

# Mourne Skyline Mountain-Trail Race 2020

## Operational Delivery Plan

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## Mourne Skyline Mountain Trail-Race

Saturday 17th October 2020 (9am)

### Important Notice

This Operational Delivery Plan will be delivered in line with current Coronavirus COVID-19 regulations and associated guidance from the Northern Ireland Executive and local governing bodies, including Sport NI, Athletics Northern Ireland and the Northern Ireland Mountain Running Association.

**THIS PLAN WILL BE REVIEWED CONTINUALLY UNTIL RACE DATE TO ENSURE THAT THE EVENT IS DELIVERED IN-LINE WITH COVID-19 REGULATIONS.**

*Event Management Plan, COVID-19 Operational Delivery Plan and associated Risk Assessments compiled by Race Director Ryan Maxwell.*

# COVID-19 OPERATIONAL DELIVERY PLAN

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#### Supporting Documentation:

Mourne Skyline MTR Course Map

Donard Park Site-Plan

Race Permit

Final Race Day Instructions

#### Supporting Documentation for Local Authorities:

Mourne Skyline MTR Event Management Plan

Mourne Skyline MTR General Risk Assessment

Mourne Skyline MTR COVID-19 Risk Assessment

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The above 'supporting documentation' can be viewed by contacting Race Director Ryan Maxwell via email ([mourneskylinemtr@gmail.com](mailto:mourneskylinemtr@gmail.com)). Your email must include your name, organisation, position and reason for request.

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### 1 - Introduction:

Coronavirus COVID-19 has had a devastating effect on the sporting world, with many events cancelled in 2020.

After months of engagement with local authorities and public bodies, the Mourne Skyline MTR has been given permission to proceed on Saturday 17<sup>th</sup> October 2020; this is on the agreement that our event is COVID-19 secure.

**This COVID-19 Operational Delivery Plan sets out how the Race Team will deliver a safe and enjoyable event. It also lays out essential information for participants. It is therefore essential that everyone involved in the event has sight of this.**

This plan solely focuses on COVID-19, with any other risks being covered in the Event Management Plan and associated Risk Assessment. If you are carrying out a formal review of our race procedures, it is important that these documents are read in conjunction with each other.

### 2 - Pre Race Instructions:

Please only attend the Mourne Skyline MTR if you are a registered participant, a member of our Race Team, or one of our Service Delivery Partners.

It is absolutely ESSENTIAL that we have the correct details for EVERYONE attending the event.

Under no circumstances, will a participant running under another person's name be tolerated. Should this occur, both that person and the original entrant will be banned from future events.

#### Our COVID-19 procedures:

Anyone competing in or helping in the delivery of the Mourne Skyline MTR must agree to abide by our COVID-19 procedures, as laid out in this document.

It is the responsibility of each race competitor and race team member to ensure that they are not breaching any government regulations by attending the event.

The Mourne Skyline MTR will be delivered within the NI Executive Coronavirus Regulations.

#### COVID-19 Symptoms:

No person associated with the event, including Race Team and Participants, should attend if they have any COVID-19 symptoms. The main symptoms of Coronavirus (COVID-19) are:

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- high temperature - this means you feel hot to touch on your chest or back (you do not need to measure your temperature);
- a new, continuous cough - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual);
- a loss or change to your sense of smell or taste - this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal;

Further advice can be obtained from the NHS website [HERE](#).

### **Self-Isolation:**

No person associated with the event, including Race Team and Participants, should attend if they are meant to be in self-isolation.

### **Travel Quarantine:**

No person associated with the event, including Race Team and Participants, should attend if they are meant to be in quarantine having travelled to Northern Ireland from any country on the UK quarantine list.

### **Tested Positive for COVID-19:**

Under no circumstances should anyone who has tested positive for COVID-19 within the last 10 days attend the Mourne Skyline MTR. Remember that you must also have been fever free for 48 hours if this was one of your symptoms.

### **Awaiting COVID-19 Test Results or Due to attend Test Centre:**

If you are awaiting a COVID-19 test or the results of a test you have taken, you should NOT attend the Mourne Skyline MTR in any capacity.

### **If someone you live with has COVID-19 symptoms...**

If someone you live with has COVID-19 symptoms, you must not attend the event. PHA guidance states that if someone in the household has COVID-19 symptoms, everyone must self-isolate.

## **3 - Arrival in Newcastle, County Down, Northern Ireland:**

When you arrive in Newcastle, County Down, on race day, you should be **READY TO RACE**.

