



MANUAL FOR TRACK & FIELD TEAMS DURING COVID-19



Table of Contents

Introduction.....	3
COVID-19 Protocols for Training & Competitions	4
COVID-19 Protocol Marshal Duties	5
Competition Venue Protocols	6
Facility.....	6
Meet Information Details.....	7
Meet Operation Protocols	7
Competition Protocols	8
Track.....	8
Relay Events.....	9
Vertical Jumps (High Jump and Pole Vault).....	9
Horizontal Jumps, Sand Pits.....	9
Throws.....	10
Meet Officials Protocols	10
Post-Event Protocols.....	11
Warm-up Area Protocols	11
Medical Assistance Protocols	11
Breach of Protocols.....	11
Appendix I	12
WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19	13
Appendix II.....	14
Items Needed For COVID-19 Kit.....	14
Appendix III.....	15

Introduction

With the imminent Return to Activity for sports in Jamaica, the JAAA has designed this document, in collaboration with the Jamaica Track and Field Coaches Association (JATAFCA), for Teams to use as a manual when participating in a Track and Field Meeting in Jamaica. These are the established Protocols influenced by the Ministry of Health & Wellness.

The document is to be used in conjunction with other previously published documents including the Guide for Meet Organizers, COVID-19 Competition Guidelines, the Guidelines produced by the Jamaica Association of Sports Medicine (JASM COVID Protocols 2020) and the Return to Activity Guidelines published by the Jamaica Track & Field Coaches Association (JATAFCA).

The Health and Welfare of the athletes and staff on your team, does not start on the day of a track and field meeting. It is a lifestyle of adherence to the Protocols established by the World Health Organization (WHO) and the Ministry of Health & Wellness. It involves daily routines of hand hygiene, mask wearing and social distancing at home, at training sessions and traveling to and from those training sessions. It is important that the athletes, coaches and support staff have more than a basic understanding of COVID-19 infection methods and how they can protect themselves, and these should be regularly spoken about and enforced within your team setting.

It is generally recommended that Athletes, Coaches and Support Staff travel with their personal hand sanitizer of 70% Alcohol (Isopropyl and ethyl alcohol) to the Competition venue. Teams should have a COVID-19 kit which should include a temperature gun, disposable masks and hand sanitizer. A complete list is included in this document.

While we are not proposing that all participants at Meets be tested for COVID-19 prior to competition, however, we are requiring that all participants (Athletes, Managers, Coaches, Chaperones, Massage Therapists) be screened for cold and flu-like symptoms before they venture to any Competition site. Each team must be committed to protecting themselves and all other teams. Teams must conduct their own Pre-Screening 5 days leading up to the competition, maintain logs and must conduct temperature checks immediately before they depart on the day of competition. **All athletes must also sign the COVID-19 Waiver in order to participate.** A template of the Log is included in the Appendix as well as the COVID-19 Waiver.

Meet Organizer will have a **COVID-19 Compliance Officer**. The Compliance Officer will have a team of persons assisting him/her to monitor the Competition and associated activities to make sure the Competition complies with the JAAA Guide for Meet Organizers in terms of ALL COVID-19 Protocols. The Compliance Officer is empowered to have individuals removed from the venue if they refuse to comply.

