

Le Cheile AC Senior Summer Race Meet 7th August 2020

ATHLETES MUST COMPLETE AND SUBMIT A COVER-19 HEALTH SCREENING FORM

ATHLETES MUST FOLLOW THE INSTRUCTIONS OF RACE ORGANISERS

ATHLETES MUST HAVE THEIR OWN HAND SANITISER, WATERBOTTLE AND SPORT BAG TO PLACE ALL THEIR PERSONAL BELONGINGS INTO.

ATHLETES MUST ARRIVE AT THEIR DESIGNATED TIME AND LEAVE IMMEDIATELY AFTER THEIR EVENT.

ATHLETES MUST SANITISE BEFORE AND AFTER THEIR EVENT

ATHLETES ARE ASKED TO GO TO THE START LINE READY TO RACE

ATHLETES WILL SET UP THEIR OWN BLOCKS AT THE START – NO HELP WILL BE ALLOWED.

OFFICIALS WILL SANITISE BLOCKS AFTER EACH START

OFFICIALS AT THE LONG JUMP WILL NOT EXCHANGE PLACES AND EQUIPMENT WILL BE SANITISED BEFORE AND AFTER COMPETITION

NO HAND SHAKES, HUGS, FIST PUMPS SPITTING ETC WILL BE ALLOWED.

NO COACHES OR SPECTATORS WILL BE ALLOWED INTO LE CHÉILE ATHLETIC CLUBS FACILITY.

ONLY ATHLETES AND OFFICIALS WILL BE ALLOWED INTO LE CHÉILE ATHLETIC CLUBS FACILITY

SPECTATORS OUTSIDE THE FENCE ARE ASKED TO OBSERVE SOCIAL DISTANCING

WARM UP FOR SPURTERS: SPURTER WILL BE ALLOWED WARMS UP ON THE BACK STRAIGHT AND ON THE INFIELD – SOCIALS DISTANCING WILL APPLY#

MIDDLE DISTANCE AND DISTANCE ATHLETES WILL WARM UP ON THE ROAD OUTSIDE THE VENUE AND WILL BE GRANTED ACCESS TO THE FACILITY 30 MINS PRIOR TO THEIR RACE – THEY CAN THEN USE THE BACK STRAIGHT FOR THEIR STRIDE OUTS AND STRETCHING. THEY WILL NOT BE ALLOWED RUN WARM UP LAPS.

ALL ATHLETES WILL LEAVE THEIR BAGS IN A DESIGNATED AREA AND WILL COLLECT FROM THAT AREA AND LEAVE THE FACILITY IMMEDIATELY AFTER THEIR EVENT.

THERE ARE TOILET FACILITIES AT THE EVENT – THERE ARE NO CHANGING FACILITIES AVAILABLE

PLEASE NOTE THAT LEIXLIP AMENITIES CENTRE HAS ASKED THAT YOU DO NOT TRY TO ACCESS THEIR FACILITY TO USE TOILETS OR CHANGING ROOMS– THIS IS A SEPARATE FACILITY AND IT IS FOR THEIR MEMBERS ONLY