

Canberra Runners Incorporated

**Return to Play in a COVID-19 Safe
Environment Plan**

Document Control

Document Owner	Jo Legge-Wilkinson
Change Request	Initial set up of Canberra Runners Inc

Document History			
Date	Version	Name	Changes from previous version
13/02/2021	0.1	Rosalie Butler	Initial version
08/04/2021	0.2	Kerrin Whitcombe	Endorsed by committee 08/04/2021
28/04/2021	0.3	Carol Ey	Updated to reflect changed regulations. Endorsed by committee on 29/04/2021
15/10/2021	0.4	Robyn McClelland	Updated to reflect changes to the ACT Covid 19 requirements following lockdown on 12/08/2021. Endorsed by committee on 08/11/2021.
10/2/2022	0.5	Robyn McClelland	Updated to remove requirement for display of Check in CBR QR code at regular events and activities. Endorsed by committee on 14/2/2022.
7/9/2022	0.6	Robyn McClelland	Updated to reflect changes to the ACT Government's Covid 19 requirements. Endorsed by committee on 12/9/2022.

1 Introduction

This plan is required by the ACT Government [Return to Sport Framework \(act.gov.au\)](https://www.act.gov.au).

It is a dynamic document. It provides operational detail for the association's activities.

The information in this document is not intended or implied as a substitute for government, professional medical or legal advice. The information will be updated as circumstances and government requirements change. Canberra Runners does not guarantee, however, that the information will always be accurate and up to date. Restrictions in other jurisdictions may differ from those in the ACT. Activities in other jurisdictions should comply with local restrictions.

2 Association Membership

Canberra Runners Inc. (Canberra Runners) is based in Canberra and conducts competitive and recreational (social) running events and activities for members and other participants throughout the year. Current membership is approximately 700 people.

3 Activities this Plan Covers

This plan covers all events and activities except major events (which are the Canberra Half Marathon, the Capital to Coast and the Thredbo Fun and Fitness Week). Events conducted at Stromlo Forest Park (SFP) will adhere to the appropriate SFP protocols.

4 Ongoing Programs

The TTS group generally convenes three times a week on Tuesday, Thursday and Saturdays and is thus named TTS. The Sunday Runners generally convenes weekly on a Sunday. Both TTS and the Sunday Runners are not competitive events, they are social running activities. Both TTS and Sunday Runners take place outdoors in public spaces and no equipment is required. The groups meet at a designated starting point at an agreed time at various locations in Canberra and run for various distances and times, generally between one and two hours. A run leader is appointed for each run.

The Women's and Girls' Jogalong and Kids' Minijog occur monthly on the first Sunday of each month. Rarely a conflicting event may result in the events being held on a different Sunday. Jogalong is conducted outdoors at Weston Park.

4.1 Training Programs

Additional specific purpose training groups may be operated such as a 5/10k group and a half marathon group. These groups typically consist of approximately 20 -25 participants in each group. Groups are by subscription only and follow a set pattern for the duration of the program, usually 8-13 weeks.

4.2 Events

Canberra Runners hold a series of races over the year, including major events and smaller races. Many of these races are part of the Summer, Winter or Spring Series. These events are all conducted outdoors at public venues.

The Winter Series generally commences in approximately May each year and finishes in September. Many of the Winter races are held on Saturday afternoon, with a 2 km event at approximately 12.45

pm and then a 3-5 km and a 6-10 km starting together at approximately 1 pm. Some longer races are held on Saturday morning and these generally do not include a 2 km option. Occasionally, a Winter Series race may occur on a day other than Saturday.

The Spring and Summer Series events occur on Tuesday evenings, with the Spring series of 5 races in November-December and the Summer series of 8 races during February-March. Both incorporate 2km and 5km events.

4.3 Approvals

Version 1.0 of this plan was endorsed by the President of Canberra Runners Inc. and approved by the Committee on 8 April 2021. The plan has subsequently been updated to reflect changes in the regulatory environment.

The Plan will be discussed and/or reviewed at Canberra Runners Committee meetings and amended as appropriate.

This plan does not require approval by the ACT Government but will be available for compliance purposes if requested. The Plan is also published on the Canberra Runners' website.

