SA Allcomers Meet 1 2021

26, 27 & 28 Feb 2021

1. Singapore Athletics' (SA) Safe Return to Sport Plan

a. The Multi-Ministry Taskforce on 19 May 2020 announced that Singapore will embark on a 3-phase approach to resume activities safely, post-circuit breaker1 . While Sport Singapore on 24 December 2020 issued an advisory for resumption of sport and physical exercises & activities for phase three ("safe transition") 3 Following both the announcement, Singapore Athletics (SA) will effect a safe transition for the sport in this document, in preparation for the re-opening of our stadiums in Phase 3. The SA safety protocols will be spelt out in the following pages, to guide our stakeholders accordingly. Athletes and coaches will be guided and duly informed on how they could progressively return to training and competition, in a safe and calibrated manner, in order to reduce the slightest possibility or risk of infection and transmission of the COVID-19 virus during these sessions.

b. COVID-19 Further information on the COVID-19 could be obtained at the Ministry of Health (MOH) and Sport Singapore (SportSG) online platform, or the MOH hotline at 1800-333-999.

SINGAPORE ATHLETICS

Guidelines

i. Athletes, coaches or personnel who are unwell, on Stay Home Notice (SHN) or Quarantined Order are to comply with the order
ii. Arrive alone. Also arrive as close as possible to your warm-up start time
iii. Do self-monitor yourself for at least 14 days prior to visiting venue for any symptoms
iv. Furnish SA a letter from your doctor if you had COVID-19 and is now cleared to resume physical activity
v. Wear a face mask when you are outside or heading to the venue
vi. Bring your own hand sanitizer and/or sanitizing wipes
vii. Practice proper hygiene such as wash/sanitize your hands regularly (At least 20sec)
viii. Avoid touching your eyes, face and mouth with your hands
ix. When coughing or sneezing, cover your mouth/nose with your tissue/towel
x. Practice social distancing of 2m at all times
xi. Bring your own drink bottles and towels, do not share with others
xii. Bring your own water and food. Do not share with others
xiii. Bring your own equipment if possible, as sharing of equipment's increase the risk of exposure to COVID-19
xiv. Be prepared for training prior to arrival at venue (Arrive dressed and ready to train). No idling
xv. Athletes and coaches are to only commute between training venues and their residences, without lingering inside or outside the venue before training xvii. Any tasks that can be done at home, should be done at home (e.g. Recovery sessions, online meetings do not need to be done at the venue)

SINGAPORE ATHLETICS

Planning Considerations for Selection of Participants & Events

Selected Events:

Men - 100m, 200m, 400m, 110mH, 400mH, 800m, 1500m, 3000m, 3000mSC, 5000m, 10000m, 3000m Race Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Javelin, Shot Put, Discus

Women - 100m, 200m, 400m, 100mH, 400mH, 800m, 1500m, 3000m, 3000m SC , 5000m, 10000m, 3000m Race Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Javelin, Shot Put, Discus

SINGAPORE ATHLETICS

Planning Considerations for Selection of Participants & Events

1. Follow SOPs for Safe Return to Sports Plan

2. Competition dates:

   26 Feb2021, 1600-2000hrs
   27, 28 Feb2021, 0800-2000hrs

3. Competition Venue: Home of Athletics

4. Timeline for registration:

   a. Registration opens 1 month before competition dates
   b. Registration closes 2 weeks before competition dates

SINGAPORE ATHLETICS

Controlled access to Competition Venue & Restrictions

5. In order to control and minimise the number of people congregating at HOA, the competition duration will be segregated into 5 standard competition time blocks of 1 or 2 hours each, limiting the number of participants at the competition venue to maximum of 100 pax per time block, based on their event reporting time:

Competition Block 1: 0730hrs to 0930hrs - Athletes allowed to enter stadium at 0730hrs & must leave by 0930hrs
Competition Block 2: 1000hrs to 1200hrs - Athletes allowed to enter stadium at 1000hrs & must leave by 1200hrs
Competition Block 3: 1330hrs to 1530hrs - Athletes allowed to enter stadium at 1330hrs & must leave by 1530hrs
Competition Block 4: 1600hrs to 1800hrs - Athletes allowed to enter stadium at 1600hrs & must leave by 1800hrs
Competition Block 5: 1830hrs – 2030hrs – Athletes allowed to enter stadium at 1830hrs & must leave by 2030hrs

* Group 1 to commence competition at 0800hrs, last event at 0900hrs
* Group 2 to commence competition at 1030hrs, last event at 1130hrs
* Group 3 to commence competition at 1400hrs, last event at 1500hrs
* Group 4 to commence competition at 1630hrs, last event at 1730hrs
* Group 5 to commence competition at 1900hrs, last event at 2000hrs

6. There will be a wipe down of all competition implements & equipment between competition blocks

SINGAPORE ATHLETICS

Competition Specific Block Example

Field Block Example

0730hrs – Report and Warm Up
0800hrs – Event Start
0945hrs – Victory Ceremony
1000hrs – Exit Stadium

Vertical Jump Block Example

0730hrs – Report and Warm Up
0830hrs – Event Start
1000hrs – Victory Ceremony
1005hrs – Exit Stadium

Sprint Heat Block Example

0730hrs – Report and warm up
0800hrs – Heat 1/ Final
0810hrs – Heat 2
0820hrs – Heat 3
0830hrs – Exit Stadium

Sprint Final Block Example

0730hrs – Report and warm up
0800hrs – Final
0810hrs – Final 2
0820hrs – Victory Ceremony
0830hrs – Exit Stadium

Middle Distance Block Example

0730hrs – Report and warm up
0800hrs – Final
0810hrs – Final 2
0820hrs – Victory Ceremony
0830hrs – Exit Stadium

Long Distance Block Example

0730hrs – Report and warm up
0800hrs – Final
0830hrs – Final 2
0900hrs – Victory Ceremony
0910hrs – Exit Stadium

SINGAPORE ATHLETICS

Controlled access to Competition Venue & Restrictions

7. The particulars of all participants, technical officials, volunteer, coaches & staff will be documented for the purpose of contact tracing

8. Maximum limit of 100 pax at HOA at any 1 time (2 crew members will be deployed to monitor and control this)

9. First Aid – There will be 2 paramedics deployed at any one time

10. SA Staff deployment - 4 staff members will be deployed at any one time

<u>1x Competition Management</u>

Responsible for escorting athletes who have completed their event out of the stadium

a) Assist during wipe down of equipment between block
b) Will be stationed at the Tower and will only go down to FOP when required for duties for a) and b)

<u>2x Safe Management Officers</u> (SMO - Sha/Akid)

a) Assist the Competition Director to ensure the Safe Return to Sport Plan (refer to slide 14) is adhered to
b) Assist during wipe down of equipment between block
c) Will be stationed at the Tower and will only go down to FOP when required for duties for a) and b)

SINGAPORE ATHLETICS

Controlled access to Competition Venue & Restrictions

1x Administrative Support Staff

Responsible for registration at counter 1 at 2 outside the stadium

a) Assist during wipe down of equipment between block
b) Will be stationed at the outside the stadium and will only go down to FOP when required for duties for a) and b)

11. Maximum of 35 officials & Event Crew at any one time
    a. Photo Finish x 02
    b. Starter x 02
    c. Chief Track Judge x 01
    d. Track Referee x 04 – 08 (if there's no field event)
    e. Chief Field Judge x 02
    f. Field Judge x 04 – 08 (if there's no track event)
    g. Field Referee x 01
    h. Field Crew x 04

SINGAPORE ATHLETICS

Precautions & Controls during Competition

12. A maximum of 48 athletes , 35 officials, 0 coaches , 2 Paramedics and 7 SA staff members will be allowed in the Stadium at any one time:

- 12 track athletes will participate (8 athletes per race for races below 800m & 12 for races longer)
- 12 field athletes will participate
- 48 athletes competing at any 1 time in different area (12 D zone left, 12 D zone right, 12 Jump zone and 12 Track, zone number will adjust based on participation)
- Coaches allow to enter if there's slot available(priority given to field event coaches)
- Priority for coaches entering competition venue base on top tiering athlete

13. No spectators/parents will be allowed in the competition venue, unless there's slot available

14. Modified Competition format for Phase 3

<u>100m, 200m, 400m, 100mH, 110mH, 400mH</u>

a. Only 8 athletes to run in 1 Heat
b. They will be placed in All Lanes
c. Upon completion of the race athletes will be advised to leave the stadium at soon as possible
d. Technical Officials to maintain 1m safe physical distance throughout competition
e. Technical Officials to put on mask at all times
f. Technical Officials will assist competition director to ensure that participants leave the stadium upon completion of their event

SINGAPORE ATHLETICS

Precautions & Controls during Competition

<u>800m, 1500m, 3000m SC, 5000m</u>

a. Only 8 for 800m and 12 athletes for longer distance to run in 1 Heat
b. They will be placed in Lanes or at the curved start line
c. There will only be 1 Heat per age category (Total of 8 or 12 runner per event)
d. Upon completion of the race, athletes will be advised to leave the stadium at soon as possible

<u>Field Events</u>

a. Only 12 athletes to participant per event per category each block
b. Separate in group of no more than 8 athletes
c. Participants are to put on their mask in between throws/jumps
d. Participants to maintain safe physical distance of 2m in between throw/jump
e. Only 3 Technical Officials will be deployed for each field event
f. Technical Officials to maintain 1m safe physical distance throughout competition
g. Technical Officials to put on mask at all times
h. Technical Officials will assist competition director to ensure that participants leave the stadium upon completion of their event

SINGAPORE ATHLETICS

Outside Stadium Plan

Counter 1
Registration & Bibs Collection counter
(For athlete)
(Safe Entry Check In)

Athlete

- Step 1 – To counter 1/ Call Room (collect bibs and Hip tag)
- Step 2 - Counter 3 for temperature screening, please show your bibs to verify. Athlete without bibs are NOT allow to enter.
- Step 3 – Proceed with own warm up and report to the start line or FOP according to your reporting time.

