



Athletics South Africa

Return to Play

Competition and Training

Disciplines Track and Field;

Road Running including Parkruns

Cross Country and Trail Running.

- Competition Date 1 November 2020

ASA Covid-19 Compliance Officer: Dr Harold Adams



HEALTH AND SAFETY PROTOCOLS DURING ATHLETICS COMPETITIONS DURING THE COVID-19 STATE OF DISASTER

1. INTRODUCTION

- 1.1. Below are the Health and Safety protocols that will be implemented at all competitions organised by Athletics South Africa, its provincial and/or members.
- 1.2. All Covid-19 health and safety protocols will be followed including screenings, documentation, sanitising, social distancing, masks etc.

2. Competitions

- 2.1. Only events approved by ASA or one of the provinces will be allowed to take place during the above-mentioned Level 1 State of Disaster. This is to ensure the relevant health and safety protocols will be implemented.
- 2.2. Events that take place without the approval of ASA or one of the provinces during the above-mentioned State of Disaster, will be reported to the South African Police Services to be dealt with in accordance with the Rules and Regulations of the above-mentioned State of Disaster
- 2.3. All participants at ASA events will undergo health screening (see Health Questionnaire in Appendix 1).
- 2.4. A Covid-19 compliance officer will be appointed for every competition.

3. Licenses

- 3.1. Only licensed athletes will be allowed to participate in ASA events during the above-mentioned State of Disaster. To prevent gathering, no licences will be sold on race day. All licences will be available from provincial officers on days other than race day, preferably online.

4. TRACK AND FIELD

4.1. Stadium

- 4.1.1. The athletics stadium shall be cleaned 72 hours before the meeting, including the track, infield areas i.e. High Jump & Pole Vault, Long Jump, and toilets and all rooms that will be used on the day of the meeting
- 4.1.2. No training between the cleaning of the stadium and the meeting will be allowed in the stadium

4.2. * Covid-19 compliance officer and self-isolation area

- 4.2.1. There will be a dedicated isolated room, clearly marked, situated away from the Medical/Physio facilities used for the competition.

- 4.2.2. A Compliance Officer will be appointed for every event.
- 4.2.3. All Technical Officials will be workshopped on the Covid-19 health and safety regulations.
- 4.2.4. The Compliance Officer will liaise with the local health authority.

4.3. Access to Stadium

- 4.3.1. There will be only one controlled entrance to the stadium.
- 4.3.2. Hand sanitizer will be available at the entrance gate and everybody entering must sanitize their hands.
- 4.3.3. Everybody entering the stadium must undergo the Health and Safety questionnaire for screening that will contain the following information: identity number, contact number, place of residence, specific health enquiries, temperature and symptoms enquiry (see Health Screen questionnaire, Appendix 1).
- 4.3.4. If anybody volunteers symptoms or presents with a temperature above 38 degrees Celsius they can't be allowed into the stadium and they will be held in an isolation facility for referral to the local health authority (see Suspected positive cases and contact tracing protocol).
- 4.3.5. Social distancing will be respected while this enquiry is being done.
- 4.3.6. Everyone will be masked.
- 4.3.7. If somebody would like to leave the stadium temporarily, he/she must be issued with a pass-out token and on returning to the stadium they must again go through the process of screening and hand sanitising

4.4. Arena/competition area

- 4.4.1. The maximum number of participants in the arena/competition area at any one time will not exceed 500 (including athletes, technical officials, volunteers, medical team, media/broadcasting team, and stadium workers). No spectators will be allowed.
- 4.4.2. As soon as the athletes completed their event, they must leave the competition area
- 4.4.3. Technical officials, volunteers, relevant stadium staff, medical staff and registered members of the media/broadcaster team must leave the arena/competition area as soon as their responsibilities are completed. Social distancing and masking must always be maintained.

4.5. Technical Officials and Volunteers

- 4.5.1. Technical Officials must report at least 2 hours before the start of any meeting for a COVID-19 regulations and protocol briefing session

4.6. Call Room and warm-up area

- 4.6.1. A maximum of 100 people (athletes, coaches, officials, medical) will be allowed in the warm-up area at any given time.
- 4.6.2. Strict social distancing/masks/sanitising etc. would be implemented during warm up.
- 4.6.3. The Call Room will be in the open and not in a building

4.7. Ablution blocks

- 4.7.1. All ablutions would be sanitized continuously and kept clean as per Covid-19 protocols.
- 4.7.2. Entry to the ablution area will be regulated to adhere to social distancing.