COVID-19 Protocols for Training & Competitions

1. All teams must appoint an adult as a COVID-19 Protocol Marshall. This person will enforce all required protocols, under their tent, as outlined in the Meet information regarding team management, control and behavior. There should be at least one (1) COVID-19 Marshal for every twenty (20) athletes. The duties of the COVID-19 Marshall are outlined in that section of the manual.
2. All attendees will have to confirm that they have not experienced any COVID-19 symptoms over the 14 days leading up to the competition. If they have experienced any, they are not to present themselves at training or competition. In order to enter a competition venue. Your team will have to sign to declare that no member of the team has had any COVID-19 symptoms within the last 14 days.
3. All attendees will be subject to temperature checks (temperature must be less than **37.5°C or 99.6°F**, with a recheck in 10 mins for persons with elevated temperatures) and sanitization protocols or they will not be granted access by the security detail. If the rechecked temperature is still elevated, the individual will not be allowed entry.
4. All persons in attendance must wear face masks (covering nose and mouth) for the entire time that they are at the meeting. This includes athletes, except when they are warming up or competing. Failure to comply could result in the team being sanctioned and the athlete receiving a yellow card (WA Rule 18.5).
5. All teams will be asked to prepare Contact information for all participants in order to facilitate easier Contact Tracing if that need should arise.
6. The meetings will abide by the COVID-19 Competition Guidance that has been issued by the Jamaica Athletics Administrative Association Limited (governing body of the Sport in Jamaica) and the Guidelines produced by the Jamaica Association of Sports Medicine.
7. The above mentioned COVID-19 Competition Guidance is in alignment with the Management Tools and Guidelines issued by World Athletics (formerly IAAF the World Governing body of the Sport).
8. The Order of Events is organized in such a manner that there is no gathering of athletes before or in between races. Athletes must pay attention to the scheduled time of their event and report accordingly.
9. Multiple Sanitization stations will be in place throughout the facility for both athletes and officials. Hand wash stations will also be installed.
10. For throwing events participants should have to use implements provided by the competition. For senior athletes, they will be allowed to use their own

implements and are not allowed to share except with training partners. If a junior athlete decides to use their own implements it shall become part of the competition pool of implements being used for that event. All implements will be sanitized with 70% alcohol and allowed to be air dried in between use.

11. Starting blocks and the immediate starting area (especially where athletes' hands may touch) will be sanitized with 70% alcohol and allowed to be air dried in between use. In addition, athletes may be sanitized at the start line.
12. Social distancing protocols are to be strictly observed and no congregating is allowed. Athletes and Team Officials should pay attention and adhere to the directions provided.
13. All teams must use a tent and athletes who are not competing should be confined to their tents or team transport. The Ministry of Health & Wellness recommends Social Distancing while athletes are travelling via team transport.
14. No spitting is allowed in the competition area. Spitting should be done in the restrooms or receptacles designated for that.
15. Athletes are not allowed to share water or sport drinks bottle, towels or any personal equipment.
16. All entries must be submitted via online registration portal. Athletes will be assigned lanes prior to the Competition and a Meet Programme will be available online. No paper Heat Sheets. Meet officials will advise of the online link for that Meet.
17. Results will be posted online, there will be no printed results.
18. Restrooms should be subjected to frequent and repeated sanitization treatments.

COVID-19 Protocol Marshal Duties

The COVID-19 Protocol Marshal is responsible for informing and enforcing the COVID-19 Protocols within his/her team, which includes athletes, coaches, driver, managers, therapists and all other athlete' support personnel. The enforcement must be consistently part of the culture of the team and its activities at training sessions or at competitions.

The duties are as follows:

1. Attend at least one of the COVID-19 Protocol Marshals training hosted by the JAAA and the Ministry of Health and Wellness
2. Prepare and manage the COVID-19 Kit for the team
3. Prepare and present the Contact Tracing List for the team at the entrance of the competition
4. See to it that team members (athletes, coaches, managers and therapist) sign the COVID-19 Waiver. The signed waivers should be submitted to the COVID-19 Compliance Officer upon arrival at the competition venue.

5. Properly identify him/herself to the COVID-19 Compliance Officer at the Meet and the Security detail at the venue entrance.
6. Enforce COVID-19 Protocols at the training session
7. Host briefing sessions with Team before competition regarding COVID-19 protocols
8. Maintain log of team members 5 days leading up to a competition and to make sure no athlete or official with symptoms attend training sessions or competition.
9. To make sure all team members are equipped with mask and hand sanitizer before they depart for a competition venue.
10. To check the temperature of all team members before they depart from the meeting point enroute to the Competition Site. Any team member who has an elevated temperature (**37.5°C or 99.6°F**) should not be allowed to board team transport. Note that, the entire team will be denied entry to the event if one team member is found to have an elevated temperate.
11. To make sure Social Distancing is enforced on team transport
12. To make sure the team tent is sufficiently sized for the number of persons attending the Meet to allow for Social Distancing.
13. To make sure team members are confined to the tent at the Meet and not be seen wandering around the venue or sitting somewhere else.
14. To make sure athletes are sanitized before they enter the team tent and all shared equipment is sanitized in between use.

