

Armidale Athletics Club Cross Country Run Briefing

Updated: 30 April 2023

INTRODUCTION

The Armidale Athletics 2023 Cross Country season will adopt some of the changes implemented during the COVID-19 pandemic. To minimise contact with and between all runners, we have introduced an online run briefing. This document will take the place of a detailed, verbal race briefing for all runners. Please take the time to read this document. If you do not understand anything or need further information, please send the Run Director an email at registrarala28@gmail.com.

The health and safety of participants, spectators and volunteers is the number one priority for all concerned. Please read all the information. All participants, spectators and volunteers MUST adhere to them. Parents/guardians of registered participants under the age of 18 MUST ensure they abide by these conditions. If you do not agree with any of it, please do not attend the event.

EVENT OVERVIEW

The Armidale Athletics Club Cross Country (AAC XC) consists of four cross country running events within the surrounds of Moran Oval Parklands and will be held on Wednesday afternoons at 4:30pm from behind the Grandstand Complex. The event is organised and hosted by AAC. The four distances are: 5km, 2.5km, 1.5km and 1km.

YOUR RESPONSIBILITIES

AAC expects all participants, volunteers, and spectators to:

- Comply with the health directions of Government and public health authorities as issued from time to time.
- Always comply with the health directions from Government and Public Health authorities, and any testing and precautionary measures implemented by the AAC.
- Act with honesty and integrity regarding the state of your personal health and any potential symptoms.
- Monitor your health and take all precautions required by law with regards to the reporting of potential symptoms and self-isolation.
- Agree that you must not attend if you have been unwell or had close contact with a known or suspected case of COVID-19 (cough, sore throat, fever or shortness of breath).
- NSW residents should check the website: <https://www.nsw.gov.au/covid-19/latest-news-and-updates#latest-covid-19-case-locations-in-nsw>.

EVENT SCHEDULE

Each Wednesday from 3rd May 2023 then ongoing until further notice.

4.15-4.30pm Hutag collection.

4.30pm Competitors start (rolling start) and finish their event by passing over the timing mat.

All competitors MUST be off the course by 5.15pm for event finish.

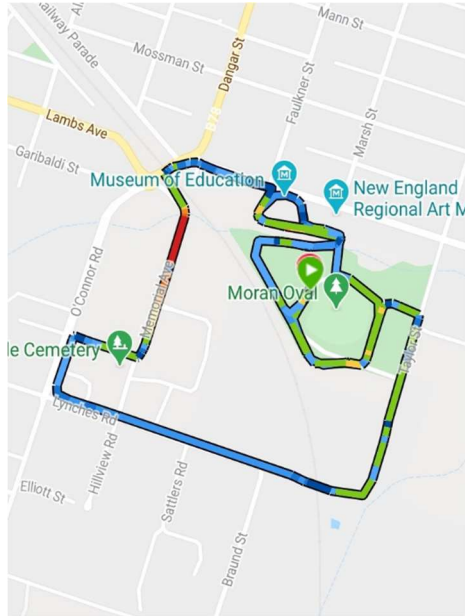
SOCIAL DISTANCING

All attendees including participants, volunteers and spectators are requested to keep a 1.5m distance between themselves and other attendees unless they are from the same household. Physical distancing throughout the run is requested, even out on course and especially when passing others, including volunteers, spectators and any members of the public.

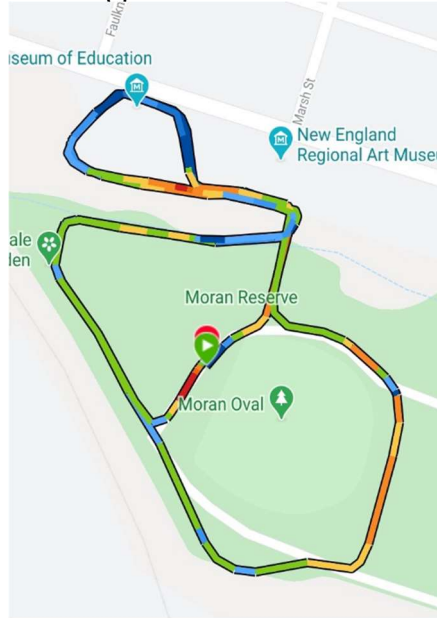
HAZARDS ON COURSE

TRACK CONDITIONS There are several hazards that you will find on course and there are rough sections of track. Please be alert and careful. There are rocks, roots, branches, leaves, sand/gravel, water and uneven sections on parts of the track.