4.8. Equipment

- 4.8.1. All equipment must be sanitized before it is handled and at regular intervals. This includes starter gun, electronic timers, stop watches. Starting blocks must be sprayed with sanitizer after each start.
- 4.8.2. All hurdles, starting blocks and stadium equipment must be sprayed with sanitizer on the morning before each meeting and between each event.
- 4.8.3. All equipment used at field events must be cleaned with sanitizer after each attempt, including high Jump and Pole Vault mats must be sprayed with sanitizer after each attempt

4.9. Athletes

- 4.9.1. Athletes must always wear masks except during the time period that they will be participating
- 4.9.2. Field event athletes will be required to wear masks when they are not competing.
- 4.9.3. Athletes are not allowed to congratulate each other by physical contact

4.10. Coaches and Media

- 4.10.1. Coaches of participating athletes will be allowed in the stadium, but not on the track or the infield
- 4.10.2. Members of the media and broadcasting team will only operate in dedicated media areas such as the mixed zone.
- 4.10.3. The total number of members of the media, and broadcasting team in the arena/competition area will be limited and regulated by the Compliance Officer.
- 4.10.4. No spectators will be allowed at the stadium

5. Road, Cross Country and Trail Running Events

- 5.1. A Dedicated Covid-19 compliance officer will be appointed for each event (see Events and Competition officer list).
- 5.2. All the specifications listed above will also apply, where applicable, to road and cross-country and trail runs.
- 5.3. A maximum of 500 athletes will be allowed for road running, cross-country, trail running at the beginning. This will be reviewed at the end of December.
- 5.4. Staggered starts will be employed to mitigate big groups.
- 5.5. Only 1 water point with ample water tables to mitigate aggregation and manned by volunteers (masked and will hand sanitize after passing of every group).
- 5.6. All water sachets will be pre-ordered (72 hours) and treated and safely kept for race day. The volunteers who handle the sachets will wear gloves and be screened.
- 5.7. Volunteers and race marshals will be trained in the Covid protocols and will enforce acceptable social distancing and make sure water bottles are not shared. Only water

sachets that are supplied at the official water stations by the trained marshals or volunteers will be allowed.

- 5.8. Timing and results will be done electronically to avoid gathering at the finish line.
- 5.9. Athletes must vacate the finish area immediately after finishing the race.
- 5.10. No prize giving will be held. Any monies due will be transferred electronically.
- 5.11. No lucky draws will be allowed. If T-shirts are available, they will be distributed on finishing. The volunteers will enforce strict social distancing when doing this.

Contact Tracing and suspected positive cases Protocol

Pre-Event (competition or road race)

Any entr ee that "failed" the health screening at the start of the event will not be allowed in the stadium (track and field) or enter the race (road race). They will be moved to the clearly marked isolated area. This area will be separate from the competition medical room. The entr ee will be referred to a health practitioner or a health authority. All people that the affected person had come into contact with, i.e. travelled to the race or same household, will not be allowed to partake and also be referred to the health authority. Representatives of the health authority will, where possible, be present at the screening.

Since the athletic competition will only last for a few hours and all entr ees screened at the start, the biggest risk will be the post event. Therefore, the following steps will be followed.

Post Event:

Register will be kept of all athletes, officials, coaches, media and stadium staff. The register will be kept for 6 months.

- Register will reflect name, address, ID number, telephone (cell) number. Those from outside the city where the event will be hosted, will need to provide detail of health practitioner or local health authority.

All athletes, officials, coaches must undertake to monitor symptoms post event up to 14 days and if symptoms develop must contact the Covid compliance officer of the specific event (track and field) or race (road, cross or trail run).

- The participant should self isolate and get tested.
- All other participants will be informed and advised to self monitor.
- In addition, a full list of other personal contacts post the event or race or places visited should be supplied and made available to the local health authority for tracing and monitoring.

Any person who shows symptoms should get tested and self isolated. The test results should be made available. If negative, the athlete can resume activity, but if tested positive should remain in isolation for at least 14 days and be retested and show a negative result before taking part in any other event under the auspices of Athletics South Africa.

