

INFORMATION FOR ATHLETES
scottishathletics Throws Grand Prix
Saturday 24th July 2021

Xcite Craigswood, Craigswood, Livingston, EH54 5ER

Thank you for your entry into the final Throws Grand Prix, we look forward to seeing you at the event and wish you an enjoyable and rewarding competition.

All **scottishathletics** events are subject to current COVID-19 local and national restrictions. Any athletes affected by local restrictions must adhere to them and not attend this event if restrictions would prevent them from travelling. Please contact events@scottishathletics.org.uk with any specific enquiries.

All relevant information can be downloaded from the fixture page on the **scottishathletics** website by clicking the following links –

[scottishathletics Throws Grand Prix - Athletes](#)

Final Pools information will be published on Monday 19th July

This event will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1st April 2020. A copy is available for download from the British Athletics website.

Help Wanted

To ensure the smooth running of this event, we require some additional volunteer support with officiating duties. We ask that any parent/guardian or coach who is available to help contacts events@scottishathletics.org.uk to let us know what time(s) or which event(s) they are able to cover. Any help is appreciated.

6 Steps to Competing

- 1. Pre-event – check the start list for event time and your arrival time.**
- 2. Declare – opens 90 minutes before and closes 60 minutes before your event. Don't be late!**
- 3. Warm up – maintain physical distancing within the warm-up areas.**
- 4. Report – report at least 15 minutes prior to the event start time.**
- 5. Compete!**
- 6. Leave the competition area.**

Due to the ongoing COVID-19 pandemic there are a number of changes to procedures and protocols for all attendees at events. These changes are for everyone's safety, and all attendees must take responsibility for their own hygiene and safe conduct before, during and after the event.

COVID-19 Testing and NHS Scotland Test & Protect

You should NOT attend this event if:

- You have COVID-19 symptoms.
- Someone in your household has COVID-19 symptoms.
- If you have been asked to self-isolate at home by the [Scottish Government Test and Protect system](#).
- If you are returning from a country outside the UK you must follow the Scottish Government guidance on quarantine.

scottishathletics supports NHS Scotland's Test & Protect programme. This will require that your contact details be shared with NHS Scotland, if requested, in relation to a potential COVID-19 outbreak. We have made this decision to protect all competitors, attendees and volunteers at our events. Details shared will be your name and contact number only.

Car Parking

Parking is available on a first come first served basis at the stadium.

Spectators

Under current Covid guidance limited numbers of spectators are permitted. Any spectators planning to attend (including coaches) should have applied for FREE accreditation through the **scottishathletics** website.

Arrival and Declarations

On arrival all athletes, coaches, spectators and others must report to the declarations area next to the main building.

Event Closing Times

60mins prior to Event Start Time

Please inform declarations if you are not fit to continue in an event for which you have declared.

Competition Numbers:

Throws athletes do not require numbers at this event. Athletes will be called up by name only.

Call Room

There is no call room at this meeting, all athletes must report to their events a minimum of 15 minutes before the scheduled start time or as directed by officials.

Rules

Rule CR18.5 Unsporting or Improper Behaviour: spitting (or similar) in any area may be treated as a conduct offence and will be dealt with by a warning or disqualification. Athletes Assembly stewards will remind athletes of this rule prior to leaving for the competition site. Any instances of athletes spitting within the competition area will be reported to the Chief Official or Referee who will issue the appropriate sanction, which may result in disqualification.

Rule T5: All athletes must make themselves familiar with the recently amended World and UK Athletics rules around shoes available [here](#). It is the athlete's responsibility to ensure compliance with these rules. Visual checks will be made at Athlete Assembly, with any suspect shoes reported to the Meeting Manager for investigation

Face Coverings

All event attendees are reminded to bring suitable face coverings with them when attending this event, as you are expected to wear a face covering whilst indoors. Please be aware that attendees who do not comply with this requirement will be asked to leave the venue, or may be refused entry.

Toilets, Changing, Storage and Catering

Toilets only will be available within the facility. Toilets only will be available within the facility. There will be no changing or storage facilities available. There will also be no catering available onsite.

Event Help Line:

Mobile No. **07739 506733** is available to Athletes, Coaches, Officials or spectators for on the day enquiries if required. If unanswered a message should be left detailing name, issue and return contact telephone/mobile number.