

Cradle Mountain Run Inc

2021 COVID Safe Management Plan

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Introduction

The purpose of this COVID-19 Safety Plan (Plan) is to provide an overarching plan for the implementation and management of procedures by Cradle Run Committee to conduct the Cradle Run on 6th February 2021.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among participants, committee members, volunteers, support personnel and the broader community.

Principles of management

- Abidance with Tasmanian and Australian Government directives on COVID-19
- Participant health and well being
- Social distancing
- Hand hygiene
- Cleaning of contact points
- Documentation to assist contact tracing includes name, contact number, arrival and departure times
- Encouragement to utilise COVID-Safe app on smart phones
- Use of masks during times when unable to socially distance (during transport)
- Cough etiquette + use of hand sanitiser afterwards

Pre-race communication

Communication via www.cradlemtnrun.asn.au event website:

Guiding interested participants to: <https://coronavirus.tas.gov.au/travellers-and-visitors> to understand current border restrictions and quarantine information.

Publishing the event's COVID Safe Management Plan.

Online entry form includes acknowledgement that

- visitors to the state must comply with Tasmanian border and quarantine regulations including arranging a Good2Go pass.
- Requirement to comply with Cradle Mountain Run's COVID Safe Management Plan

Sharing of COVID safe plan with parties involved with event:

Parks and Wildlife Tasmania
Peppers Cradle Mountain Lodge
Lake St Clair Lodge
Australian Ultra Runners Association

Email communication with all participants and volunteers

Interstate participants

All interstate participants must meet the Tasmanian Government border restrictions and quarantine management as published at <https://coronavirus.tas.gov.au/travellers-and-visitors>

Participants from outside Tasmania must demonstrate that they hold a Tasmanian Government Good2Go pass by 31st December 2020 to maintain their place in the event.

Whilst travel arrangements between states are continually evolving, this cut-off date allows a waitlisted participant to take up a place and adequately prepare.

Health statutory declaration by participants

Health check completed by participants on Friday 5th February 2021 and of supporters who are present subject to social distancing rules at briefings or event

Temperature check using infra-red thermometer over carotid area of neck

Questionnaire:

1. Have you entered Tasmania from overseas or interstate, in the last 14 days, and, or been told by Public Health to be in quarantine or to self-isolate at this time?

Yes No

2. In the last 14 days, have you had close contact with someone who is known to have COVID-19 , without wearing appropriate Personal Protective Equipment?

Yes No

3. Have you had cold or flu-like symptoms including fever (e.g. night sweats, chills, high temperature) OR symptoms of acute respiratory infection? (e.g. shortness of breath, cough, sore throat, runny nose) in the last 2 weeks and not completed a COVID-19 swab?

Yes No

4. Has anyone in your household had cold or flu-like symptoms including fever (e.g. night sweats, chills, high temperature) OR symptoms of acute respiratory infection? (e.g. shortness of breath, cough, sore throat, runny nose) in the last 2 weeks and not received a COVID-19 swab?

Yes No

If Yes has been answered for any question, then you will not be able to participate in the event

Transport management

Transport for participants occurs from:

- Launceston to Cradle Visitor Centre (with stop in Sheffield)
- Between Cradle Visitor Centre and Waldheim
- Cynthia Bay and Launceston (with stop in Longford)

Transport is provided by McDermotts Buses

Seating arrangements as per Tasmanian Government directives on spacing for commercial vehicles

Cleaning arrangements pre / post : seats, contact points, hand sanitisers

Participants returning to allocated seat after stop offs

Baggage handling arrangements as guided by McDermotts

Masks usage as unable to maintain 1.5 metres

Provision of masks for each section of journey

Provision of hand sanitizer for use by participants

Registration

Registration table is open at Peppers Cradle Mountain Lodge:

4.00 pm to 6.30 pm Friday 5th February 2021

Social distancing markers used

Confirmation of details of supporters for contact tracing at start and finish areas

Mandatory gear checks:

Participant handles items to be checked

Observer documenting items without handling

Disinfection of checking table surface prior to next bag check.