***Covid-19 Compliance Officer**

The compliance officer's duties are to:

Put the necessary measures in place as approved by ASA.

Provide a schedule for monitoring the compliance of the event.

Maintain the standard of compliance as it is approved in the operational plan.

Ensure the safety of the participants by adhering to the Covid-19 regulations.

Ensure contact-tracing measures at all entry points to the facility.

Ensure that all the necessary Personal Protective Equipment are available: this includes, sanitisers, soaps and clean water.

Ensure that masks are worn at all times in indoor venues and for non-athletes during the training and competition.

Ensure that the facility is cleaned before and after use.

Ensure there is provision for isolation for all the suspected cases.

Keep contacts of all relevant Health officials to report all cases and to seek support.

Requirement:

Preferably a health related qualification.

South African citizens only.

Additional Skills.

Computer literacy.

Communication skills.

Writing skills.



APPENDIX 1

HEALTH QUESTIONNAIRE: SCREENING FOR COVID-19							
THIS QUESTIONNAIRE IS TO BE COMPLETED BY EACH PERSON AT THE COMPETITION VENUE							
1.	Date:						
2.	First Name						
3.	Surname						
4.	Cell phone number						
5.	Identity/passport number						
6.	Date of birth/Age						
7.	Sex	Male	<input type="checkbox"/>	Female	<input type="checkbox"/>	Other	<input type="checkbox"/>
8.	Home address						
9.	Temporary address						
10.	Temperature						
11.	Do you experience any of the following signs and symptoms ?						
a)	Fever	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>		
b)	Cough	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>		
c)	Shortness of breath	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>		
d)	Sore throat	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>		
e)	Loss of taste	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>		
f)	Loss of smell	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>		
12.	Covid-19 testing						
a)	Have you tested positive for Covid-19 in the past 14 days?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>		
b)	Have you been in contact with someone who tested positive for Covid-19 in the past 14 days?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>		
If all negative, entry will be allowed.							
If any positive and/or temperature >38 degrees, refer to local health authorities; not allowed in the stadium.							
ALL SECTIONS ARE COMPULSORY AND MUST BE COMPLETED							
ALL INFORMATION WILL BE TREATED ONFIDENTIALLY							

APPENDIX 2

2020 ASA NATIONAL AND PROVINCIAL FIXTURES LISTS



1 NOVEMBER – 31 DECEMBER 2020

**NB: Submitted to ceo@athleticssa.net no later than
close of business 1 Oct. 2020**

**NB: Subject to approval of the COVID-19 Task team
Adjudicating Committee**

Discipline T&F/RR/ CC	Date	Day	Event	Venue	Organiser	Contact Details	Compliance officer	Contacts details
AFS			FREE STATE PROVINCE					
T&F	07 Nov 2020	Sat	FSSAPD athletics trials	Mangaung Athletics Stadium Bloemfontein	Ernesta STRYDOM	072-3862639 / ernesta@fssapd.co.za		072-3862639 / ernesta@fssapd.co.za
RR	07 Nov 2020	Sat	Sasolburg Summer Race	DP de Villiers Stadium, HF Verwoerd st, Sasolburg	Mieke Grobler Haig Fourie Dewald Barkhuysen	083 630 0440 083 311 9722 083 304 0481		083-7921029 daniepretorius42@gmail.com
RR	12 Nov 2020	Thu	Road Race	Correctional Services Kroonstad	Abel Lekgari	083-40851408 abel.lekgare@gmail.com		076-5791442 ssditshoane@gmail.com
RR	14 Nov 2020	Sat	Road Race	TEMPE RUGBY FIELD Bloemfontein	KOTIE LANDMAN Gordon VAN WYK	082-4577605 083-3022784 bloemachilles@gmail.com		082-4704687 lenyora@vodamail.co.za
RR	28 Nov 2020	Sat	Parys Summer Run	Parys	Pierre Fourie	074-1801284 info@parysmultisport.co.za		084-4406166 faniepsp@yahoo.com
TR	5 DEC 2020	SAT	Road Race	VIRGINIA – Goldfields Game Ranch	HILDE DU PLESSIS	0724992602 MAIL jduplessis@polka.co.za		084-4406166 faniepsp@yahoo.com
AGN			GAUTENG PROVINCE					
RR	07/1 1/20 20	SAT	Fara Summer Challenge	Rietondale Park	Victor Ramavhale Mulalo Mammburu	082 365 9027 071 858 4442		0836360402
RR	14/1 1/20 20	SAT	Tom Jenkins Challenge	Union Buildings	James Matshekga Daan du Toit	082 566 1595 082 572 4169		0739078763
RR	21/1 1/20 20	SAT	AGN Racewalk Grand Prix Team Relay Challenge	Tuks Walking Track	Jaap Willemse Chris Callaghan	083 266 1133 082 375 2052		0765540969
RR	21/1 1/20 20	SAT	Road Race	Voortrekker Monument	Connie	071 405 5588		0836360402
RR	28/1 1/20 20	SAT	Road Race	Wonderpark	SR Baloyi Peter Khoza	082 262 2568 084 650 3358		0739078763
RR	05/1 2/20 20	SAT	Skosana Road Race	Kgosi Mampuru Prison	Enoch Skosana	082 825 8001		0765540969
RR	06/1 2/20 20	SU N	Mandela Walk & Run	Union Buildings	Walter Vilakazi John Mathane	072 196 7821 083 636 0402		0836360402