5 Responses to COVID Guidelines

5.1 Social Distancing

Runners are asked to adhere to social distancing guidelines, i.e., 1.5 metres from other runners and other path/road users where possible. Participants will be reminded to avoid physical contact with other participants. i.e., no handshakes or hugs.

Once a run has commenced participants generally spread out; typically leading to groups of two, three or four runners and singletons only for the duration of a run.

In the Winter, Spring and Summer Series the most likely time that people may bunch is just prior to the start of the races. Participants will be requested to adhere to social distancing restrictions and Canberra Runners will facilitate this by having a wide starting line and promoting self-seeding such that the faster runners start towards the front and the slowest runners start at the back.

In events where the start is staggered, such as the Jogalong 6 km handicap event, participants will also be requested to adhere to social distancing guidelines. This will occur even though handicap starts, by default, result in people rarely being in a bunch situation.

For the resumption of activities following lockdown, participants will be asked to limit contact with others by attending activities close to when they start and leaving soon after they end.

5.2 Limit the Sharing of Equipment

Running is an activity where there is little sharing of personal gear or equipment. Notwithstanding, participants will be asked not to share any equipment. In particular, runners will be asked not to share any personal items or equipment including towels and drinks.

While the epidemiological evidence suggests there is limited chance of transmission via hard surfaces, participants are generally asked to provide their own drinks and food. Where drinks are provided, individual cups or bottles will be used, and served by officials practising appropriate hand sanitising or wearing gloves. Similarly, if food is provided this will either be served by officials using appropriate precautions, or individually wrapped products will be offered. For the resumption of

activities following lockdown, food will not be provided and drinks generally not provided. However, water may be provided when not available at sites, including at the turn around point of the Jogalong.

6 Sanitising

A personal protection equipment pack which will include sanitisers will be a standard safety item at Spring/ Summer/ Winter Series and Jogalong events. Participants in events will be reminded of personal hygiene expectations and encouraged to maintain personal hygiene including regular hand washing such as sanitising their hands before and after events.

7 Group Gatherings Before and After Activities

Generally, gatherings before or after the association's activities are limited. Participants in the TTS Saturday run and Sunday Runners who attend local cafes for breakfast after runs, are subject to the standard venue restrictions and other requirements independently set by the venue.

Participants will be requested to maintain social distancing during any post event presentations.

8 Contact Tracing/ Registration

From **11.59pm on Friday 11 February 2022**, CR was no longer required to display its QR code for regular running activities. Participants can still choose to check in using the **QR code 841211** to support their own tracking of their activity.

As Canberra Runners may need to support contact tracing if required, the QR code will continue to be displayed if a **non-standard** CR organized event or activity does not require ticketing or pre-registration.

9 Member Communication

Members of Canberra Runners receive regular emails (generally weekly) which include details on social distancing, personal hygiene, and what to do if feeling unwell or awaiting test results.

Members are told to not attend any association activity or event if they are unwell or are required to self-isolate (e.g., waiting for a COVID-19 test result). This is regardless of easing restrictions in Canberra.

Non-members participating at events are required to sign a waiver agreeing to abide by this policy. Canberra Runners will continue to advocate for both individual and collective responsibility for COVID-safe practice.

Race Managers, committee members, TTS and Sunday Runners Leaders will regularly mention and promote the importance of our social responsibilities at activities and events in respect of COVID.

10 Unwell or Awaiting Test Results

Members (and non-Members) who are awaiting test results should not attend any activities/ events.

Members (and non-Members) who are feeling unwell should not attend any activities/ events. If they begin to feel unwell while attending, they should leave immediately.

The ACT Government requires people who test positive to Covid 19 to notify those they have spent time with during their infectious period (two days before symptoms appear or positive test result, whichever comes first). Whilst running is an outdoor activity, reducing risk of transmission, there can be contact indoors associated with events/ activities (e.g., catch-up/ coffee following training). If any participant tests Covid 19 positive after attending a Canberra Runners activity/ event whilst infectious, they are asked to notify those they ran or mixed closely with, directly. If assistance in contacting people is needed, they should let the activity organiser know as soon as possible so he or she can let participants know, eg, via newsletter or Facebook page.

If members have concerns, they can call ACT Health on [02 5124 6500](tel:0251246500) between 8 am to 6 pm daily .

This information will appear on Canberra Runners Inc.'s web page and in all weekly emails until the end of restrictions.