designated Warm Up areas - **see Grangemouth picture attached.**
- Changing and showering facilities will not be available within the stadium.
- Toilets will be available within the stadium, with users ensuring that physical distancing is maintained when queuing.
- There will be no catering at the event, attendees should bring their own food and drink.
- There will be an area inside the stadium set aside for officials and volunteers **only** to eat and drink.
- St Andrews First Aid staff will be in attendance during the event.

DURING THE EVENT

- While in the Warm-Up area, athletes must be mindful of their race call up time and make their way towards the Assembly Point 5 – 10 mins before their event and await their call up.
- Athletes should arrive at the Assembly Point “ready to compete” (i.e. with / wearing only items you will need during the event).
- **Track** athletes called forward to the Assembly Point will be escorted into the stadium initially towards the Cool Down area where they should leave their tracksuits etc before being escorted to the start of their event.
- Once their event is finished, track athletes will be escorted to the Cool Down area where they must don their tracksuits etc before exiting the stadium via Gate 1 as soon as practicable - **see Grangemouth picture attached.**
- **Field** athletes will be escorted to their field event from the Assembly Point and when finished their event, will be escorted to Gate 1 to exit the stadium - **see Grangemouth picture attached.**
- Athletes should not be giving handshakes or high 5’s at the end of their event.
- Hand sanitiser will be provided at the various competition areas and must be used by all athletes before and after each race, throw or jump.
- Each track and field event will comprise bubbles of athletes with each bubble split accordingly in line with the event timetable, e.g.1500m – bubble of 30 athletes split into two races of 15 athletes.
- Spikes: Christmas tree or pyramid spikes should be used. Maximum spike length: 6mm, or 9mm for HighJump.
- Athletes should also make themselves aware of recently amended Rule T5.5 regarding soles of footwear and ensure that their chosen shoes are permitted in competition under UKA rules.
- ***Under no circumstances are athletes to spit or clear their noses within the stadium without a tissue or something similar. Any athlete found doing so will be disqualified from the event and asked to leave the stadium and may also result in the any future entries being rejected.***