RR	12/1 2/20 20	SAT	Road Race	Gerotek Test Facilities	Thabiso Nakin Mahlomola	082 865 2398 079 965 4524		0739078763
RR	16/1 2/20 20	SAT	Wonderful Run	TBC	Luba Mbele Matthews Taukobong	072 401 7895 072 064 2745		0765540969
RR	31/1 2/20 20	SAT	Old Year's Race	Rietondale Park	James Matshekg Daan du Toit	082 566 1595 082 572 4169		0836360402
T&F	4/11/ 2020	SAT	AGN Track & Field League Meeting 3 (Night meet)	BestMed TUKS	Manus Hendriks	0783363406		0765540969
T&F	14/1 1/20 20	SAT	AGN Track & Field League Meeting 4	BestMed TUKS	Manus Hendriks	0783363406		0729695067
T&F	28/1 1/20 20	SAT	AGN Track & Field League Meeting 5	BestMed TUKS	Manus Hendriks	0783363406		0836360402
T&F	9/12/ 2020	SAT	AGN Track & Field League Meeting 6 (Night meet)	BestMed TUKS	Manus Hendriks	0783363406		0739078763
T&F	12/1 2/20 20	SAT	AGN Track & Field League Meeting 7	BestMed TUKS	Manus Hendriks	0783363406		0729695067
CGA			GAUTENG PROVINCE					
RR	8 Nov emb er	Sun	PPS Alberton Road Race	Alberton Rugby Stadium	Alberton AC	Anton Ferreira 084 6600 601		082 447 7210
T&F	14 Nov emb er	Sat	CGA Track and Field League	Boksburg Stadium	CGA	011 873 2726		083 276 5813
RR	22/2 9 Nov	Sun	The last Road Race	Gauteng	Run Zone AC	Graham 072 276 9635		072 276 9635
T&F	6 Dec emb er	Sat	CGA Track and Field League	Boksburg Stadium	CGA	011 873 2726		083 276 5813
KZNA			KWAZULU NATAL PROVINCE					
RR	08/1 1/20 20	Sun	Road Race	Durban	Ethekwini AC	N. Zulu- 0722218784		0731758725
RR	15/1 1/20 20	Sun	Ignition Oldies 10km	Durban	DHS Old Boys AC	Paul Forbes- 0827869862		0731758725
RR	22/1 1/20 20	Sun	Bluff Road Race	Bluff- Durban	Bluff AC	Lindsay Kapp: 0836253386		0731758725
RR	28/1 1/20 20	Sat	Road Race	Bergville Sports Centre	Drakensberg AC	Barry Holland:0832520 691		0731758725
RR	06/1 2/20 20	Sun	YWP Stainbank Cup: 10km	Yellowwood Park- Durban	Yellowwood Park AC	Fred Schoon: 0833844053		0731758725
RR	13/1 2/20 20	Sun	Ilovo Sugar 10 km Road Race	Westville Athletic Club	Westville AC	Sharon Schubach: 0824141783		0731758725
RR	20/1 2/20 20	Sun	The Last Chance Classic	Sugar Rush Park-Ballito	Dolphin Coast Striders	Barry Holland: 0832520691		0731758725
T&F	05/1 2/20 20	Sat	Odd events for all age groups League	Kingspark Athletic Stadium	KZN Athletics	Dees Govender: 0837854333		0732599629
T&F	12/1 2/20 20	Sat	Odd events for all age groups League	Kingspark Athletic Stadium	KZN Athletics	Dees Govender: 0837854333		0732599629
T&F	19/1 2/20 20	Sat	Odd events for all age groups League	Kingspark Athletic Stadium	KZN Athletics	Dees Govender: 0837854333		0732599629