Counter 3
Temperature screening here
Workforce and Technical Officials
(Safe Entry Check In)

Counter 2
Coaches registration
(Safe Entry Check In)

Coaches (Limited entry to 5 coaches at any one time)

- Step 1 – Counter 2 to register (contact tracing)
- Step 2 – Counter 3 for temperature screening

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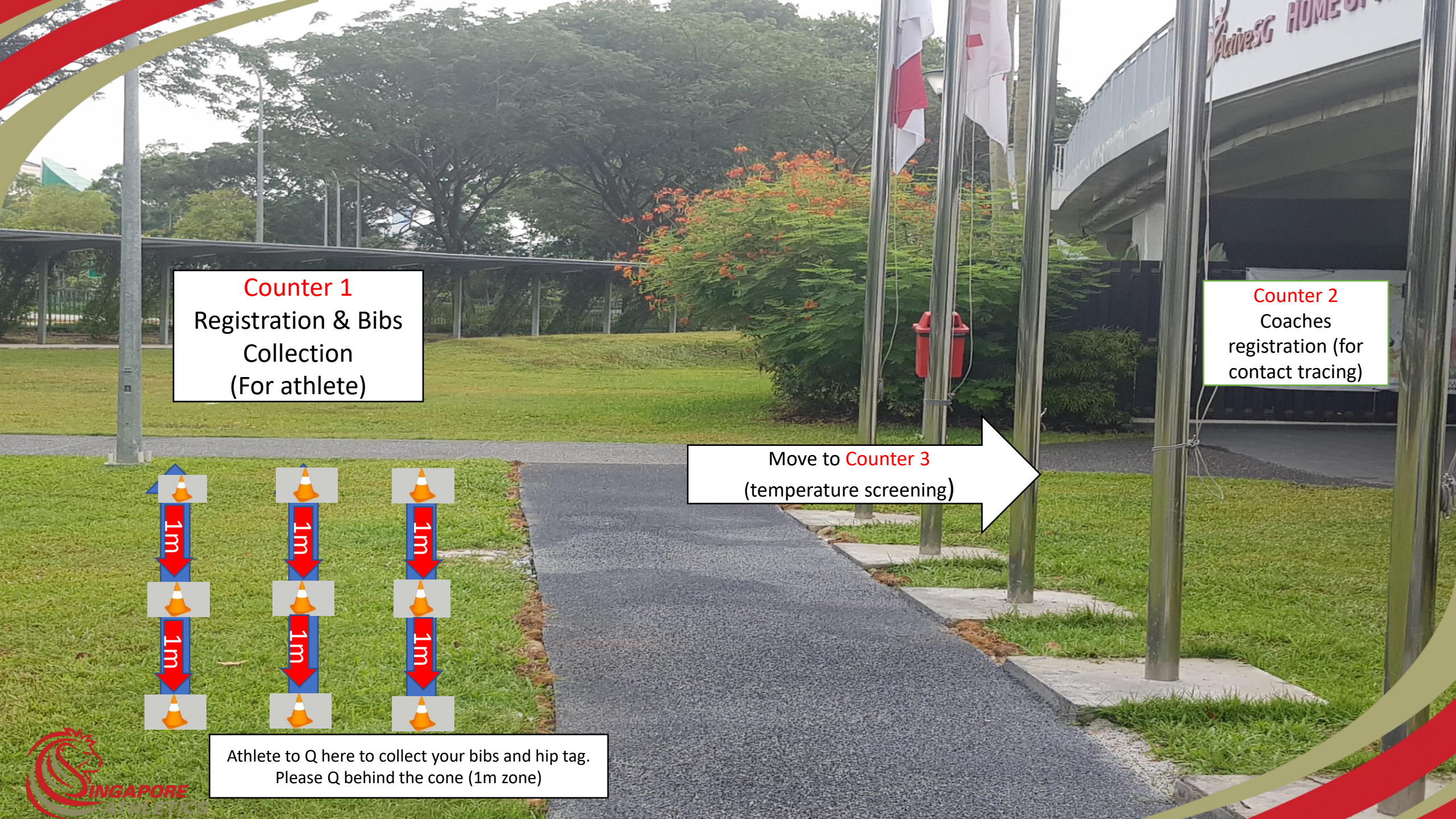
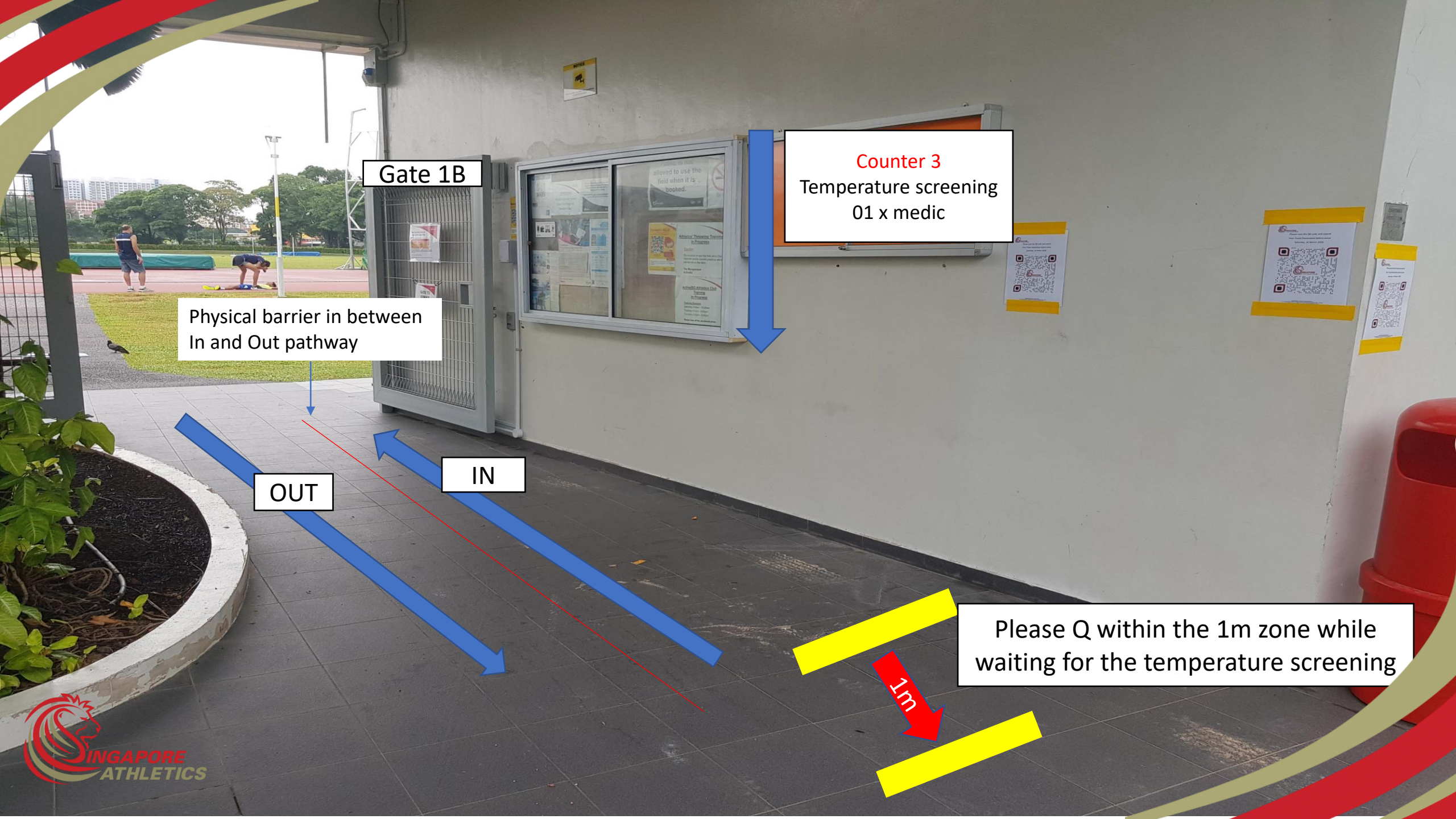
Gate 1B

Workforce (TOs and Event Crew)