Competition Venue Protocols

Facility

1. Changing facilities and toilets will have an attendant present to assist in the sanitation of hands and toilet facilities, as well as to restrict the number of persons in the rest room at any one time. Team members are expected to obey the direction of the Attendant.
2. High touch areas will be sanitized regularly.
3. All coaches, leaders, athletes, and runners must follow any hygiene guidance put in place by the facility.
4. Signage for Social Distancing must be obeyed by all Team members



6. After the entry is processed, the coach will receive, via email, the Performance List showing all the athletes entered and the events in which they are entered. Changes should be submitted based on the specific rules of the Trial. The submitting of changes will be used as the Final Declaration and event Heats may be pre-draw from the entries. With all effort, the team should ensure that all the athletes entered actually report for their event and compete. All field events will also be pre-drawn from the entries
7. Changes will be done electronically via email or WhatsApp messaging.
8. Some Trials will not use all lanes. Athletes must be aware of this.
9. Throwing implements will be sanitized in between athletes and all field event athletes will be required to wear mask except when they are on the runway or in the throwing circle.
10. An area will be designated for Team Tents. All teams must use a tent in order to maintain a controlled space. There will be no intermingling of athletes between teams whether at the Team tent or the Warmup area.

Competition Protocols

Track

1. Coaches, athletes, and officials should ensure that they maintain social distance (6ft apart) appropriate for the event.
2. For races not contested entirely in Lanes, the hands of the competitors will be sanitized immediately upon completing the event and before the athlete leaves the track or enter the Mixed Zone. Athletes should be told to expect this and to cooperate with the officials irrespective of the outcome of the event.
3. There should be no congregating of athletes anywhere, whether in the Call Room or the Competition Area.
4. If A Call Room is used, Athletes will be sanitized before being brought into the Competition Area. If chairs are used, they will be sanitized with 70% alcohol after each athlete. The Call Room will not be enclosed, and the Officials are to maintain Social Distance and will be equipped with Face shields. Athletes should be wearing their masks in the Call Room and while being escorted to the Competition site. Social distancing must be maintained while they are being escorted to the Competition site and the mask can be removed only when they are ready to compete.
5. As best as possible, athletes may be brought in the competition venue just in time for competing, and as such, coaches must cooperate with the Call Room times and especially the Final Call. Failure to report when the Final Call is made may result in the athlete missing his/her event.
6. Courtesy baskets for athlete's personal property will be cleaned in between use. Athletes should not handle the baskets themselves but must simply put their belongings in.

7. Hurdles will be sanitized in between races with 70% alcohol. Athletes should make every attempt not to touch hurdles in other lanes while they are doing their warmup runs before the Starter's order.
8. Starting blocks, and the areas immediately adjacent to them, will be sanitized with 70% alcohol after each race. Athletes should cooperate and allow for this process to be completed.
9. Each team will be provided with a Heat Sheet to prevent athletes from reporting early to the Call Room and linger. Athletes should report the moment the Last Call is made. Athletes who report late may not be allowed to compete.
10. Call Room Officials will instruct the athletes regarding the COVID-19 Protocols and remind them that no hugging or touching of persons in the competition area. Athletes may receive a Yellow Card from the Event Referee if they fail to comply with the COVID-19 Protocols. Please note that 2 Yellow Cards in the same competition will result in the athlete not being allowed to continue any further in the competition.

Relay Events

1. Batons will be sanitized before races. Athletes should not accept a moist baton from an official. Batons are to be left to air dry before handed to the athlete.
2. Teams may also provide a sanitized baton for their own use. The baton will be inspected, without the official touching it, to determine whether it complies with World Athletics Regulation.
3. Athletes at the end of each relay leg must have their hands sanitized immediately before leaving the track or going on to post event activities. Athletes should at all times cooperate with the officials.

Vertical Jumps (High Jump and Pole Vault)

1. Athletes must follow hygiene guidelines for cleaning hands prior to entering the competition area.
2. A hand and face washing station will be installed for athletes to use after each attempt.
3. The bar and landing mat will be cleaned after each athlete in competition. Athletes should wait for this process to be completed. Focus for cleaning might be confined to the area where the athlete landed and the adjacent path they took to exit the pit.

