

Information for Athletes

4J Studios **scottishathletics** May Invitational
Saturday 8th May 2021
Ayrshire Athletics Arena, Queens Drive, Kilmarnock, KA1 3AX

We look forward to welcoming you to the Ayrshire Athletics Arena for the 4J Studios **scottishathletics** May Invitational. We wish you an enjoyable and rewarding competition.

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 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 10 minutes prior to the event start time (track) or warm up start time (field)
5. Compete!
6. Leave – as numbers are restricted, athletes should leave immediately after their event/cool down

Due to the ongoing COVID19 pandemic there are a number of changes to procedures and protocols for all attendees at these 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-

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas to a country on the quarantine list or exposed to someone with COVID-19 in the last 14 days.
- Have COVID-19 symptoms (self-isolate for 10 days) or are feeling unwell.
- Have been told to self-isolate as part of the contact tracing measures in place.

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.

Travel

Athletes are reminded that they should travel alone in their own car, or with members of their household or extended household only. If you must use public transport, please carefully consider whether your journey is necessary before confirming your availability for this event. If you have any questions or concerns regarding travel, please contact us by return e-mail.

Withdrawals

If, for any reason, you are no longer able to attend this event, please contact the Events Team (events@scottishathletics.org.uk) as soon as possible

Spectators and Coaches

This is a closed event with no spectators permitted, coaches, chaperones and other support people may apply for Accreditation via the **scottishathletics** website. As numbers within the arena are limited accreditation will be confirmed in advance.

Arrival

Athletes should park within the overspill car park behind the Arena, this is accessible from New Mill Road. Car owners are reminded to park considerately and responsibly. Access to the Arena will be via pedestrian bridge over the river Irvine. Anyone requiring special parking arrangements should contact the Events Team on events@scottishathletics.org.uk as soon as possible.

Athletes should arrive to declare **60-90 minutes** prior to their event. Any athlete arriving late may not be granted permission to compete.

An admin area will be set up within a gazebo adjacent to the photofinish booth at the finish line, all attendees must check in their arrival their.

Declarations Help Line

Athletes who may be running late must contact Mobile no. **07584 146 796** to notify us of your expected arrival time. Athletes who do not contact us ahead of declarations for their event closing will not be permitted to declare late. If unanswered, a message should be left detailing name, issue and return contact number.

Physical Distancing

WARM UP, REST and COOL DOWN areas

All athletes must maintain physical distancing within the warm up, rest and cool down areas – this is a distance of 2m from anyone else, or 5m if running / jogging behind another athlete.

Wheelchair, Race Running and seated throws athletes will be given access to the competition area for warming up, all other athletes must use the grass areas indicated on the facility diagrams.

FIELD OF PLAY

All athletes must also maintain 2m physical distancing on the field of play including track athletes. Physical distancing may only be suspended from the moment the athletes come under the starters instructions to completing the race. As soon as a race is completed physical distancing must be adhered to. This means that congratulatory fist or elbow bumps must be avoided.

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 moving between the Warm up and competition areas. Please be aware that attendees who do not comply with this requirement will be asked to leave the venue, or may be refused entry. Athletes may remove their face coverings once in the warm up area and within their competition bubble, and are not required to wear it until they have competed and are leaving the cool down area. Should they leave the warm up/cool down or competition areas for any reason (eg. to go to the toilet), they should replace their face covering once again whilst out of their competition bubble. Officials in specific roles may also remove their face covering for short periods if it could impede with their duties (eg. a Starter whilst on the starting rostrum). We appreciate your support with this request. If you have any queries, please contact us by return e-mail.

Toilets, Changing, Storage and Catering

Toilets only will be available within the facility. Athletes and officials must wear a face covering if leaving their competition bubble to use these facilities.

There will also be no dedicated changing areas for this event. Athletes may provide a personal pop up tent for their own use, but are encouraged to arrive prepared to compete. There will be no designated bag drop/storage area at this event, so athletes are asked to bring only what they will need during the competition.

There will be no catering available at the Arena, so athletes should also bring their own refreshments as required. Any rubbish should be disposed of in the bins provided or taken away with you - do not leave anything in the warm up area nor at the competition site.

During the Event

- Athletes, once declared and warmed up, must access the competition area only via the designated entry point. Report “ready to compete” (ie. with/wearing only items you will need during the event) at the track start area or field event site as appropriate to your event from the warm up area. Athletes must take care when crossing any competition sites.
- Hand sanitiser will be provided at the various competition areas and must be used by all athletes before and after each trial or race. This includes athletes using starting blocks, who must sanitise their hands before touching any blocks.
- Track events will be seeded on the day and start lists will be published online during the event.
- Field event athletes have been allocated time for at least 2 warm up trials prior to the start of the competition
 - PV Starting Height – Agreed at competition site in 15cm then 10cm increments.
 - HJ Starting Height – Agreed at competition site in 5cm increments.
- All athletes must leave the arena via the identified exit route as soon as practical following the conclusion of their event and cool down.
- Spikes: Christmas tree or pyramid spikes should be used. Maximum spike length: 6mm, or 9mm for High Jump. 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.

Venue Diagrams