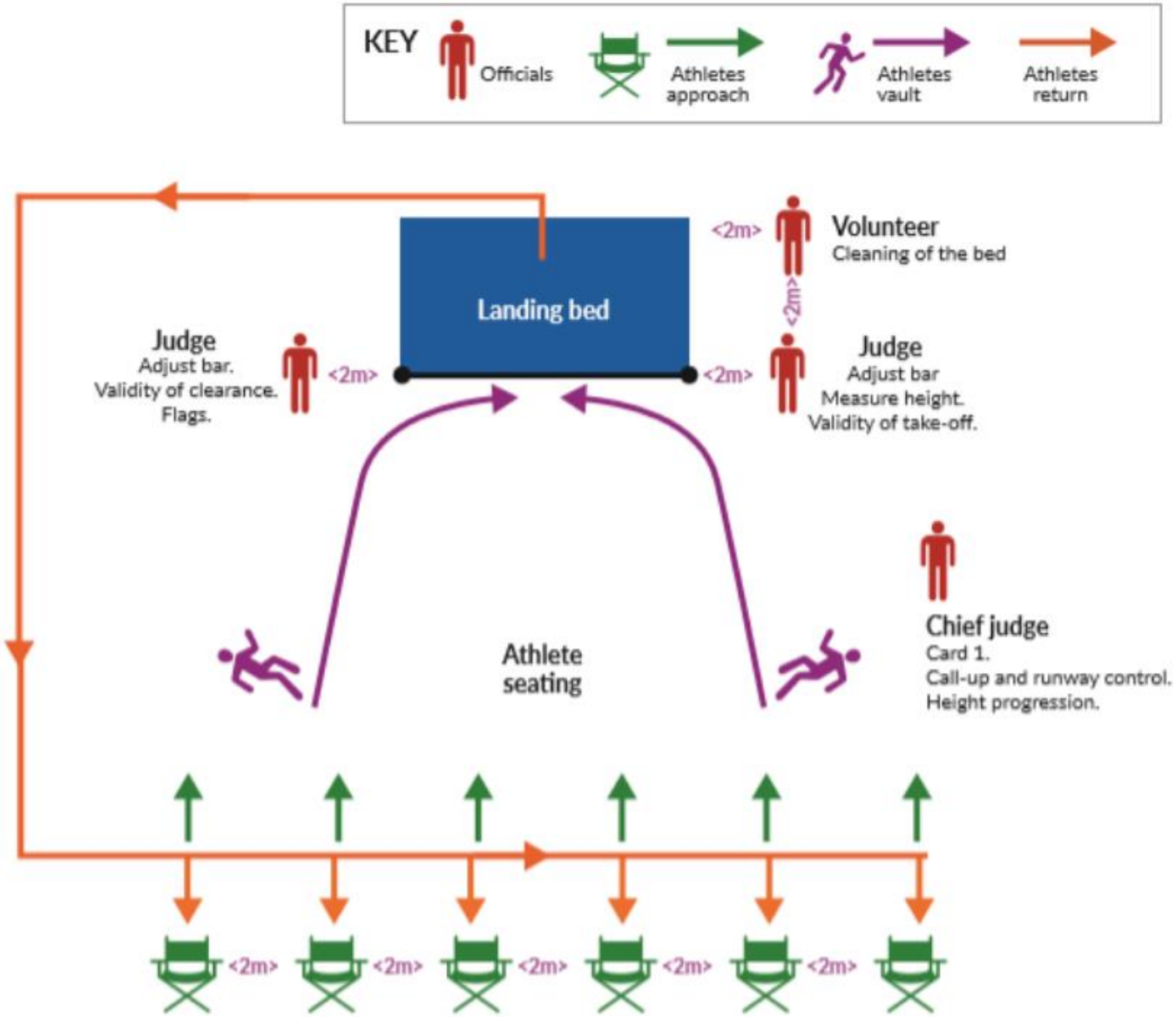
- Step 1 – Counter 3 for temperature screening
- Step 2 – To Finishing line (TOs' tent to sign in)
- Step 3 – Report to Referee for deployment

SINGAPORE ATHLETICS


Counter 1
Registration & Bibs Collection
(For athlete)
Counter 2
Coaches registration (for contact tracing)
Move to Counter 3
(temperature screening)
1m
1m
1m
1m
1m
1m
Athlete to Q here to collect your bibs and hip tag.
Please Q behind the cone (1m zone)
SINGAPORE ATHLETICS


Gate 1B
Counter 3
Temperature screening
01 x medic
Physical barrier in between
In and Out pathway
OUT
IN
1m
Please Q within the 1m zone while
waiting for the temperature screening
SINGAPORE
ATHLETICS

High Jump



PLEASE NOTE:
This diagram is for illustration purposes only, each competition provider should adopt the most suitable solution for their venue.

SINGAPORE ATHLETICS

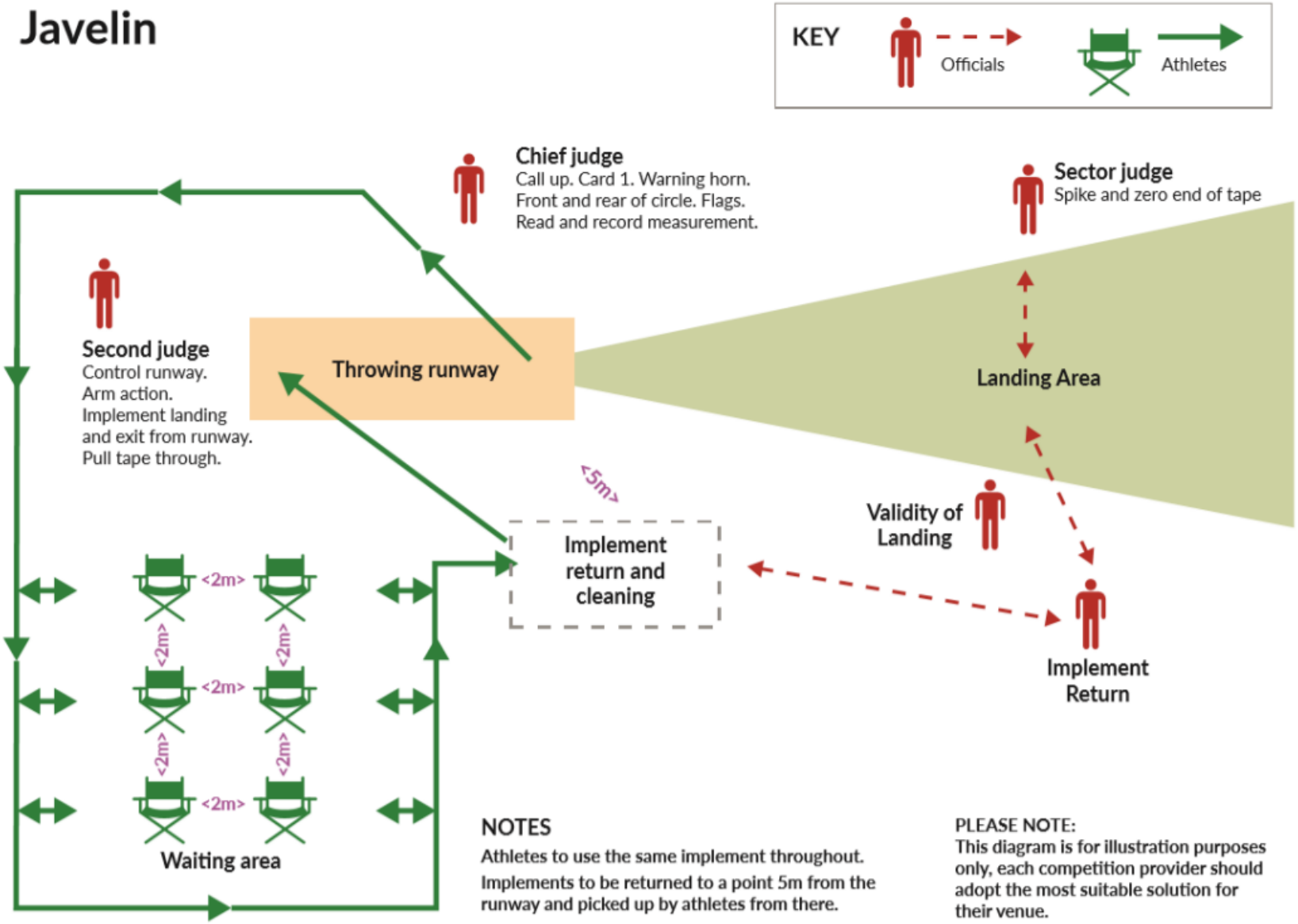
Field Block Example

AM Session	(Block 1) 0730hrs to 0930hrs		
Events	**Category**	**Time**	**No. of Pax**
Triple Jump	Men Open	0800hrs	10
High Jump	Women Open	0800hrs	9
Javelin (800g)	Men Open	0900hrs	9
Total number of Coaches			0
Total number of Officials			20
Total number of Medic			2
Total SA Staff			6
Total Pax in HOA			47

* 8am group will need to leave the stadium , before 9am group to enter

SINGAPORE ATHLETICS

Javelin



NOTES

Athletes to use the same implement throughout.

Implements to be returned to a point 5m from the runway and picked up by athletes from there.

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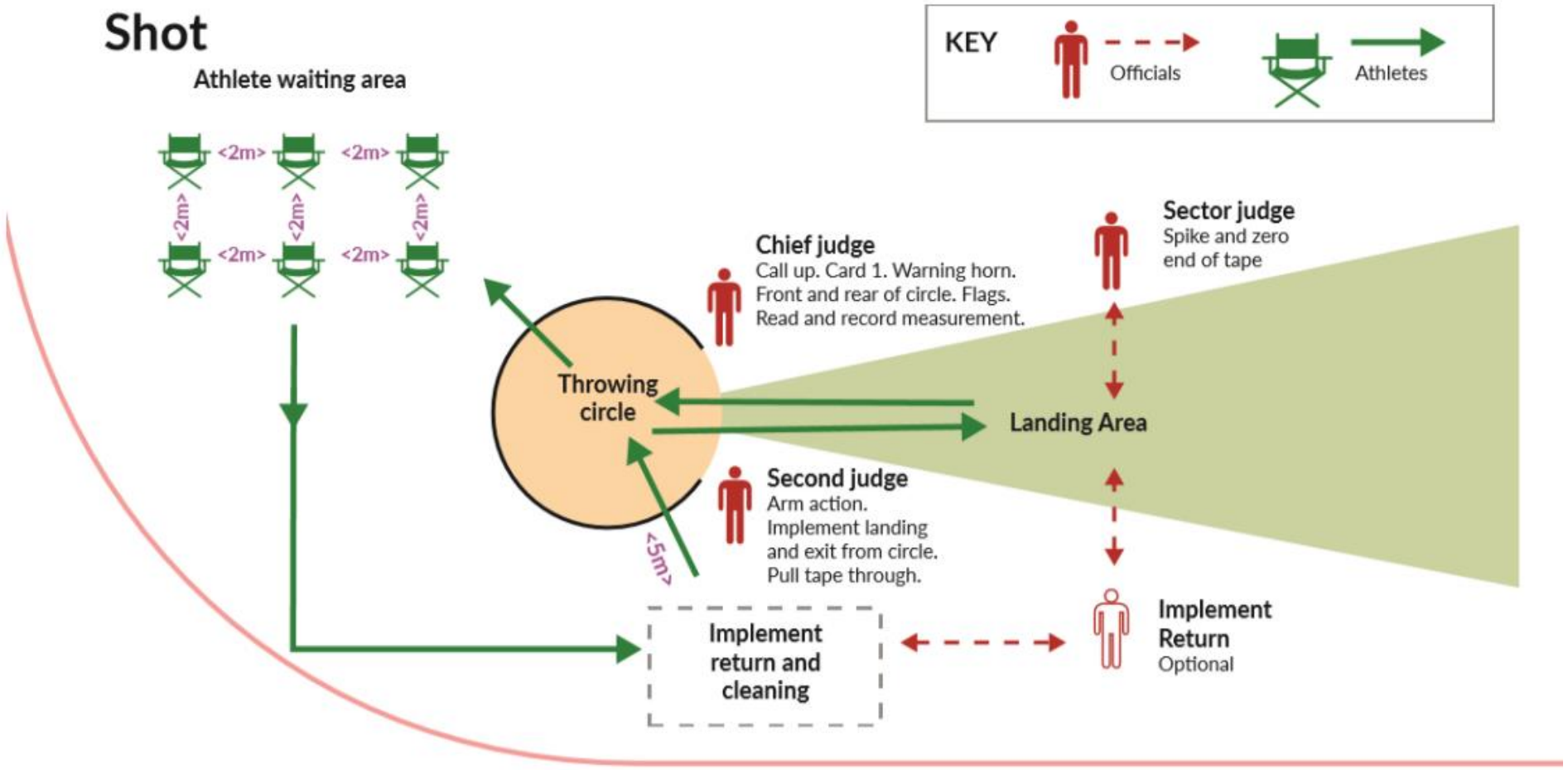
SINGAPORE ATHLETICS