Horizontal Jumps, Sand Pits

1. Athletes and Officials must follow hygiene guidelines for cleaning hands prior to entering the competition area.

2. The sand in the landing pit will be turned and raked before and after each competitor. Athletes should allow for this to be completed before their attempt, especially during the warmup attempts.
3. Athletes should ensure they maintain social distancing at all times with any other athletes or officials. Social distance is 6ft apart.
4. Due to the fact that the officials will be wearing masks, athletes are encouraged to pay closer attention to the event officials in order to not miss any instructions or announcements pertaining to the event.
5. Athletes should obey the one-way system implemented by the officials, at the competition site, for accessing and exiting the runway.
6. Chairs may be used for competitors instead of benches. This is to facilitate Social Distancing. Athletes should not move the chairs from where they are placed and should avoid touching or sitting in another athlete's chair. No exceptions should be made for athletes from the same team.

Throws

1. All implements must be weighed and certified
2. Athletes are allowed to use their personal implements but these must have been weighted and checked in prior to the start of the event. This implement can be used by other competitors providing that it is sanitized before and after use. The implements will be sprayed with 70% isopropyl alcohol, and allowed to air dry.
3. Sanitized implements will be laid out on a rack or table for the athletes to select. Athletes must only touch the implement that they intend to use. If they mistakenly touch a sanitized implement, that implement must be sanitized again.
4. Athletes should ensure they maintain social distancing at all times with any other athletes, officials or coaches as well as any other persons using any adjacent space.
5. Athletes should obey the one-way system implemented by the officials, at the competition site, for accessing and exiting the throwing circle or runway.
6. Athletes are not allowed to share chalk.

Meet Officials Protocols

1. All Competitions will have an official called a COVID-19 Compliance Officer. Their duties are to make sure the meet complies with all protocols laid out in the Guide for Meet Organizers. The Compliance Officer may have a team of persons who will assist him/her to monitor and enforce and is empowered to have individuals removed from the venue if they refuse to comply. The Compliance Officer will also check the Contact Tracing List for each team as well as their COVID-19 Kit. The Compliance Officer is to collect and check the COVID-19 Waivers for each person participating in the Qualification Trials Series.

2. A Sanitization Team will also be in place. Athletes should cooperate with these individuals and should at no time be an obstruction.

Post-Event Protocols

1. No hugging or touching between athletes
2. No touching of athletes or officials during post-race celebration. If there are breaches then all persons involved will be required to have their hands sanitized immediately.
3. Awards ceremonies, if done any at all, will be done as soon as the final results are confirmed. Social Distancing must be maintained at all times.
4. Athletes must immediately return to their Tent after completing event. Where possible, athletes should be encouraged to leave the venue after competing and cooling down.
5. Hydration fluids will be placed on a table for the athlete to take up by themselves. These will be sealed containers and will be spaced such that an athlete only touches the container that they remove for themselves. There should be no sharing or hydration fluids between athletes.

Warm-up Area Protocols

1. The Warmup Area can get busy at times. All attempts should be made to prevent and avoid inter-mingling of competitors from different teams. Coaches should utilize different areas of the facility for Warmup.
2. Attempts will be made to prevent over-crowding that may be caused by the Order of Events. Extra vigilance should be taken when relay events are scheduled.

Medical Assistance Protocols

Trained medical personnel will be in place to handle all cases where athletes need assistance during or after an event. Medical personnel will be wearing mask, face shields, gloves, and in some cases gowns.

It is the Team's responsibility to remove an athlete or official from the venue if they have a sustained elevated temperature.

Breach of Protocols

Failure to comply with the protocols as outline in this document will result in sanctions applied to the Athlete and/or the Athlete's Aid.

