

Mourne Skyline Mountain-Trail Race 2021

COVID-19 Operational Delivery Plan



Mourne Skyline Mountain Trail-Race

Saturday 2nd October 2021 (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 produced by Race Director Ryan Maxwell.

COVID-19 OPERATIONAL DELIVERY PLAN

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Supporting Documentation:

Mourne Skyline MTR Course Map

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). 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 and into 2021.

As sporting events begin to resume in-line with government and local governing body guidance, the Mourne Skyline MTR has been given permission to proceed on Saturday 2nd October 2021; 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.

Local Restrictions:

No person associated with the event, including Race Team and Participants, should breach local restrictions in their area in order to attend the event.

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 PCR 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 unless you meet the criteria of the most recent NHS guidance, which is:

If someone you live with has symptoms of COVID-19, or has tested positive for COVID-19, you will not need to self-isolate if any of the following apply:

- *you're fully vaccinated - this means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS*

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- *you're under 18 years, 6 months old*
- *you're taking part or have taken part in a COVID-19 vaccine trial*
- *you're not able to get vaccinated for medical reasons*

Even if you do not have symptoms, you should still:

- *get a PCR test on GOV.UK to check if you have COVID-19*
- *follow advice on how to avoid catching and spreading COVID-19*
- *consider limiting contact with people who are at higher risk from COVID-19*

Should you require any specific information around COVID-19 and your own situation, please visit the NHS website [HERE](#).

Although not mandatory (as our event is outside with social distancing in place), we recommend that participants and Race Team members take a COVID-19 Lateral Flow Test ahead of attending the event. This an extra pre-caution and will also provide you with a level of reassurance that you do not have COVID-19.

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

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

Race HQ is located at NEWCASTLE BAPTIST CHURCH HALL, 17 Bryansford Road, Newcastle, BT33 ODU.

The official race car park is within the grounds of Donard Park; it is the commonly used 'overspill car park'. A map is available [HERE](#). Please do not use the large Donard Park Car Park as we have been asked to leave this free for visitors to Newcastle.

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

Due to COVID-19 restrictions, there will be **NO SHOWERING or CHANGING** facilities available.

Please see Section 5 for more information.

4 - Race HQ

Race HQ will be in NEWCASTLE BAPTIST CHURCH HALL, 17 Bryansford Road, Newcastle, BT33 ODU.

There is **NO CAR PARKING AT RACE HQ**. Official Car Parking is available within the 'Overspill' Car Park in Donard Park. A map is available [HERE](#).

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You MUST not leave any belongings at RACE HQ as when registration closes, the building will be closed and deep cleaned - Race Operations will then be coordinated from the start and finish area in Donard Park Playing Fields.

Approaching Race HQ:

Please wear a face covering / mask at all times at Race HQ and when queuing to get in (even if this is outside!).

Random temperature checks will take place as you approach 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 the Registration Area, Race Start or Race Finish 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 asked to proceed into Race Registration.

Registration Area:

The Registration Area will be located within NEWCASTLE BAPTIST CHURCH HALL, 17 Bryansford Road, Newcastle, BT33 ODU.

Registration for the Mourne Skyline MTR will take place during the following times:

Saturday 2nd October 2021: 7am to 8:30am

Participants must follow the directions of the ONE WAY SYSTEM, 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 the following items:

- Race Number;
- NIMRA SportIdent Dibber;
- Route Map;
- Emergency Food (Mars Bar);
- Mourne Skyline MTR face covering;
- Mourne Skyline MTR T-Shirt.

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

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The 'Mourne Skyline MTR face covering' will be a Mourne Skyline MTR designed 'buff', which we ask that you use as a face covering at start area, in any interaction with our race team on the course, and when you cross the finish line.

PLEASE DO NOT GATHER WITHIN THE RACE REGISTRATION AREA. YOU WILL BE ASKED TO EXIT THE BUILDING IN-LINE WITH OUR COVID-19 RISK ASSESSMENT.