LIMA			LIMPOPO PROVINCE					
RR	14 Nov 2020	Sat	Road Race	Mokopane	Samuel Senwamadi	folangmokerongca@vodamail.co.za & 083-482-7183		084 952 0772 tshifhiwam.makhoshi@gmail.com
RR	21 Nov 2020	Sat	The Magoeba Plunge	Haenertsburg	Tracey vd Dool	pab@colorweis.co.za & 083-968-0902		084 952 0772 tshifhiwam.makhoshi@gmail.com
RR	28 Nov 2020	Sat	Mzansi A C 3 in 1	Polokwane Rugby B & C	Lufuno Mudau	mzansi@ac@gmail.com & 063-934-4857		084 952 0772 tshifhiwam.makhoshi@gmail.com
RR	05 Dec 2020	Sat	PMC Community Race	Makhushane Moshate	Masilo Moremi	lukas.malatji@palaora.co.za & 083-313-7227		084 952 0772 tshifhiwam.makhoshi@gmail.com
AMPU			MPUMALANGA PROVINCE					
RR	7 Nov	Sat	Uniwap Kaapse Hoop 3-in-1	Kaapsehoop	Nelspruit MC	Arthur Meneke, 083 228 9534		079 498 6382
RR	14 Nov	Sat	Road Race	Chrissiesmeer Lodge	Conquerors AC	Petros Ndlangamandla, 074 041 6591		079 498 6382
RR	21 Nov	Sat	Elandskloof Challenge	Elandskloof trout farm	Middelburg MC	Piet Swanepoel, 084760 0381		079 498 6382
RR	28 Nov	Sat	KMI Trial Run	KMI International Airport	Lowmed RC	Yolanda de Villiers, 084 607 6314		079 498 6382
RR	16 Dec	Wed	Mthunzi Road Race	Mkhuhlu to Mthunzi Lodge	Born to Win AC	Victor Sibuyi, 079 343 9548		079 498 6382
RR	16 Dec	Wed	Matjhiding Day Run	Matjhiding Taxi Rank	Siyabuswa AC	Joseph Skosana, 072 678 9596		079 498 6382
AGW			NORTHERN CAPE PROVINCE					
CC	06/11/2020	Fri	Wetlands Night Race	Rooifontein Nature Reserve, Kimberley	Kimberley Harriers	Ronél Groenewald - 0833065893 info@kimberleyharriers.co.za		0833819804
CC	05/12/2020	Sat	Magersfontein 10km	Magersfontein Main Gate, Kimberley	Kimberley Harriers	David Janse van Vuuren 0834438198 - info@kimberleyharriers.co.za		08333919804
RR	14/11/2020	Sat	Van Zyl's Vleis 10km	Van Zyl's Butchery, Kimberley	Vodacom Kimberley Road Runners	Ockie Vermeulen - 0730012277 bloubul55@gmail.com		0636106092
ACNW			NORTH WEST PROVINCE					
T&F	03 NOV	Tue	ACNW LEAGUE	NWU McArthur Stadium	Johan v Niekerk	0824442540		063 359 3555
T&F	10 NOV	Tue	ACNW LEAGUE	NWU McArthur Stadium	Johan v Niekerk	0824442540		063 359 3555
T&F	17 NOV	Tue	ACNW LEAGUE	NWU McArthur Stadium	Johan v Niekerk	0824442540		063 359 3555
CC	21 NOV	Sat	ACNW CROSS COUNTRY LEAGUE	NWU McArthur Stadium	Hennie Botha	0828984406		063 359 3555
T&F	24 NOV	Tue	ACNW LEAGUE	NWU McArthur Stadium	Johan v Niekerk	0824442540		063 359 3555
T&F	01 DEC	Tue	ACNW LEAGUE	NWU McArthur Stadium	Johan v Niekerk	0824442540		063 359 3555