Due to COVID-19 restrictions, there will be **NO CHANGING or SHOWERING facilities** available. Please see Section 5 for more information.

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If you are driving, you should park in Donard Car Park, in designated parking areas.

In the car park, please be aware of your surroundings and socially distance at all times. Do not gather in groups.

### 4 - Race HQ

#### Entering Race HQ:

**PLEASE USE THE 'ENTRY ONLY' and 'EXIT ONLY' one-way system at all times. This is shown on the Donard Park Site Map.**

**Queueing areas will be marked with YELLOW flags and YELLOW cones. Please adhere to these at all times.**

As our Race Team participants approach Race HQ, which will be located within the artificial sports pitch in Donard Park Playing Fields, they will have their temperature checked prior to access being granted to Race HQ. If a person's temperature is above 37.8oc, they will be asked to come back in 10 minutes, and the temperature will be taken again.

If the person's temperature is high for a second time, they will not be allowed into Race HQ and will be politely asked not to participate in the event for the safety of themselves and others.

If their temperature is within normal guidelines, they will be handed a surgical face mask (which must be worn - unless they are exempt) and asked to proceed into Race HQ.

After a temperature has been checked, the person will be handed a Surgical Mask and which must be worn throughout the registration process.

#### Registration Tent:

Participants must follow the directions to the REGISTRATION tent, where they will be asked their name. Their attendance will be noted, and they will be asked two questions:

- Are you fit to compete in the event, from a COVID-19 and general health perspective? And;
- Do you have the required mandatory kit for the event?

If they answer YES to these questions, they will receive a small paper bag containing:

- Race Number;
- Route Map;
- Emergency Food (Clif Bar product);

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- Exclusive Mourne Skyline MTR face covering.

Should anyone answer NO, appropriate advice and guidance will be offered by our Registration Team.

### **Event Tracking:**

After registering, participants will move onto our partners PRIMAL TRACKING, who will scan their race number and allocate a tracker. To allow this process to be completed, participants **MUST** have their 'backpack' with them (so that the tracker can be placed onto it!).

This will complete the registration process!

Participants will be asked to move out of Race HQ and wait in the WAITING AREA (please see site map) until they are called into the Start Area.

### **Baggage Area:**

We cannot stress this enough. Our baggage area is only for use by those who have no other way of storing their belongings whilst out on the course.

If participants have a car, or access to a car, please use it!

If participants must use our baggage tent, they do so on the condition that they use the hand sanitiser before and after entering it AND wear your face covering throughout!

## **5 - Toilets / Showers / Changing**

**The Donard Park Pavilion will NOT be open for use as per previous years. This building is closed due to COVID-19 risks.**

Public toilets are available in Donard Car Park.

There will be NO showering facilities available.

There will be NO Changing facilities available. Participants should come to the race ready to compete, and then have enough warm clothing with them to put on until they can get a warm shower and get changed.

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### 6 - Start Area

Race HQ, the race start and the race finish will all be located within the same area in Donard Park Playing Fields.

Queueing areas will be marked with YELLOW flags and YELLOW cones. Please adhere to these at all times.

Face coverings MUST be worn whilst in the Start Area, up until your number is scanned and you are released onto the course. At this point, you must remove your face covering for health and safety reasons.

Participants should wait in the 'Waiting Area' outside Race HQ and wait to be called into the start area. During this time, everyone MUST observe social distancing at all times.

Participants will be called into the start area (in small groups, adhering to NI Executive Coronavirus Regulations) via loudspeaker.

They will follow the directions of our Race Team who will direct them towards the start line. Participants will then be invited to approach the PRIMAL TRACKING Team who will scan their race number and release each person onto the course individually (similar to time-trial conditions).

From this point, please follow course markings as normal.

### 7 - 'On Course...' inc Aid Stations

#### Aid Stations:

In line with our COVID-19 risk assessment, there will be NO AID STATIONS on the course. There will be NO BAG DROP at Foffany Dam.

Effectively, this makes the event a Self-Sufficient Race. Participants MUST carry any nutritional items they need to get around the entire course.

There will be an emergency water station at Fofanny Dam. This is for emergencies only and participants must not rely on this, because interaction with the Race Team will be deemed as 'close contact' in terms of COVID-19. To mitigate this risk, our team will wear appropriate PPE.



