



INFORMATION FOR ATHLETES
Edinburgh Athletic Club/4J Studios Together-Apart Competition
Sunday 9th May 2021
Saughton Sports Complex, Ford's Road, Edinburgh



We look forward to welcoming you to Saughton Sports Complex for the Edinburgh Athletic Club/4J Studios Together-Apart competition. We wish you an enjoyable and rewarding competition. Additional information, including start lists and the final timetable, can be downloaded from the club website but will also be emailed to you beforehand.

6 Steps to Competing

1. Pre-event – check the start list for your band and your arrival time.
2. Declare – **opens 45 minutes** before and **closes 30 minutes** before your event. Don't be late! If you arrive earlier than expected, please do not approach the Event main area (i.e. Declarations) until your opening time slot.
3. Warm up – maintain physical distancing within the grass warm-up area which is adjacent to the Astro-Turf football pitches.
4. Report to Assembly – **report 5-10 minutes** prior to the event start time for your band.
5. Compete!
6. Leave – as numbers are restricted, athletes should leave immediately after their event/cool down away from the main event area.

Remember the event you entered, the Band Letter and time you must report to Assembly. A PA system will call-up athletes at the required times. You will have been emailed a timetable and the Seeding list of your event. If in doubt, you will be reminded when checking in on arrival at the Declarations Desk.

Event Information

Due to the ongoing COVID19 pandemic there have been a number of changes to event procedures and protocols for all attendees that you will understand. If you are familiar being coached at Saughton, there will be further additional precautions taken. 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 Guidelines

- Please read the Scottish Athletics guidelines [here: Guidelines](#) for general guidance
- Please check your contact details are correctly stored in your club's membership database. These details may be used for track & trace purposes.
- You should not attend this event if:
 - You have Covid-19 symptoms.
 - Someone in your household has Covid-19 symptoms.
 - You have been asked to self-isolate at home by the Scottish Government Test and Protect system.
 - You have returned from an overseas trip within the last 10 days.
- PLEASE ensure you go to the toilet before arrival at training. There is only one toilet available, with a strict one-in, one-out policy. There is only one entry and exit point to the track, so going to the toilet will be disruptive.
- Hand hygiene measures should be taken prior to arrival and hand sanitiser is



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- available at the Entrances/Exits and at the competition areas.
- Refrain from spitting. If this is observed, it will be reported and could mean your disqualification and you will be informed to leave.
 - Do not shake hands or high-5 other competitors after the race.
 - Label water bottles, so that you don't inadvertently drink from the wrong bottle. We recommend you do not bring along disposable drinking water bottles.
 - Parent for Under 18yrs should ensure they are there to meet their child at the Exit Pavilion gate This is an Exit gate only. A marshal wearing a high-vis Bib will escort them and for anyone else collecting their clothing from Declarations, they will be escorted back to Declarations. You must avoid other people arriving and leave immediately.
 - These guidelines apply whether you have been vaccinated or not.

Edinburgh Athletic Club continue to record attendance in line with Track and Trace and contact details collected at the time of entry as well as any chaperones present for those under 18yrs. This will be noted at the Declarations when you arrive.

NO SPECTATORS

- Athletes aged 18 or over are not permitted to have spectators accompany them to the event.
- Athletes under 18 may be supervised by ONE chaperone whilst attending the event but when athletes report to Assembly area, they must remain outside the enclosure and outside the Assembly area.
- Coaches are permitted inside the enclosure but must check in with Assembly desk when entering the enclosure and remain behind the track fence line. Coaches will have trackside access whilst their athletes are competing.
- The small stand will be open to officials and First Aid only during this event Chaperones or Under 18yrs must remain outside the enclosure and remain socially distanced or make use of the Public public away from the Event area but return in good time to collect their child at the end of their track event. It depends which heat they are competing in to work out how long they will be waiting at the start area plus their race time. Collect from the Exit Gate marked on the Site Plan.