T&F	08 DEC	Tue	ACNW LEAGUE	NWU McArthur Stadium	Johan v Niekerk	0824442540		063 359 3555
ANWN			NORTH WEST PROVINCE					
RR	07/11/2020	Sat	Lichtenburg Sport Club Zebra Zamba Run 10km & 5km	Lichtenburg Sport Club	Rees Alberts	0824976485		086 293 5562 amoitlobo@gmail.com
RR	16/12/2020	Sat	Provincial Reconciliation 10km & 5km Championship	Tsitsing Sports Grounds	Chiko Khunou	0826851756		086 293 5562 amoitlobo@gmail.com
BOLAND			WESTERN CAPE PROVINCE					
T&F	04 Nov emb er	Wed	Provincial League Meeting	Dal Josaphat Stadium, Paarl	Brandon Du Plessis	084 698 6860		084 655 9090
T&F	14 Nov emb er	Sat	Provincial League Meeting	Dal Josaphat Stadium, Paarl	Brandon Du Plessis	084 698 6860		082 658 4870
T&F	21 Nov emb er	Sat	Provincial League Meeting	Dal Josaphat Stadium, Paarl	Brandon Du Plessis	084 698 6860		084 655 9090
T&F	28 Nov emb er	Sat	Provincial League Meeting	Dal Josaphat Stadium, Paarl	Brandon Du Plessis	084 698 6860		083 259 2829
T&F	05 Dec emb er	Sat	Provincial League Meeting	Dal Josaphat Stadium, Paarl	Brandon Du Plessis	084 698 6860		082 658 4870
T&F	12 Dec emb er	Sat	Inter-Provincial Meeting	Dal Josaphat Stadium, Paarl	Brandon Du Plessis	084 698 6860		083 259 2829
T&F	19 Dec emb er	Sat	Provincial League Meeting	Dal Josaphat Stadium, Paarl	Brandon Du Plessis	084 698 6860		084 655 9090
RR	21 Nov emb er	Sat	Paarl 10km Race	Paarl	Brandon Du Plessis	084 698 6860		071 164 5775
RR	05 Dec emb er	Sat	Langebaan 10km Race	Langebaan	Clive Cupido	082 710 0762		073 232 0046
RR	09 Dec emb er	Wed	Taal Monument 10km	Paarl	Brandon Du Plessis	084 698 6860		071 164 5775
RR	19 Dec emb er	Sat	Whalers 10km Race	Onrus Strand	Carina Van Der Merwe	082823 8632		083 525 2468
WPA			WESTERN CAPE PROVINCE					
T&F	7 Nov 2020	Sat	WPA League 1	Green Point	WPA	events@wpathletics.co.za		083 287 6707
T&F	14 Nov 2020	Sat	WPA League 2	Parow	WPA	events@wpathletics.co.za		083 287 6707
T&F	21 2020	Sat	WPA League 3	Green Point	WPA	events@wpathletics.co.za		083 287 6707

