

## **2020 Chris McCubbins Age Class Cross Country Provincials**

### **Event Information**

- The final schedule for the event has been set, please make sure to check it carefully to make sure that athletes arrive on time for their race.
- There are also maps attached with this document that show the course, various locations and designated areas for athletes, coaches and spectators. As well as the flow of traffic for each of the different groups.
- There will be porta potties on site. The ones near the course are designated for athletes and coaches. There are other porta potties available near the clubhouse and the locker rooms may be open which has a small bathroom.
- When athletes and coaches arrive, they are to go directly to the registration table and hand in their completed waivers.
- Registered spectators are to go to one of the two designated spectator areas and hand in their waivers to the volunteer who will be managing the area
- Masks must be worn whenever physical distancing is not possible (i.e when dropping off forms at the registration table, when athletes are in the marshalling area)
- There will be student Athletic Therapists from the University of Manitoba attending the event in case of injury. If an athlete is being treated by a therapists they are required to wear a mask
- The top 3 finishers in each age group will receive the Provincial Championships medals. These medals will be mailed out to the recipients the week after the completion of the meet.
- Final results from all races will be sent out later in the day on Saturday. They will also be posted on the Athletics Manitoba web site

### **Race Protocols**

- The designated warmup area is approximately 400m east of the registration area. Athletes are asked to arrive check in at the registration table and go directly to the warmup area. They should arrive in time to start their warmup, 45 minutes to an hour before their race.
- The designated cool down area is located around the parking lot located to the west of the course.
- Athletes will be asked to check into the marshalling area no later than 5 minutes prior to the start of their race. They are required to wear a mask when in the marshalling area.
- Just before the race they will be escorted to the start line by one of the volunteers.
- After leaving the marshalling area, but before arriving at the start line they will have an area designated to drop off their bags and clothing.
- There will be boxes on the start line for teams. Individuals will start on either side of the boxes. All groups and individuals will be physically distanced on the start line
- After the race the athletes will be directed back to their designated area to retrieve their bag and clothing and directed to the cool down area.
  
- Upon arrival coaches will report to the registration table to pick up the bib numbers for your athletes and hand in your signed waivers. Coaches can then go to the warmup area to hand out numbers to their athletes and be available for warmup. They can also go to the two designated coaching areas (as indicated on the map) during the race. Please do not cross the course if there are athletes approaching on the course.

# Sport Manitoba and Manitoba Health Guidelines

## An important reminder from Sport Manitoba

As sports move along with their Return to Play plans; if a person who tested positive for COVID-19 was involved in a recreational activity during their communicable period, public health investigations would include everyone involved in that event.

Following the risk assessment, public health may determine there was zero risk and there would be no need for anyone to self-isolate (quarantine). Or, the risk assessment could determine that all those involved would be at risk and would have to self-isolate (quarantine) for 14 days. For more on this update from Public Health, [click here](#).

It continues to be critically important that we focus on the fundamentals to help stop the spread of COVID-19:

- Stay home if you feel sick, even mildly ill
- Wash/sanitize your hands, cover your cough and physically distance when you are with people outside your household
- If you cannot physically distance, you should wear a mask to help reduce your risk
- Reduce the number of close contacts outside your household, and avoid closed-in or crowded spaces

## Sport Guidelines related to Masks

The wearing of non-medical masks or cloth face coverings is an additional personal practice that may help to prevent the infectious respiratory droplets of an unknowingly infected person (the wearer) from coming into contact with other people and surfaces.

In most circumstances non-medical masks or cloth face coverings are not deemed necessary in outdoor spaces when physical distancing is possible and can be predictably maintained. **However, use of these masks should be considered if physical distancing is not possible or is unpredictable, and local epidemiology and community transmission warrant it.**

## Current Wpg Metro Orange restrictions

Gatherings involving more than five persons may take place if

- a) The number persons attending does not exceed 30 per cent of the usual capacity of the place or premises where the gathering is held;
- b) The place or premises where the gathering is held is physically divided into separate areas which contain no more than five persons each; and
- c) Persons in each area are prevented from coming into close proximity with persons in another area during the gathering as well as when entering or leaving.

## Current Health orders related to Sport exceptions

### ORDER 11

- (1) All outdoor sporting or recreational facilities may open and organized sporting activities may take place at those facilities. For certainty, this includes golf courses and driving ranges, baseball diamonds, soccer and football fields and running tracks.

The operator of a facility set out in subsection (1) or (2) must

- a) implement measures to ensure that members of the public at the facility are reasonably able to maintain a separation of at least two metres from other members of the public at the facility, excluding participants while they are actively engaged in a sporting or recreational activity; and
- b) limit occupancy to all portions of the facility where sporting or recreational activities are not conducted to 25% of the usual capacity.



|           |   |
|-----------|---|
| 2km races | 2x White Loop   |
| 3km races | 3x White Loop   |
| 5km races | 2x Red and White Loop   |
| 6km races | 2x Red and White Loop,<br>Plus 1 additional White Loop  |
| 8km races | 1x White Loop<br>1x Red and White Loop<br>1x White Loop<br>1x Red and White Loop<br>1x Final White Loop |

-  Start Line
-  Finish Line
-  Registration/Check in Table
-  Medical
-  - Coaches zones
-  - Spectator zone 1  
accessible from Harbour View  
Golf course parking lot
-  - Spectator zone 2
-  - Spectator zone 2



Athlete warm up area



Athlete cool down areas




**NEVER cross the course route while races are in progress.**

NOTE: Access to this area is by foot, walking from Springfield road, or from main Kilcona dog park parking lot, off Lagimodière.



Close up view of Start/Finish Area



-  Registration Table
-  Medical
-  ATHLETE/COACH - Porta Potties
-  Changeroom and additional washrooms.
-  Marshalling area
-  Drop zone 1 for Athlete's warm up gear
-  Drop zone 2 for Athlete's warm up gear
-  Start Line
-  Finish Line
-  Coaches area
-  Spectator area 1

## SPECTATOR MAP



Spectators will proceed from the parking lot directly to the spectator zones. All Spectators MUST register in advance and complete the Waivers, and the Shared Health Screening Questionnaire. There will be a volunteer at each zone, to confirm that they have completed all necessary paperwork.

Spectators are not allowed elsewhere in the Park or near the start/finish line areas. Limit of 1 spectator per family and all spectators must maintain separation of at least 2 meters.



## COACHES MAP



Coaches will proceed from the parking lot to the Check in Table, ■ there they will hand in any/all necessary waivers and confirm they have completed the Shared Health Screening Questionnaire. They will proceed to the warm-up area and once their athletes have been taken to the marshalling area (and the previous race is clear of the course) they will be able to move into one of the two coaches zones.



## ATHLETE MAP



Athletes will proceed from the parking lot to the Check in Table, [red dot] there they will hand in any/all necessary waivers and confirm they have completed the Shared Health Screening Questionnaire. They will proceed to the warm-up area. 5 minutes prior to their scheduled race start, athletes must proceed to the marshalling zone. [orange rectangle] Once the previous race has finished, they will be able to drop their warm-up gear at one of two designated spots and head to the start line.

Athletes are asked to wear a mask upon arrival at the Registration table, and when they are transitioning between zones prior to the start of their race. After the completion of their race they will proceed immediately to pick up their warm-up gear and head to the cool down area.