Shot



NOTES

Athletes to use the same implement throughout and to retrieve their own implements.

Chief Judge to measure, then remain in circle stepping aside only when the implement has been safely retrieved

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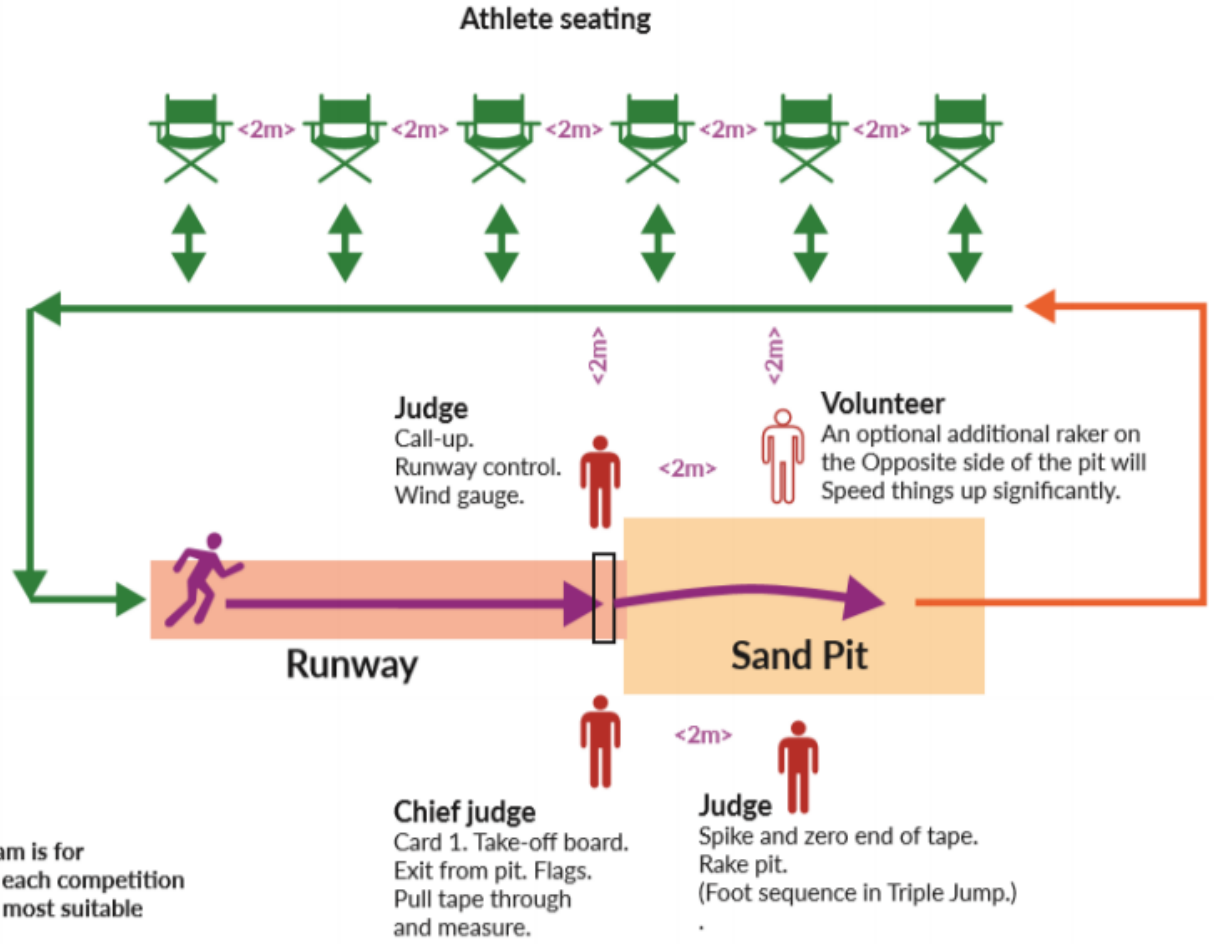
SINGAPORE ATHLETICS

Long & Triple Jump



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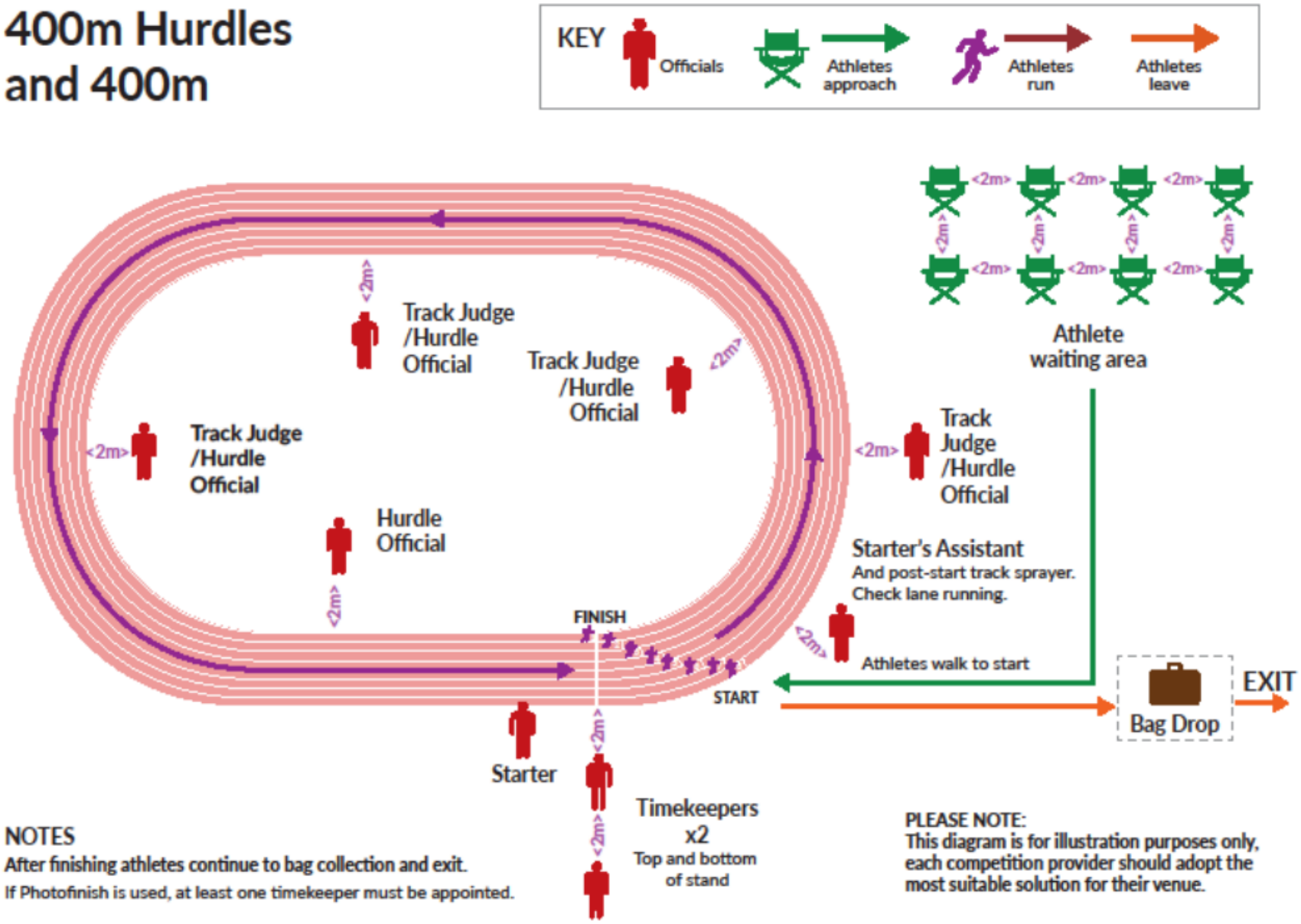
SINGAPORE ATHLETICS

400m Hurdles and 400m



NOTES

After finishing athletes continue to bag collection and exit.

If Photofinish is used, at least one timekeeper must be appointed.

