

**ATHLETICS NORTHERN IRELAND’S VIRTUAL EVENT GUIDELINES**

**RULES**

**All government guidelines in regard to Social Distancing must be strictly adhered to, any changes to these guidelines will be implemented immediately.**

Each race organiser must allow at least one week for entrants to complete their virtual competition, in a safe way.

**Safety & Social Distancing**

All participants must be responsible for their own safety and as a minimum should adhere to the following suggestions –

* Plan your route in advance - Be within easy reach of the participants home – NO DRIVING TO YOUR ROUTE
* Runs MUST be completed solo unless you are living in the same home.
* Be considerate to other people by keeping a 2m distance at all times when passing.
* Athletes MUST avoid popular running/walking routes or busy parks.
* Let someone know when you expect to be back – contact them to check in when you return
* All participants should carry an ICE (In Case of Emergency) card with your name, address, any medical information and an emergency contact number.

**Results**

Race organisers must ensure entrants are aware of how to submit their results, and where these will be available to view after the virtual event has been completed.

**Participants Code of Conduct and Expectations**

All participants are expected to abide by the following code of conduct –

Should Government guidelines be changed at any time, they are immediately implemented to any virtual challenges including suspension of activity.

**The Run**

* Consider the weather conditions, poor weather conditions should be avoided.
* Runs must be completed on your own (Solo Runs), forming informal groups is not acceptable under Government guidelines and must be avoided at all costs
* Make someone else aware of the planned route as well as start and finish time of the run and check in with them on returning home.
* Provide an Emergency Contact number to a third party should the check in time be missed.
* Have an agreed set of actions should the return check in time be missed.
  + 10minute leeway
  + 15minute text message
  + 20minute phone call
  + 25minute call to third party
  + 60minute – make contact with someone local who can retrace the route from Finish to Start
* Always be considerate to other people and respect social distances guidelines at all times.
* Carry an In Case of Emergency (ICE) Card detailing your name, address and underlying health conditions and emergency contact phone number.