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### 'Withdrawing at Half-Way' - Fofanny Dam:

Participants must only start the event if they are fit enough to complete the distance.

In previous years, we have heard of athletes who have started the event with the intention of “seeing how they are”, or withdrawing at half-way (Fofanny Dam) and getting transport back with our Race Team.

This practice **MUST** cease.

In-line with our COVID-19 risk assessment, car sharing (outside of bubbles) between Race Team and Participants will **NOT** be permitted. Anyone withdrawing at half-way will be expected to use their mobile phone (part of their mandatory kit) to arrange their own return to Donard Park.

The only exception to this is those who do not make the official cut-off and those our Medical Team (ProParamedics) deem to require medical assistance. If someone requires medical assistance, the ProParamedics team will provide transfer by ambulance.

### No SportIdent Dabbing Points:

In-line with our COVID-19 risk assessment and concerns around ‘multiple touching of items’, there will be no requirement to ‘dab’ anywhere on the course.

Our Tracking System, operated by PRIMAL TRACKING, will be able to produce split times and final results. This will be the primary timing system for this year’s event. It will also be used as a health and safety measure and can track an athlete’s location.

## 8 - Finish Area

**Race HQ, the race start, and the race finish will all be located within the same area in Donard Park Playing Fields.**

On completing the course, participants will arrive back into the COVID-19 secure area where Race HQ, the race start and the race finish is located.

Only race participants and Race Team members will be permitted into this area. This must be strictly adhered to.

On crossing the finish line, participants will be politely asked to use their face covering. They will then have their race number scanned and tracker removed by the PPRIMAL TRACKING team. They will then be directed towards a table where they can collect their well-deserved race medal, water and a Mars bar. Hand sanitiser must be used before touching anything on the table and after touching anything on the table.

Unfortunately, medals cannot be placed around a participant’s neck. They will be in individual plastic wrappers.

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After collecting these items, participants must make their way out of Race HQ via the one-way system.

### 9 - Prize-Giving

In-line with our COVID-19 risk assessment, there will be no prize-giving on race day.

Results will be produced and published on the official event website at [www.mourneskylinemtr.com](http://www.mourneskylinemtr.com) as soon as possible after the event.

Prizes will be posted out to participants as soon as possible after the event. For 2020, the prize structure will be as follows:

1<sup>st</sup> Male / Female: The Steensons medal, £150 and Voucher Code for FREE entry in 2021

2<sup>nd</sup> Male / Female: £100 and Voucher Code for FREE entry in 2021

3<sup>rd</sup> Male/Female: £50 and Voucher Code for FREE entry in 2021

4<sup>th</sup> Male /Female: Voucher Code for FREE entry in 2021 (via Email)

5<sup>th</sup> Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1<sup>st</sup> Vet 35 Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1<sup>st</sup> Vet 40 Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1<sup>st</sup> Vet 45 Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1<sup>st</sup> Vet 50 Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1<sup>st</sup> Vet 55 Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1<sup>st</sup> Vet 60 Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1<sup>st</sup> Vet 65 Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1<sup>st</sup> Vet 70+ Male / Female: Voucher Code for FREE entry in 2021 (via Email)

Unfortunately, our famous refreshments at Race HQ will be unavailable this year. In-line with our COVID-19 risk assessment and to avoid a large gathering, there will be no refreshments at Race HQ (other than the items at the finish line).

### 10 - Leaving the Event

Quite rightly, participants may wish to celebrate their success in completing the event. Organisers would ask that you help us maintain the support we have from the local community by adhering to all local COVID-19 regulations / restrictions.

In summary, we must all stop the spread of the COVID-19 virus, together!

### 11 - Spectators

Every year, spectators, alongside our Race Team create the famous Mourne Skyline MTR atmosphere. Therefore, it is disappointing that we must actively encourage spectators NOT to attend the event, for everyone's safety.

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To ensure that spectators can still 'watch' we will again welcome PRIMAL TRACKING as a race partners and race sponsor. Spectators will be able to watch the event unfold via the online tracking website.

The link to the website will be published in the days leading up to the event.

### **12 - Event COVID-19 Coordinator**

As per Athletics NI and Northern Ireland Mountain Running Association (NIMRA) procedures, we have appointed a COVID-19 Coordinator for the event.

This will be our Race Director, Ryan Maxwell. Any COVID-19 questions should be directed to Ryan via our official email address: [mourneskylinemtr@gmail.com](mailto:mourneskylinemtr@gmail.com)