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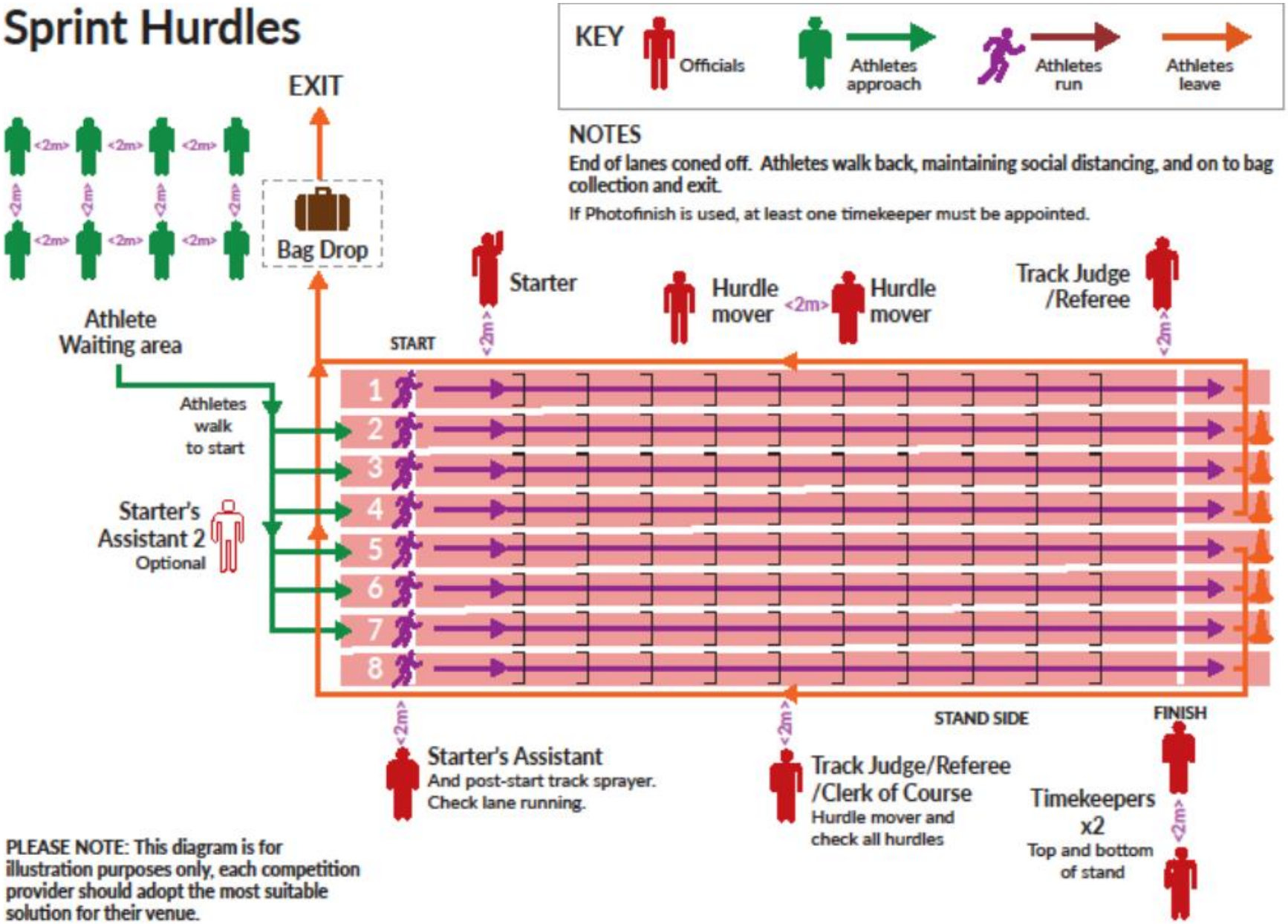
SINGAPORE ATHLETICS

Sprint Hurdles



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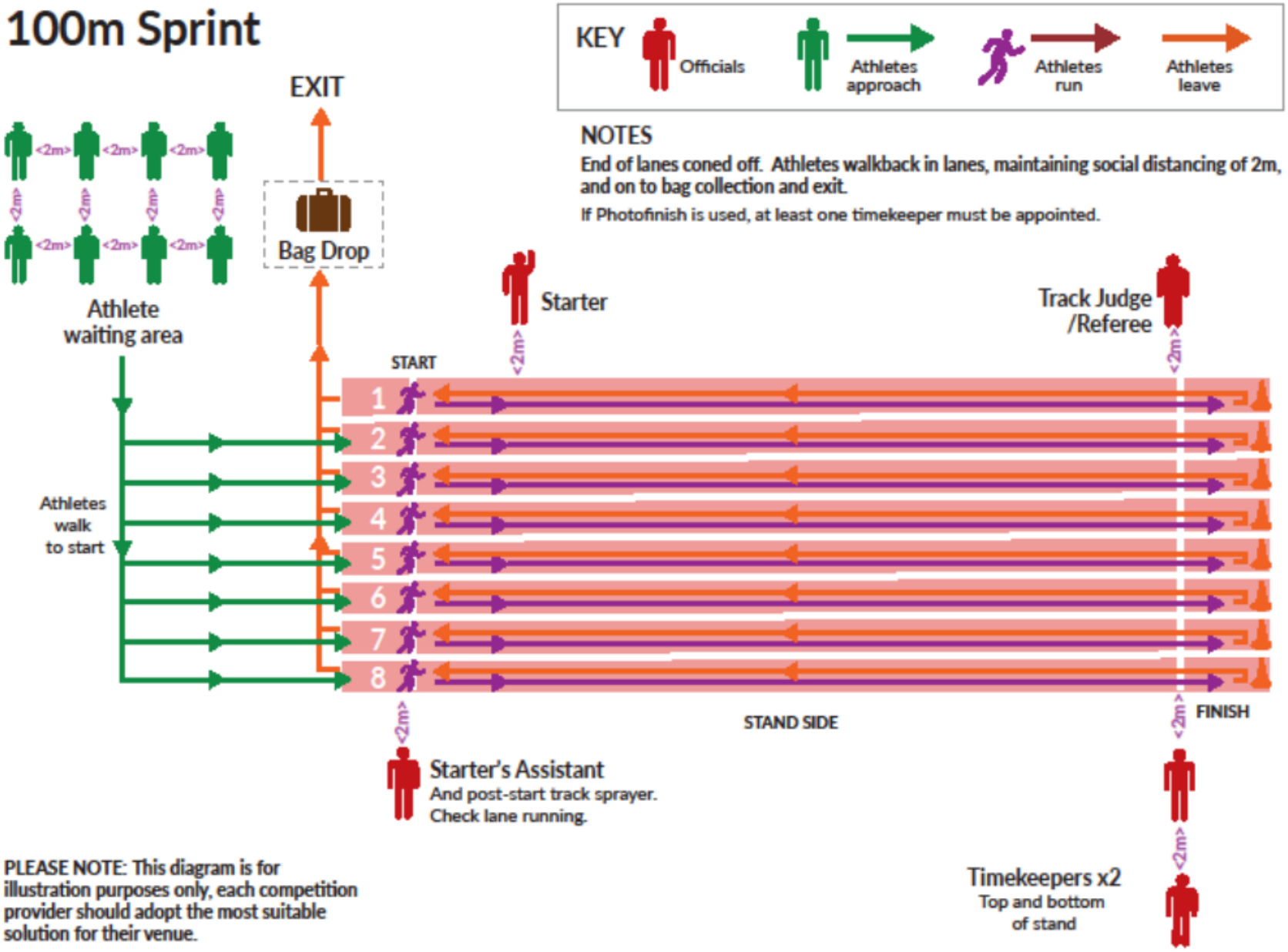
SINGAPORE ATHLETICS

Track Block Example

AM Session	(Block 2A) 1000hrs to 1100hrs		
Events	**Category**	**Time**	**No. of Pax**
100m Hurdles (0.838m)	Women Open	1000hrs	8 (Heat 1) 8 (Heat 2)
110m Hurdles (1.067m)	Men Open	1020hrs	8 (Heat 1) 8 (Heat 2)
Total number of Coaches			0
Total number of Officials			32
Total number of Medic			2
Total SA Staff			4
Total Pax in HOA			38

SINGAPORE ATHLETICS

100m Sprint



NOTES

End of lanes coned off. Athletes walkback in lanes, maintaining social distancing of 2m, and on to bag collection and exit.

If Photofinish is used, at least one timekeeper must be appointed.

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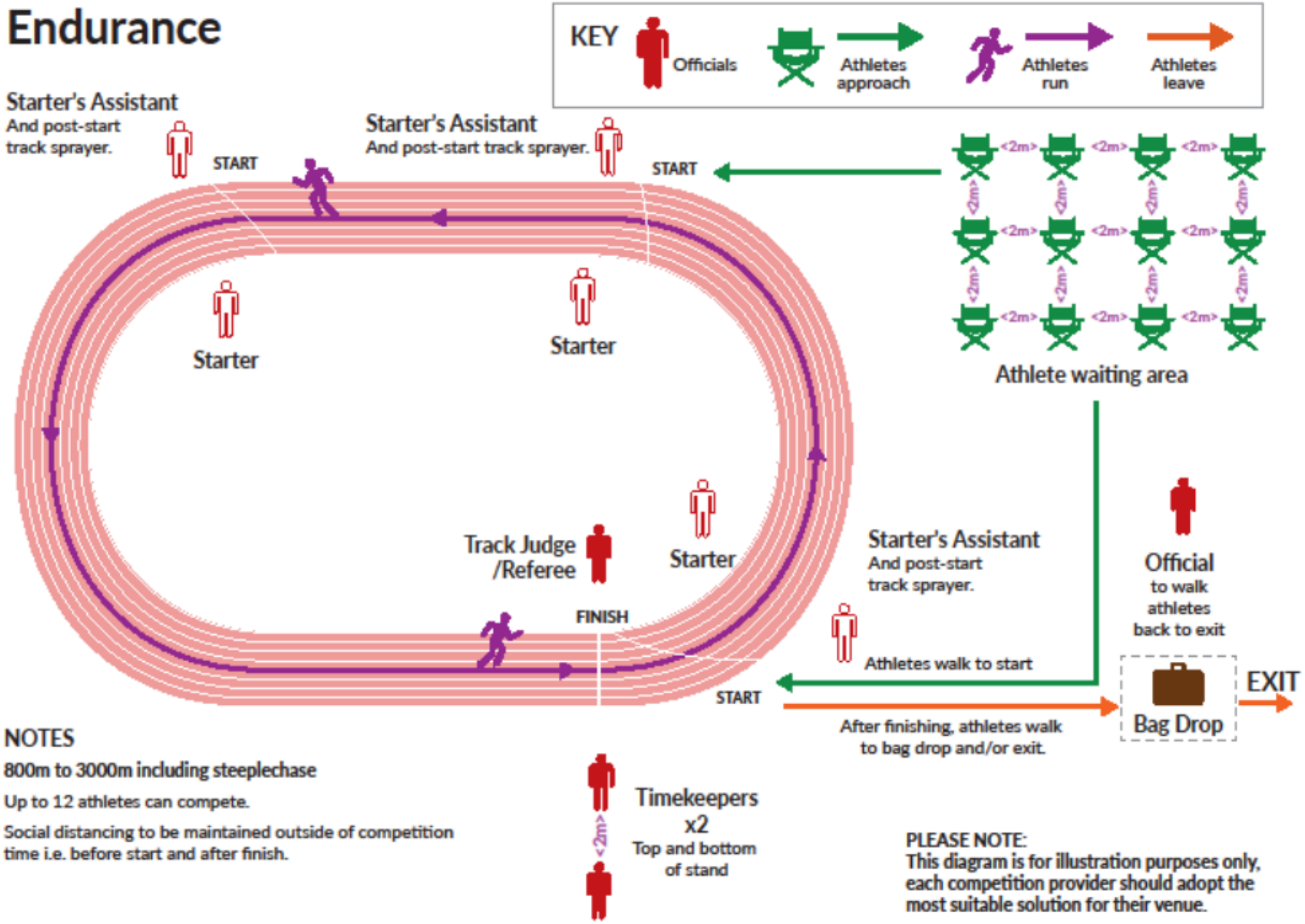
SINGAPORE ATHLETICS

