

COVID Secure Environment Cross Country

September 2020

This guidance may be updated on a regular basis.



Key requirements for a COVID Secure environment

1. COVID-19 coordinator is in place
2. A venue/ environment must develop a COVID action plan and [risk assessment](#)
 - a. A [COVID secure environment](#) is one that meets the requirements stipulated in government guidance to provide for the safety and tracking of individuals who attend that particular space. It could be a track, indoor sports hall (25th July onwards), open space, such as a park, fell, trail or road.
 - b. An action plan is a document that outlines the process you are following to make your venue and activity COVID secure and would detail information such as the COVID Coordinator, the event organiser, event management plans, risk assessments, tracking protocol and communication plans with all members and participants and local stakeholders.
3. Management of a [Covid secure environment](#) would be facilitated in venues where there is no general public access and the area is completely secured for the sole use of the competition. Where this is not achievable management of a venue should ensure that all Covid secure requirements including pre and post event travel, communication, self-assessment, hygiene, social distancing and test and trace procedures are in place for the event and areas such as (start/finish/warm up/course) are secured for registered access only.
4. All activity must comply with Government guidance and should have the following in place as a minimum;
 - a. Travel guidance to and from the event (including no sharing and arriving ready changed)
 - b. Appointment of a Covid Coordinator
 - c. Clear communication about all protocols for the event
 - d. Event organisers are not required to have evidence of competitors' pre-health screening; however, information about appropriate health screening should be communicated to competitors in advance of the event and prior to event entry where possible
 - e. Opt-in to the event
 - f. Pre-registration of all competitors and supporters
 - g. Minimising public announcements to reduce noise

- h. Regular hand sanitising
 - i. Social distancing including at the start, in the race and at the finish
 - j. Rapid dispersal
 - k. Collection and storage of contact details for all participants and supporters for 21 days
5. All event organisers must capture pre-activity health questionnaires, including participant contact details which can be shared upon request with the government's Test and Trace initiative
- a. As part of the competition COVID action plan you should ensure any member or participant who has attended an event and subsequently tested positive for COVID completes the [UKA COVID-19 tracking form](#)
6. Events that include children, young people under the age of 18 or the vulnerable should be meticulously planned to ensure their needs are catered for.

More government guidance can be found at

Working safely during [Coronavirus](#)

Phased return to [sport](#)

Risk [assessments](#)

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