Race issued mandatory gear:

Placed in pre-packaged bags for each participant by organisers abiding by hand hygiene principals

Number ribbons, timing card, snake bandage (maintained in original un-opened packaging)

No retail clothing or memorabilia to take place

Pre-race briefing:

Briefings by Parks Ranger and event organisers pre-recorded and placed online

Acknowledgement of viewing of videos included in waiver

Meals at Peppers Cradle Mountain Lodge:

Meal area arrangements managed by Peppers Cradle Mountain Lodge

Meals booked by individual participants.

Area set aside to host dinners for run participants

Accommodation

Waldheim Chalets

All Waldheim chalet booked out for event

Numbers per chalet as directed by Parks and Wildlife Service

Hand sanitiser provided for each building

Cosy Cabins

Pre-booked cabins able to be reduced based closer to event

Expansion into more Cosy Cabins should changes occur to indoor spacing arrangements

Start area management

Maintain social distancing during bag drop off

Line up with spacing to drop off bags, clear from area once bag dropped off.

Baggage handling guided by McDermotts with usage of hand sanitiser between each bag handled

Contact tracing documentation completed by event committee for participants and supporters entering start area

Allow more time to set up participants and pre-race briefing.

Ensure participants have lined up with spacing by 5:55am

Shared track

Bushwalkers have priority, runners must give way to bush walkers and observe social distancing when overtaking or passing.

Handwashing pre / post use of toilets on track.

Handwashing prior to accessing water tanks near huts.

Ensure that no contact occurs between the tap outlet and the water bottles

Runners should avoid running in the 'slipstream' of the runner ahead of them.

Single file running observing social distancing between runners. Adhere to any Parks and Wildlife requests and State regulations current at the time.

Clearing nasal and respiratory secretions: spitting, snorting, bushman's blow and other common methods of clearing nasal and respiratory secretions should not be done within 10m of another runner or bushwalker and done well off the side of the track.

Aid stations

Hand sanitizer and cleaning equipment set up at each location

Volunteers cleaning the timing device between contact with timing cards.

Runners must line up with spacing for flow through checkpoints.

At Narcissus and finish line aid stations, volunteers hand portions of any snacks to runners using tongs or other strategies preventing direct food contact. Runners are not allowed to pick through and select their own food.

Hand sanitiser used by volunteers between assisting each runner if handling water containers.

Ensure that no contact occurs between the water tap outlet and runner's water container

Cleaning material to wipe down runner contact points: eg rest chairs at Narcissus and Cynthia Bay

Sweepers

First aid kits to include masks and hand sanitiser
Vehicles to have cleaning kits: gloves, cleaning solution

Finish area management

Event area (in-front of Rangers Hut) to be separated from general public by rope and bollards
Contract tracing documentation completed by committee members for any runners, volunteers or support crew entering area.
Health declarations completed with any support crew who were not involved at Friday registration.
Hand sanitiser usage

Information as per Aid Station information on food and water hygiene, cleaning of contact points
SI timing cards to be collected in a container and sanitised

Guide runners to maintain social distancing once finished.

Post-race mandatory equipment review:
Runner handles all mandatory gear being checked
Observer documents items without handling

Post event management

Post event meals and indoor spacing managed by Fergy's Bar and Restaurant and Lake St Clair Lodge.
Sunday morning presentation spacing managed by Fergy's Bar and Restaurant. Will be held outdoors if required to ensure adequate spacing.
Hand sanitiser use by committee putting together plates, certificates, coasters.

Event cancellation

In the event that the COVID-19 situation in Tasmania deteriorates and compliance with <https://coronavirus.tas.gov.au> information dictates that the event will be unable to proceed, 100% refunds of entries will occur.

References

<https://coronavirus.tas.gov.au/>
<https://itra.run/documents/ITRA%20COVID-19%20GUIDELINES%20-%20EN.pdf>
www.sportaus.gov.au
Launceston General Hospital staff COVID screening survey
Department of Education Visitor health screening form
<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>