Track Block Example

AM Session	(Block 2B1) 1100hrs to 1130hrs		
Events	**Category**	**Time**	**No. of Pax**
100m	Men Open	1100hrs	8 (Heat 1) 8 (Heat 2) 8 (Heat 3) 8 (Heat 4) 8 (Heat 5)
Total number of Coaches			0
Total number of Officials			40
Total number of Medic			2
Total SA Staff			6
Total Pax in HOA			48

SINGAPORE ATHLETICS

Endurance



NOTES

800m to 3000m including steeplechase

Up to 12 athletes can compete.

Social distancing to be maintained outside of competition time i.e. before start and after finish.

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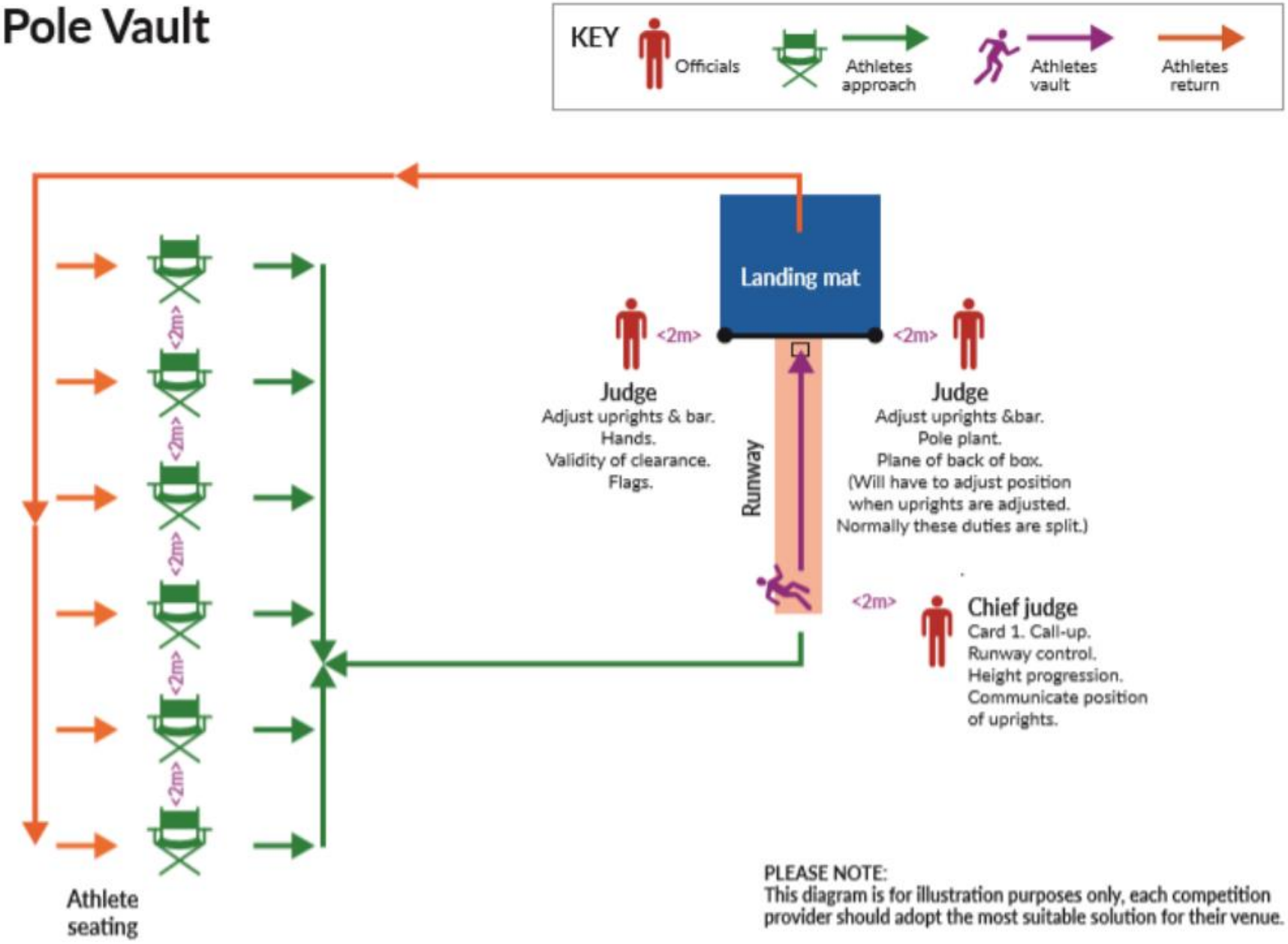
Track Distance Block Example

PM Session	(Block 5A) 1900hrs to 2000hrs		
Events	**Category**	**Time**	**No. of Pax**
1500m	Women Open	1900hrs	8 (Final 1) 8 (Final 2)
5000m	Men Open	1930hrs	10 (Final 1) 10 (Final 2)
Total number of Coaches			0
Total number of Officials			10
Total number of Medic			2
Total SA Staff			6
Total Pax in HOA			54

SINGAPORE ATHLETICS

Pole Vault



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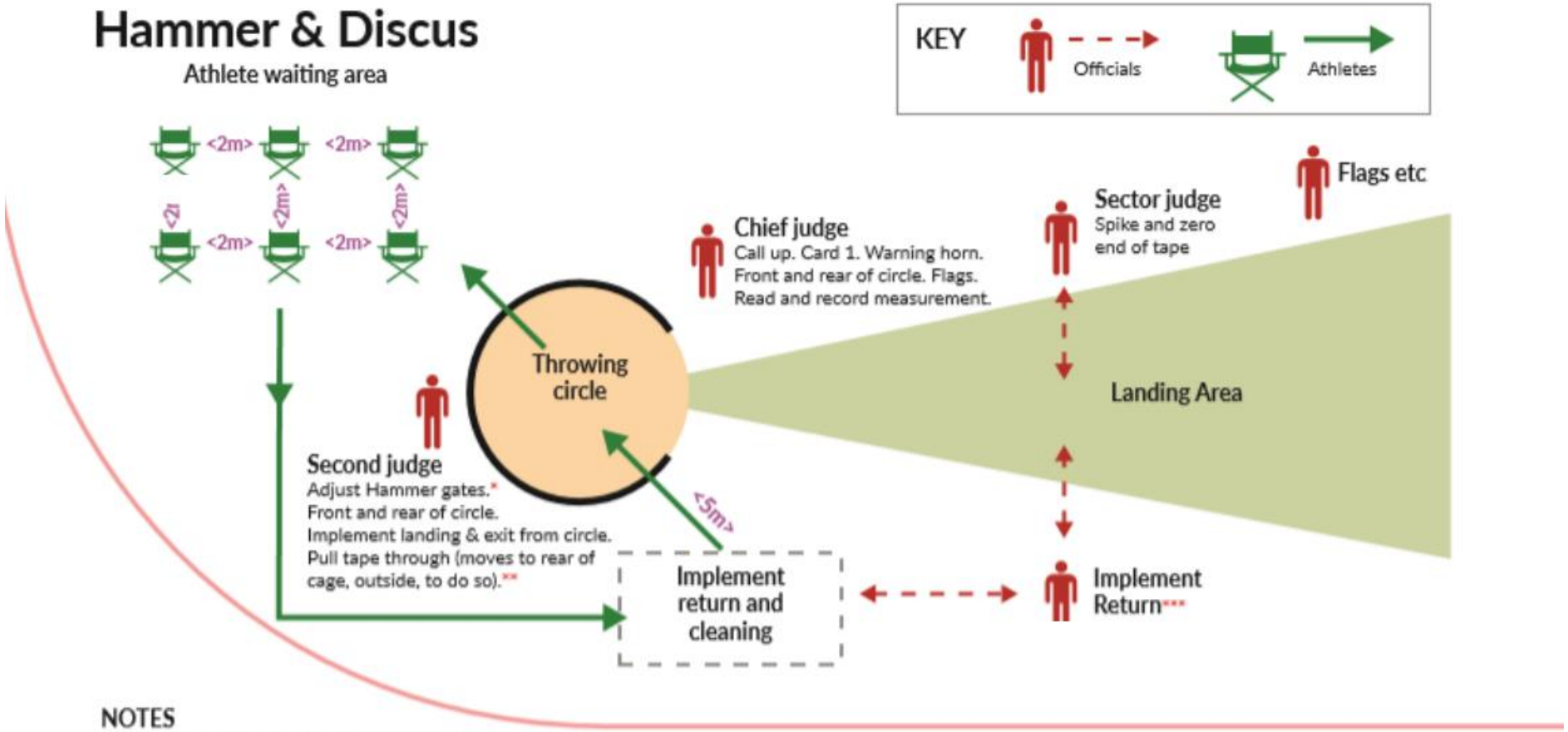
SINGAPORE ATHLETICS

Vertical Jump Block Example

PM Session	(Block 3) 1330hrs to 1530hrs		
Events	**Category**	**Time**	**No. of Pax**
Pole Vault	Women Open	1400hrs	12
Pole Vault	Men Open	1500hrs	12
Discus (2g)	Men Open	1400hrs	12
Total number of Coaches			0
Total number of Officials			12
Total number of Medic			2
Total SA Staff			6
Total Pax in HOA			56

SINGAPORE ATHLETICS

Hammer & Discus



NOTES

Athletes to use the same implement throughout.

