



## **Sprint Gala: Wednesday 7th July 2021**

### **ATHLETE INFORMATION**

**6.20pm – 9pm**

**Scotstoun Stadium**

**112 Danes Dr,**

**Glasgow G14 9HD**

#### Introduction

This document has been drafted to confirm how athletes should access, compete in, and depart from the GAA Sprint Gala on Wednesday 7<sup>th</sup> July at Scotstoun.

Every athlete has a responsibility to follow this guidance and help bring about a safe return of competitive athletics in Glasgow. Any person not following this guidance will be asked to leave by one of our COVID support team.

#### Pre Competition COVID Guidance

Before you leave for this event please consider that you must stay at home if you:

- Have been in contact with someone with Covid-19 in the last 14 days
- Have been 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
- If you are encountering symptoms contact NHS inform (<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>) to seek advice on symptoms and/or request a Covid-19 test'
- Before you leave home please bring your own safety pins with you. We will not be providing safety pins at the event to try and reduce contacts.

#### Key Points

- We will be controlling access and departure to the Stadium itself. This will be regulated by our COVID support team.
- Athletes will not be permitted into the Stadium if they arrive any more than 75 mins before their pool start time.
- Unfortunately, no spectators are allowed at the event. Only athletes, registered coaches, GAA volunteers and officials are permitted to attend the event.

- All persons (other than athletes) should wear face masks within the Stadium if they cannot achieve 2 metre social distancing from others (unless they have a medical reason not to do so).
- Athletes are allowed to be in 'close contact' with only those in their own race (their 'race bubble'). They may also Warm Up and Warm Down with these athletes. Athletes must socially distance themselves from everyone else not in their race, and therefore outwith their 'race bubble'.

### Arrival

Enter through the Scotstoun Sports Campus main entrance on Danes Drive and use the first car park (on your left)

### Entry into the Stadium Area

Enter via the "Throws Area" gate at the top of the car park.

A member of the COVID support team will be present at the entry point to the stadium and will ask you for your details.

Coaches – please fill out the coach's accreditation form prior to the event (this is essential for track and trace purposes) and remember to bring your coaches license with you on the night.

Google form:

<https://forms.gle/1oXRB6DCyAm7qxqn8>

Any person whose details we do not have on our register will not be permitted access into the stadium area.

The COVID Support Team member will not permit you into the stadium area unless you have arrived 75 minutes or less from the time of your race.

### Declarations

Once an athlete has passed through the entry area, they will be directed to the declarations table. Here, athletes should make use of the hand sanitiser stations laid out.

Upon reaching the declarations, the athlete will have to confirm their details.

The athlete will be given their race number (remember to bring your own pins)

After completing registration, the athlete (and coach) can either:

- (a) Make their way to warm up area on the throws pitch
- (b) Make their way around the outside of track to access the toilets\* before returning to the warm up area

\*Toilets are located within the North Stand (back straight). Athletes and coaches are permitted to use these whilst in the stadium area (provided they employ 2 metres social distancing at all times).

### Warm up

The Indoor track will not be in use on the night.

There is a large dedicated Warm Up area on the throws pitch as seen on the location plan.

Athletes may only Warm Up with other competitors in their pool (their race 'bubble').

Athletes must remain 2 metres away from anyone else not within their 'race bubble'.

#### 100m:

Athletes will be permitted to use the back straight to warm up 20 minutes before their pool start time.

A GAA volunteer will direct you from the warm up area to the 100m start line where you will deposit your kit bag.

Here you will complete your final warm up before your race is called (steering clear of any races taking place on the track during this time)

#### 300m:

There is a brief break in the program at 19.20.

At this time, athletes can make their way to the 300m start line and complete their final warm ups here.

#### 400m:

Warm up will take place in the throws area.

5 minutes before your racing pool is about to start, make your way to the start/finish line.

### Race

When you are called forward for your race start, you should report to the Official (maintaining socially distancing / remaining 2 metres from all Officials)

The Official will then direct you to the track start area / your start position.

Athletes will then race. The athletes in each race are not required to socially distance.

### Prize Pot

There will be a “Prize Pot” available to the Men’s and Women’s 100m and 400m races if they break a specified time. Any athlete to run the time will split the pot, i.e. if only one male runner runs the 10.70 he will take the £100 prize pot, if two athletes run 10.70 they will each receive £50, and so on for each event.

Here’s a breakdown of this meet’s prize pot:

£100 100m Men- 10.70

£100 100m Women – 12.00

£100 400m Men – 48.30

£100 400m Women – 55.80

If no athlete hits the time for that event it will carry forward to our next Sprint Gala on Saturday 31<sup>st</sup> July.

### After the event

Should an athlete/coach begin to suffer COVID-19 symptoms during the following 14 days after the event, please contact NHS24 and your GP.

You must also advise the event if you begin to suffer COVID-19 symptoms by sending an e-mail to GAA at:  
[glasgowathleticsassociation@gmail.com](mailto:glasgowathleticsassociation@gmail.com)