WITHDRAWALS

- If you are no longer able to compete in this event, please let us know by e-mailing us before noon on Saturday 8th May.
- Final start lists will be confirmed (emailed) and published on the website by the end of the day on Friday 7th May. All athletes are expected to check online for their band and report time. However an email will also be sent to each entrant.
- No changes will be made to band lists after they are published.



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ARRIVAL

- Access to the event area outside the enclosure will be from the path along the enclosure from Ford's Road. There is a public car park accessed from Ford's Road. This does get busy, so you may wish to park in local roads on the Stevenson Drive side. You then need to report directly to Declarations desk as marked. Ensure you are all wearing a mask when you arrive at the Declarations desk. You will also need to wear this when approaching officials and using the Building toilets.
- A site map and location overview will be emailed to you but will also be published on the EAC website.
- There will be a one-way system in place – entering and exiting the enclosure, which must be strictly adhered to.
- A declarations schedule will be emailed to you but will also be published on the EAC website in advance of the event for athletes to identify when to arrive. You must not arrive early for events to ensure that numbers within the venue can be controlled: **declarations will open 45 minutes** before each band's scheduled start time.

Event Closing Times: **30mins prior to Event Start Time**

Athletes registering after this time will not be granted permission to compete.

Event Help Line

Athletes who may be running late must **contact Mobile no. 07815 121732** to notify us of your arrival. 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 telephone number.

WARM UP and TOILETS

- No indoor warm up facilities will be available: all warm-ups must be conducted outside on the grass areas outside the enclosure where marked alongside the football Astro-turf pitches. Only your own band of athletes will be allowed in this zone at any one time.
- Changing and showering facilities are not available
- Toilets will be available inside the main building as marked. Users must maintain physical distancing when queuing and wearing a mask. Please ensure you use the toilets before you report to assembly. Once you enter the enclosure for your event, it will be very difficult to exit and get back to your competition in time and likely to miss your event.

DURING THE EVENT

- Athletes are encouraged to wear their Edinburgh Athletic Club vest or crop top. Photos will be taken during the event. If you don't have Club competition kit, you may wear an appropriate running/competition vest of your choice.



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- Our Club Photographer Gary will be present taking photos of events throughout the competition. He will be wearing a high vis and using a large camera. There will be no other person taking photos inside the enclosure.
- Athletes, once declared and warmed up, must access the track only via the designated entry point. Report "ready to compete" (ie. wearing only clothing you will run in/Field - items you will need during the event) once you report to Assembly from the warm up area. If you have arrived by yourself, you may leave your bags of outer clothing in the other half of the Declarations tent.
- Hand sanitiser will be provided at the various competition areas and must be used by all athletes before and after each trial or race. You must use sanitiser when you enter the enclosure entrance.
- 100m; 200m; 300m and 400m track races will be seeded with a maximum of 5 athletes in most heats. There may be a couple with 6 athletes. 800m races will be a maximum of 6 athletes and 1500m track races, a maximum of 10 athletes.
- Track events will be run with reduced numbers but otherwise as normal at this meeting: sprint events in lanes and middle distance events broken into lane 1.
- Band lists will be published online on Friday 7th May - please check your band in advance as start lists will not be published within the venue. It is the athlete's responsibility to report for the correct band.
- Starting blocks are provided for Athletes (not Under 13s), however if you wish to use your personal starting blocks, they must be collected from the track immediately following the race. Failure to do so in a timely manner could result in disqualification. There will be other heats following your race.
- Field event athletes, in groups of 5-6, have been allocated time for 2 warm up and 6 competition trials.
- Under no circumstances are athletes to spit or clear their noses within the facility without a tissue or similar. Any athlete doing so are likely to be disqualified from the event and asked to leave the facility. This practice may also result in future entries being rejected.
- All athletes must leave the competition area via the identified exit as soon as practical following the conclusion of their event and cool down in the Public park away from the main event area. You will be escorted towards the Pavilion gate to meet the Gate marshal wearing a high-vis bib.
- Spikes: Christmas tree or pyramid spikes should be used. Maximum spike length: 6mm. 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.

We hope that the measures we have put in place will keep us all safe and healthy and able to enjoy our sport. Have a great race!!!!