Implements to be returned to a point 5m from the circle and picked up by athletes from there.

*Having two officials adjust the Hammer gates, should they not move easily, has the potential for social

tape would be threaded underneath the cage at the rear so that the second judge could pull through

or damage because in Hammer gate wheels would roll over the tape.

The alternative is to operate as is normal, but the Chief Judge would need to remain distanced until the second judge had stepped to the back of the inside of the cage. With throws from a rear circle maintaining 2m would be difficult but with changes this week, a lesser distance might be acceptable.

***Athletes returning their own implements would raise safety issues and slow a competition significantly.

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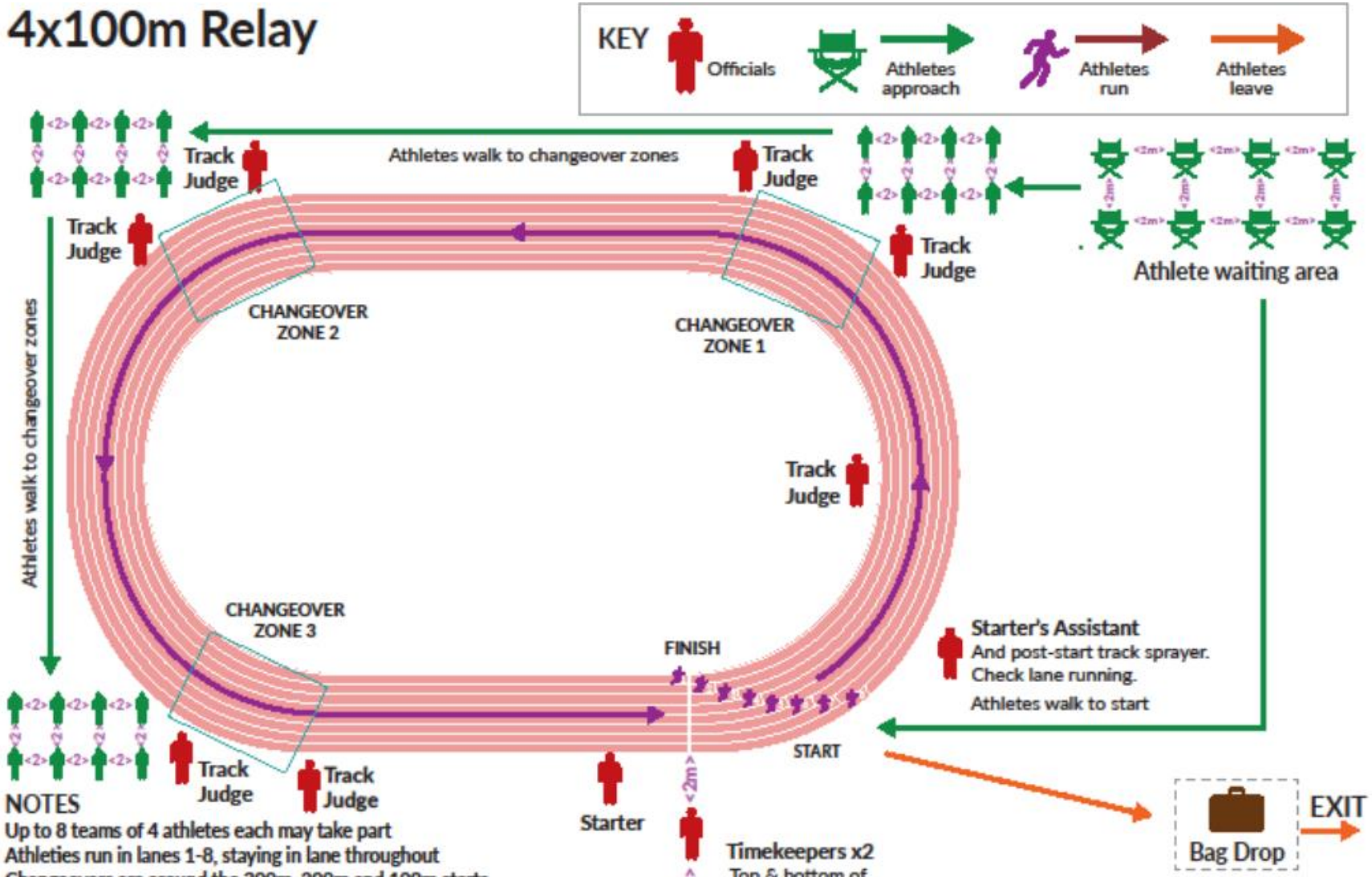
SINGAPORE ATHLETICS

4x100m Relay



NOTES

Up to 8 teams of 4 athletes each may take part
Athleties run in lanes 1-8, staying in lane throughout
Changeovers are around the 300m, 200m and 100m starts
Athletes must be given clear directions to get to changeover areas
There must be space for athletes to socially distance prior to changeover
Athletes must sanitise their hands prior to and post-race.
One baton per team, to be sanitised prior to and post-race
After finishing athletes continue to bag collection and exit.

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SINGAPORE ATHLETICS

Track Relay Block Example

PM Session	(Block 4B2) 1800hrs to 1900hrs		
Events	**Category**	**Time**	**No. of Pax**
4x100m*	Men Open	1800hrs 1820hrs 1840hrs	32 [8 Teams] (Final 1) 32 [8 Teams] (Final 2)
Total number of Coaches			0
Total number of Officials			20
Total number of Medic			2
Total SA Staff			6
Total Pax in HOA (Based on 4 teams)			92

*Only 5 teams allow to enter the stadium and 1 time, after race 4 teams will exit and the next 4 teams will enter the stadium for next race

SINGAPORE ATHLETICS

4x400m Relay

PLEASE NOTE:
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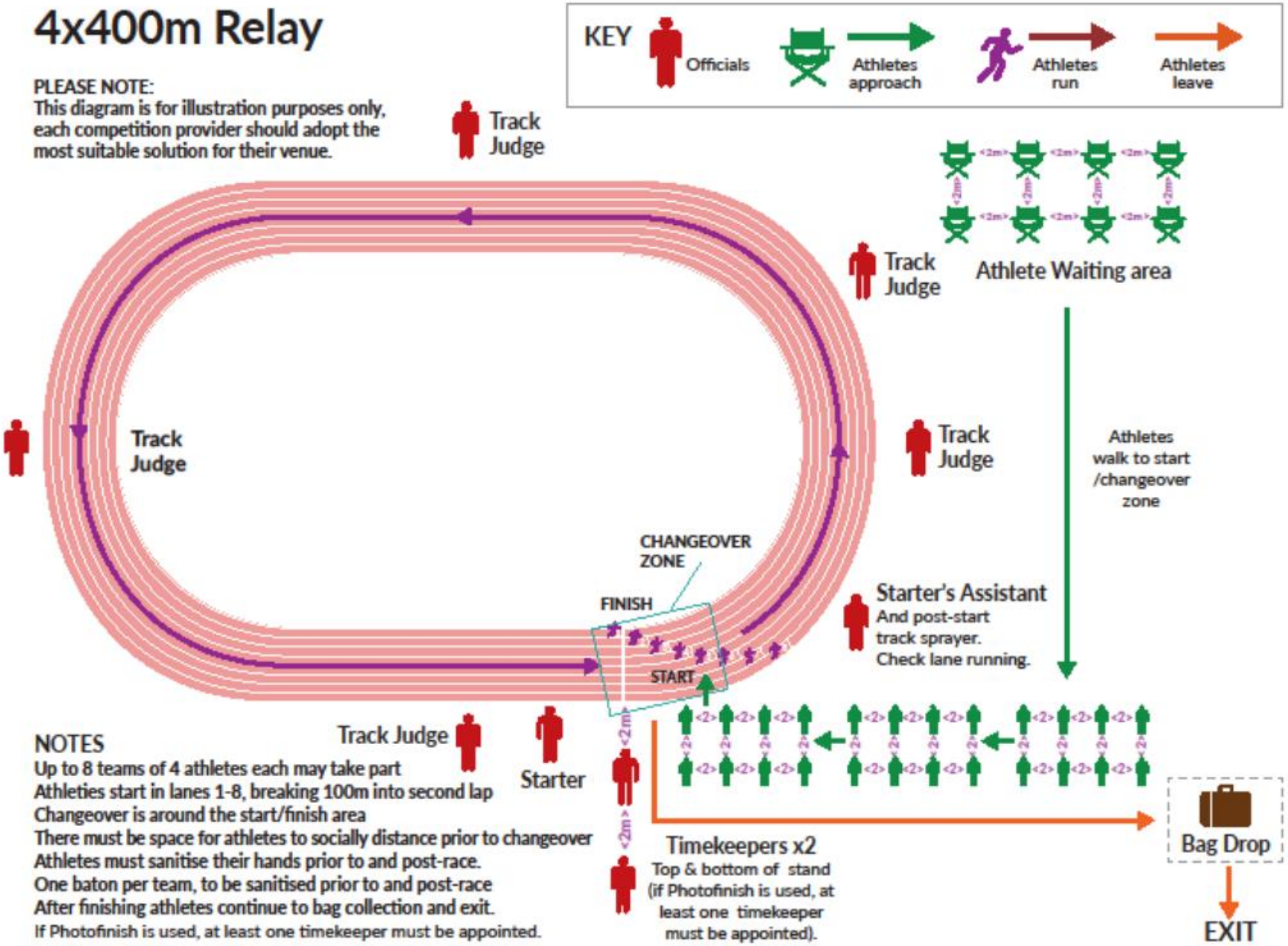

NOTES
Up to 8 teams of 4 athletes each may take part
Athleties start in lanes 1-8, breaking 100m into second lap
Changeover is around the start/finish area
There must be space for athletes to socially distance prior to changeover
Athletes must sanitise their hands prior to and post-race.
One baton per team, to be sanitised prior to and post-race
After finishing athletes continue to bag collection and exit.
If Photofinish is used, at least one timekeeper must be appointed.