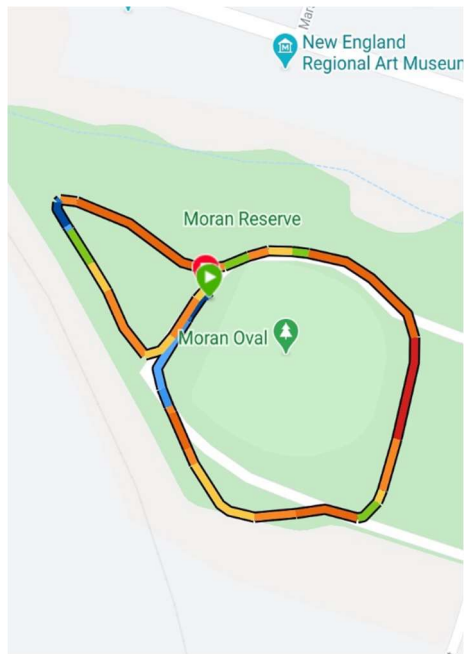
Maps of the courses are as follows; distances are approximate:



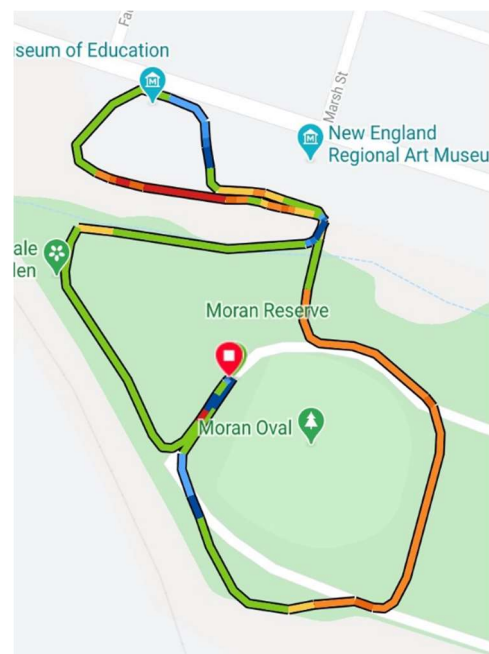
5 km



2.5 km



1 km



1.5 km

FIRST AID/IN CASE OF EMERGENCY

If you are injured on course and need assistance, please advise the next runner and ask them to inform the Run Director. If you come across an injured runner, offer assistance, wait with the injured runner until the next runner arrives and decide between you that one will inform the Run Director while one person stays with the injured runner.

BYO DRINKING BOTTLE/DRINKS

You will need to bring your own drink bottle. This applies to runners, volunteers and spectators.

START LINE

Spread out! Please try and adhere to the 1.5m social distancing while waiting at the start line to commence your event. All races will have a rolling start, which means your time doesn't start until you cross the timing mat. It is therefore not necessary to crowd the start line.

TIMING

Official race timing will be available for members of AAC. We encourage participants to join the club to take advantage of member benefits available throughout the year. AAC Hutag timing chip will be used. Timing for each race starts as you go over the timing mat. This enables the AAC to start each event distance in a 'rolling start' method to avoid crowding around the start line. Please make sure you run over the mat. Cones will funnel you over the mat. It will not matter if you cross a mat twice within a few minutes. The timing system will not record a second time.

FINISH LINE

Participants are requested to maintain a 1.5m distance from other runners and spectators when crossing the finish line timing mat and to disperse quickly.

RESULTS

Electronic results available online after the event.

PERSONAL HYGIENE AND CLEANING

Good personal hygiene can help stop the spread of COVID-19 and is paramount to a successful and safe event. Recommendations from NSW Health, include:

- Clean your hands with soap and water for 20 seconds or use an alcohol-based hand rub/sanitiser.
- Cover your nose and mouth with a tissue when coughing and sneezing or use your flexed elbow, not your hands.
- Avoid touching your face and avoid shaking hands with others.

The organisers also request that attendees do not spit or blow your nose into the air/ground (ie. no 'snot rockets'), either at the event hub or out on course whilst running. Please use a tissue. The organisers will provide hand sanitiser near the start and finish area and anywhere close physical proximity or contact is likely between people, or between people and hard surfaces (e.g. near Hutag collection area, etc.) at the event.

THANK YOU!

Thank you for joining us for the Armidale Athletics Cross Country Season 2023. Although the conditions of entry are lengthy, we hope that you enjoy your experience.