T&F	28 Nov 2020	Sat	WPA League 4	Parow	WPA	events@wpathletics.co.za		083 287 6707
T&F	5 De 2020	Sat	WPA League 5	Green Point	WPA	events@wpathletics.co.za		083 287 6707
T&F	12 Dec 2020	Sat	WPA League 6 – TAK Summer Series	Parow	Tygerberg AC	events@wpathletics.co.za		083 287 6707
ASWD			WESTERN CAPE PROVINCE					
RR	14/1 1/20 20	Sat	Knysna Waterfront Road Race	Knysna Waterfront	Knysna AC	Danie Brown 084 503 9093		082 763 7974
RR	05/1 2/20 20	Sat	Palm Tyres 10km	Palm Tyres George	Outeniqua Harriers	Johann Du Preez 084 501 0168		082 763 7974
RR	16/1 2/20 20	Wed	Knysna Nite Race 10km and 5km fun run	Knysna Club House	KnysnaAC	Danie Brown 084 503 9093		082 763 7974
RR	12/1 2/20 20	Sat	Somerson 21km, 10km and 5km fun run	Diaz Beach Mossel Bay	Mossel Bay Harriers	Paulus Allart 073 412 5440		082 763 7974
RR	19/1 2/20 20	Sat	Gourits Hond 10km, 4km fun run	Gourits	Hartenbos Drawwers	Koos Smit 076 874 1814		082 763 7974
T&F	21/1 2/20 20	Mon	Eden Track Mile 80m, 100m, 400m	Oudtshoorn	Oudtshoorn AC	Dave vd Walt 082 773 4901		083 739 1768
BORA			EASTERN CAPE PROVINCE					
RR	15 Nov 2020	Sun	Border 10 km Road Race	Oxford Striders Clubhouse, Nahoon, East London	Border Athletics	083 449 2991 borderathletics@gmail.com		083 449 2991 borderathletics@gmail.com
RR	13 Dec 2020	Sun	Border Road Race	Masizakhe Childrens Home Mdantsane, East London	Border Athletics	083 449 2991 borderathletics@gmail.com		083 449 2991 borderathletics@gmail.com
EPA			EASTERN CAPE PROVINCE					
T&F	07 Nov 2020	Sat	EPA Sub-Youth League	Madibaz Stadium, Port Elizabeth	EP Athletics	041 374 2818		epa@pe.co.za 0413742818
RR	14 Nov 2020	Sat	Despatch Superspar 10Km Road Race	Despatch Superspar	Helgard Potgieter	084 606 5601		epa@pe.co.za 0413742818
RR	21 Nov 2020	Sat	Baywest Mall 10km Road Race	Baywest Mall, Port Elizabeth	Peter Pohlmann	082 293 0731		epa@pe.co.za 0413742818
T&F	21 Nov 2020	Sat	EPA Track and Field League	Westbourne Oval, Port Elizabeth	EP Athletics	041 374 2818		epa@pe.co.za 0413742818
RR	28 Nov 2020	Sat	Vukani 15Km Road Road	Victoria Park Tennis Club, Port Elizabeth	Zolani Mqoqi	071 918 6147		epa@pe.co.za 0413742818
T&F	05 Dec 2020	Sat	EPA Track and Field League	Westbourne Oval, Port Elizabeth	EP Athletics	041 374 2818		epa@pe.co.za 0413742818
RR	12 Dec 2020	Sat	Aspen 10km Road Race	Protea Child Care Centre, Forest Hill	Jo-Anne Foreson	073 905 2231		epa@pe.co.za 0413742818



Examples of Checklist to be Covid-19 Compliant for Training or Competition

		YES	NO
1	Do you have permission to use the Facility?		
2	Has a Covid-19 compliance officer been appointed?		
	Venue:		
3	Have all the areas been decontaminated and sanitised?		
4	Are Covid-19 display signs visible at the venue?		
5	Are there signs up at the entrance to indicate no entry without a mask?		
6	Are there 1.5m markings at the entrance?		
7	Is there a dedicated isolation room available (away from the medical room) ?		
	Assessment:		
8	Is there health screening at the entrance, including temperature?		
9	Is there a register in place to record contact details for everyone who enters the stadium or race including name, ID number or passport number, contact number, current and permanent address.		
10	Is there a protocol in place in the event of a failure on the screening questionnaire?		
11	Is there a procedure in place to refer suspected cases to a healthy provider or local health authority?		
	Briefing:		
12	Have the coaches and athletes been briefed on all Covid-19 protocols?		
13	Have technical officials, race marshals and volunteers all been briefed on all Covid-19 protocols?		
	Equipment:		
14	Is there sufficient PPE-sanitiser available to sanitise all athletic equipment?		
15	Are there protocols in place for all participants not to share towels, face cloths, water bottles etc?		
	Sanitising:		
16	Are hands sanitised at the entry to the stadium?		
17	Are there sufficient sanitising stations throughout the stadium?		
18	Are there sufficient facilities to wash hands with soap?		
19	Is hand washing compulsory before, after and during the competition?		
20	Is all equipment sanitised before and after use?		
21	Are change and restrooms sanitised after training or competition sessions?		
22	Are all ablutions facilities, corridors and meeting rooms regularly cleaned during training or competition?		
23	Are the Contract Tracing protocols in place?		