

# 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 6<sup>th</sup> 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](http://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 registering through the Tas e-Travel system or 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 need to assess their own circumstances regarding entry to Tasmania and notify the committee if it appears that they may not be able to enter the state.

## Health statutory declaration by participants

Health declarations need to be completed by participants on Friday 5<sup>th</sup> February 2021 at registration. (COVID-Safe Tasmanian Government Posters will be on display to remind non-runners of COVID-Safe behaviours.)

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

## Contact tracing

Contact tracing will be set up through several mechanisms:

Event records:

- Records of **runner's** accommodation and bus transport arranged through the committee
- Records of **runners** and sweeps during the event
- Records of committee members and volunteers at Narcissus

Check in TAS app:

The Tasmanian Government's "Check-in TAS" will be the primary recording system for key moments during the event.

Please download the free app via [App Store \(Link\)](#) or [Google Play \(Link\)](#)

QR code posters will be displayed and required to be used by all present at the Brickfields Bus Pickup, Registration, Start Area and Finish Area.

Only exception is runners will not be required to use at start and finish areas.

Paper registration:

WorkSafe Tasmania contact tracing recording sheets will be available at key moments as a back-up for the Check-in TAS app (eg. no mobile data available)

Local businesses:

Local business contact tracing systems will be used for meal-times at Cradle Mountain and Cynthia Bay and venues outside of the Cradle Mountain Run's arrangements

## 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 5<sup>th</sup> February 2021

Health declaration by runners and indemnity waiver completed.

Discussion of contact tracing processes for supporters at start and finish areas.

Clarification of any procedures

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 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 oral, nasal and respiratory secretions: spitting, snorting, bushman's blow and other common methods of clearing 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.

Runners are required to get their timing card out for registering by themselves.

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.

Runners are required to manage their own refilling of 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.

COVID-safe Government signage on display

Hand sanitiser usage

Information as per Aid Station information on food and water hygiene, cleaning of contact points

Guide runners and supporters to maintain social distancing once finished.

SI timing cards to be collected in a container and sanitised.

Snake bandages (remaining in their original packaging) to be collected in a container and sanitised.

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](http://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>