Appendix I

WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19

ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT

In consideration of being allowed to participate on behalf of _____
(insert name of school, club or sports organization)

in the JAAA QUALIFICATION TRIAL SERIES 2021 and related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. Participation includes possible exposure to and illness from infectious diseases including but not limited to influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and;
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS JAMAICA ATHLETICS ADMINISTRATIVE ASSOCIATION their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, weather arising fromt he negligence of releases or otherwise, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of participant: _____

Participant signature: _____

Date signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, even if arising from their negligence, to the fullest extent provided by law.

Name of parent/guardian: _____

Parent guardian/signature: _____

Date signed: _____

Appendix II

Items Needed For COVID-19 Kit

1. Temperature gun
2. Spray bottle with alcohol based sanitizer
3. Disposable Masks
4. Disposable Gloves
5. Face Shields
6. Disposable Gowns
7. 70% isopropyl-Alcohol
8. Liquid cleaning solution
9. Paper towels
10. Disposable alcohol wipes
11. Hand soap
12. Garbage bags
13. Lysol spray

Appendix III

Pre-Screening Temperature Log for Teams

QUALIFICATION TRIALS (Updated Feb 19-2021)

	Venue #	0	1	2	3	4	5	6	7	8	9	
Week #	Dates	STETHS	Herbert Morrison	Corwall College	Kirkvine	GC Foster	Jamaica College	National Stadium	Stadium East	UWI	Calabar	Excelsior
1	27/2/2021	1.0 100m, 200m, 400m, 800m, DT, SP, LJ, HJ			1.3 400m, 800m, 1500m, 3000m, 5000m, 200m (Class 4 only)	1.4 100m, 100mH, 70mH, 80mH, 110mH, 400mH	1.5 400m, 400mH, 200m, 800m, HJ	1.6 <u>Seniors ONLY</u> 100m, 200m, 400m, 110mH, 100mH, 800m, SP, LJ, DT		1.7 LJ, HJ, DT, SP, 5000m, 1500m, 3000m, 2000m SC	1.8 100m, 100mH, 70mH, 80mH, 110mH	1.9 SP, JT, TJ, LJ, DT
2	6/3/2021		2.1 100m, 400m, 1500m, HJ, LJ			2.4 400m, 800m, 1500m, DT, SP, LJ, HJ	2.5 100m, 100mH, 70mH, 80mH, 110mH Session 1-Boys Session 2-Girls	2.6 PV, 2000m SC, 200m, 4x100m, 4x400m, DT, JT	SP, TJ, LJ			
3	13/3/2021	3.0 200m, 800m, 3000m, 5000m, HJ, LJ		3.2 SP, DT, HJ, LJ, JT		3.4 200m 4x100m, 4x400m, 1600m SM, HJ, TJ	3.5 LJ, TJ, HJ, 4x100m, 1600m SM, 400m, 3000m, 5000m	3.6 <u>Seniors ONLY</u> 100, 400m, 400mH, 1500m, DT, HJ, JT, TJ, (PV for Juniors)	3.6b 100m, 100mH, 70mH, 80mH, 110mH, 400mH Session 1- Boys Session 2- Girls		3.8 800m, 1500m, 3000m, 5000m	3.9 SP, JT, TJ, LJ, DT
4	3/15/2021 to 3/20/2021	Western Regionals				Central Regionals		Corporate Area Regionals		Eastern Regionals		
5	27/3/2021		5.1 100m, 200m, 4x100m, 800m, LJ, HJ, SP					GIBSON RELAYS	GIBSON RELAYS			5.9 SP, JT, TJ, LJ, DT
6	3/4/2021				6.3b Cross Country Trials at Mandeville Golf Club	6.4 <u>Seniors ONLY</u> 200m, 400m, 110mH, 100mH, HJ, 800m, SP, TJ,						
7	10/4/2021											
8	17/4/2021											
9	24/4/2021											
10	27/4/2021 to 1/5/2021							ISSA/Grace Boys & Girls Athletics Championship				
11	1/8/2021							JII_2021 Jamaica International Invitational	Jamaica International Invitational			

FOR PLANNING PURPOSES ONLY
Pending approval from MOHW, MOCGES, MLGRD

Note: Competitions with a number are the ones organized by the JAAA as part of the JAAA Qualification Trials Series. The other competitions, except JII 2021, are sanctioned and supported by the JAAA but are organized independently.