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 the Registration Area and make their way over to Donard Park Playing Fields where the race start and finish will be located.

Baggage Area:

We cannot stress this enough. Our baggage area, which will be located beside the START / FINISH AREA in DONARD PARK PLAYING FIELDS, 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! The car park is approximately 30 metres from the start and finish area.

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! Only one person must be in the tent at any one time.

5 - Toilets / Showers / Changing

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.

6 - Start Area

Both the START and FINISH of the race will be in DONARD PARK PLAYING FIELDS.

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ATHLETES WILL BE ASKED TO WAIT IN 'HOLDING AREAS' ASSOCIATED WITH THEIR PREDICTED FINISH TIME.

These Holding Areas will be split in the following way:

- 3hrs - 5hrs Finish Time;
- 5hrs - 6hrs Finish Time;
- 6hrs - 7hrs Finish Time;
- 7hrs - 8hrs Finish Time.

Race Team members will be at the entrance to each holding area to 'clear' your SportIdent Dibber one final time, so please enter your hold area from the official entrances. Face coverings **MUST** be worn whilst in the Holding Areas, up until you are advised to removed them approximately 20 seconds before you are released onto the course.

We recommend that you use your Mourne Skyline MTR face covering, given to you as part of your race pack, in the start area, then keep it within your race vest / belt, for interactions with our race team on the course, then at the finish area.

Participants should wait in the 'Holding Areas' and listen carefully for announcements from the Race Team. During this time, everyone **MUST** observe social distancing at all times.

A map of how the **START AREA** will look is available [HERE](#).

7 - 'On Course...' inc Aid Stations / Drop Bags

Aid Stations / Drop Bags:

In line with our COVID-19 risk assessment, there is only one official aid station on the course.

This is located at Fofanny Dam and will be managed by Race Team members in PPE. Please note there is a DROP BAG facility here and you should use this to ensure that you have adequate nutritional items with you to complete the course safely.

When leaving your Drop Bag at Race HQ, you **MUST** mark it clearly as it will be your responsibility to find it at Fofanny Dam. To avoid 'close contact' our Race Team will be asked **NOT** to hand you your drop bag or interact with you in close proximity unless in an emergency.

Please remember, your drop bag is there for you to collect additional nutritional items. No other equipment must be left in these, nor dropped off at Fofanny Dam. Anything left at Fofanny Dam after the checkpoint closes will be taken straight to the local Refuge / Recycling Centre.

'Withdrawing at Half-Way' - Fofanny Dam:

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

If you must withdraw at Fofanny Dam, please surrender your race number, tracker, and SportIdent Dibber to our Race Team. Please follow the instructions of our officials there - you will be asked to sanitise your hands before removing the items and then place them on the ground, where our official will recover them having donned sufficient PPE.

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.

SportIdent Dipping Points:

As per previous years, there will be a number of SportIdent Dibber points on the course. Please use the small bottle of hand sanitizer in your mandatory kit to clean your hands before using the dipping stations.

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 at Donard Park Playing Fields.

Only race participants and Race Team members will be permitted within the event cordon (marked with black and yellow tape). 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 PRIMAL TRACKING team. Their SportIdent Dibber will also be removed by the Race Team.

They will then be directed towards a table where they can collect their well-deserved race medal and light refreshments. 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 the finish area.

A map of the finish area is available [HERE](#).

9 - Prize-Giving

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

Prizes will be handed out to the top three male and female finishers across the line immediately as they finish.

Results will be produced and published on the official event website at www.mourneskylinemtr.com as soon as possible after the event.

Prizes will be posted out to participants as soon as possible after the event.

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.

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

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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

SITE MAPS:

MOURNE SKYLINE MTR 2021 – SITE MAP



MOURNE SKYLINE MTR 2021 – EVENT PARKING



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MOURNE SKYLINE MTR 2021 – START AREA



MOURNE SKYLINE MTR 2021 – FINISH AREA