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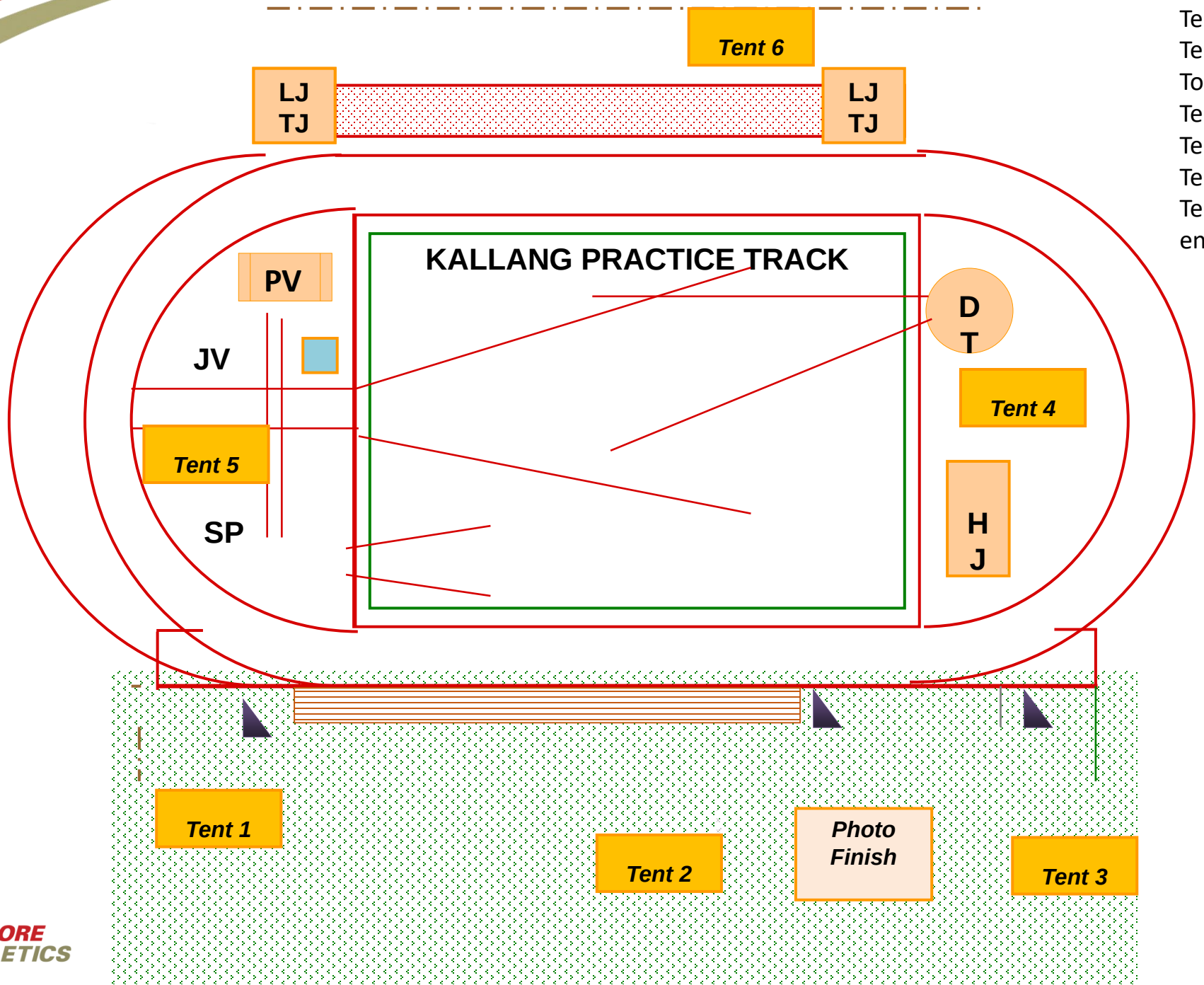
Track Relay Block Example 2

PM Session	(Block 4A1) 1500hrs to 1600hrs		
Events	**Category**	**Time**	**No. of Pax**
4x400m*	Women Open	1500hrs 1515hrs 1530hrs	32 [8 Teams] (Final 1) 32 [8 Teams] (Final 2)
Total number of Coaches			0
Total number of Officials			20
Total number of Medic			2
Total SA Staff			6
Total Pax in HOA			92

*Only 4 teams allow to enter the stadium and 1 time, after race 4 teams will exit and the next 4 teams will enter the stadium for next race

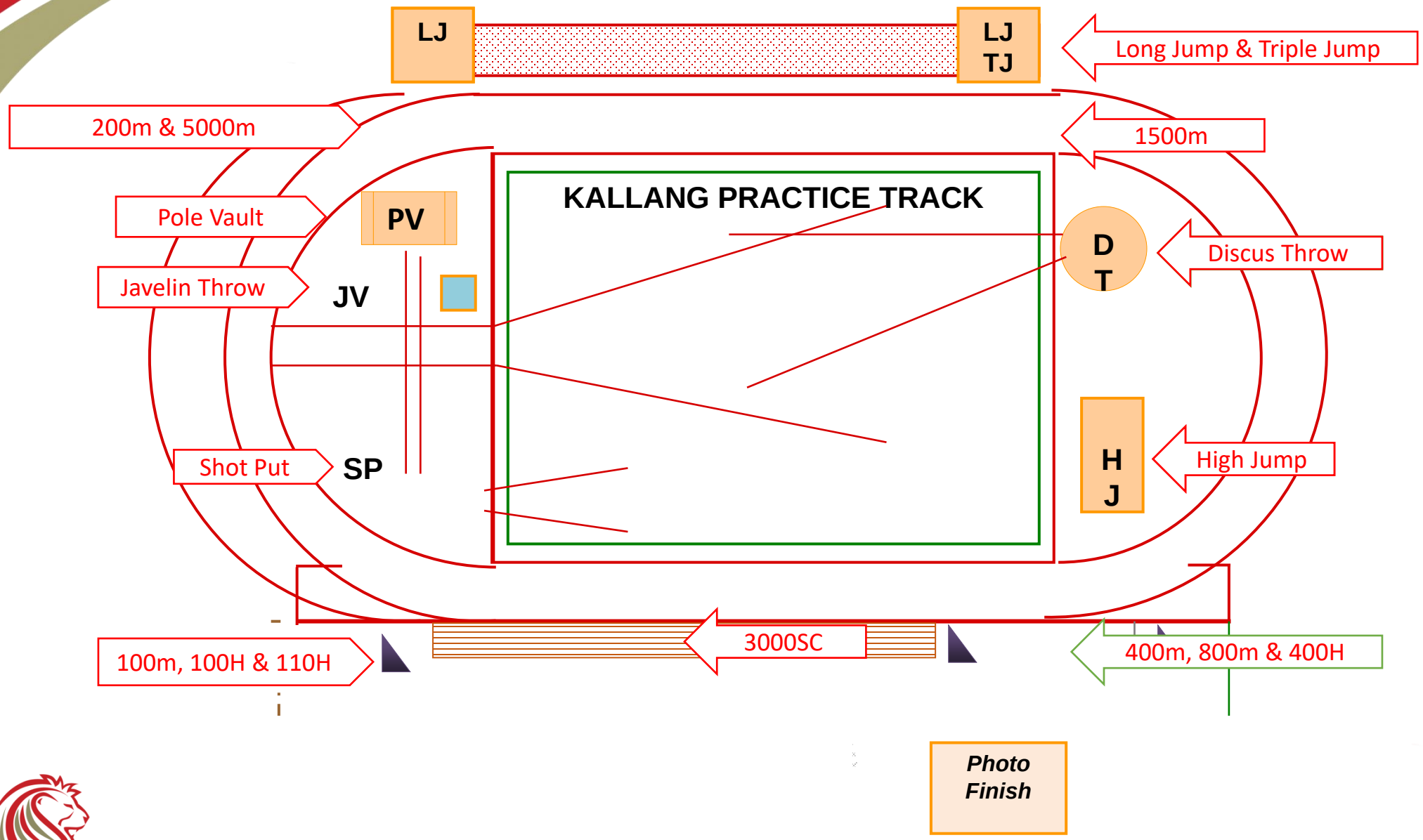
SINGAPORE ATHLETICS

Tent 1 – Athletes
Tent 2 – Coaches
Tent 3 – Medic
Tower Level 1 – Finishing Judges
Tent 4 – DT and HJ
Tent 5 – SP, JT & PV
Tent 6 – LJ & TJ
Tent 7 – Registration (Counter 1 (Before entering Gate 1B)



Counter 1
Tent 7

Start line and FOP



SINGAPORE ATHLETICS