

Cradle Mountain Run Inc

2022 COVID Safe Management Plan

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Introduction

The purpose of this COVID Safe Management Plan is to provide an overarching plan for the implementation and management of COVID-19 safe procedures by the Cradle Run Committee when conducting the Cradle Run on 5th February 2022.

The arrangements set out in this Plan are intended to minimise the risk of COVID-19 transmission 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 information of close contacts
- Use of masks during times when indoors, when unable to socially distance outdoors and during high aerosolization moments
- Cough etiquette + use of hand sanitiser afterwards
- Communication of close and social contacts

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
- 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>

Health statutory declaration by participants

A health declaration is completed by participants at event registration on Friday 4th February 2022.

Questionnaire:

1. 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 3 days and not received a negative COVID-19 PCR or RAT test result?
Yes No
2. Have you been told by Public Health to be in quarantine or to self-isolate at this time?
Yes No
3. In the last 7 days, have you had close contact with someone who is known to have COVID-19 , (without wearing appropriate Personal Protective Equipment) and not received a negative COVID-19 PCR or RAT test result?
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:

- Hobart to Launceston
- 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 of seats and contact points before and after transport
- Baggage handling arrangements will be guided by McDermotts

Participants are required to:

- Wear masks as unable to maintain 1.5 metres
- Use hand sanitizer on entry to bus
- Return to previous seat after stop offs
- Select seating to optimise spacing
- Minimise time partially wearing masks when eating or drinking.

Cradle Mountain Run Committee:

Documentation of which participants are on each bus will be retained to assist with identification of close (4 hours) and social (2 hours) contacts

Registration and gear checks

Mandatory gear checks are conducted at Brickfields (Launceston) and at Registration (Cradle)

- Volunteer and runners both wear masks
- Runner handles items to be checked
- Observer documenting items without handling
- Disinfection of checking table surface prior to next bag check.

Registration table is open at Peppers Cradle Mountain Lodge:

- 4.00 pm to 6.30 pm Friday 4th February 2021
- Social distancing markers used
- Use of Check in Tas app to record Runners and Supporters

Race issued mandatory gear:

- Placed in pre-packaged bags for each participant by organisers abiding by hand hygiene principals
- A P2 mask and a surgical mask, number ribbon, timing card, and snake bandage (maintained in original un-opened packaging)

Briefing:

- Discussion on COVID-Safe principles provided during briefing.

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
- Encouragement to minimise partial masking wearing time during eating and drinking

Accommodation

Waldheim Chalets

- All Waldheim chalets are booked out for event
- Numbers per chalet as directed by Parks and Wildlife Service
- Runners must notify Committee at registration if they have changed chalets.
- Documentation of chalet arrangements will be maintained for close contact identification.

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
- Documentation of cabin arrangements will be maintained for close contact identification.

Start area management

All runners must wear masks during bag drop offs and pre-race briefing

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 recommended.

Pre-race briefing at 5:45am near start line

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

Runners are able to remove their masks once they are on the track boardwalk.

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.

Checkpoints and Aid stations

Runners are required to:

- Line up with spacing for flow through checkpoints

- Access their own SI card and place it on the timing device.

- Not touch any food selections at the Narcissus or Finish aid stations.

- Ensure that their water container outlets do not touch tap outlets at huts

Checkpoint volunteers will:

- Set up the timing device in an accessible location for runner self registration.

- Clean the timing device between each runner.

- Wear masks and eyewear

- Use hand sanitiser between any assistance offered to runners.

- Hand portions of any snacks to runners using tongs or other strategies preventing direct food contact.

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

- Use cleaning wipes on runner contact points: eg rest chairs at Narcissus and Finish

Sweepers

First aid kits contain:

Spare masks and hand sanitiser for sweepers and runners, disposable bags

Arm River vehicle cleaning kit contains:

Gloves, cleaning wipes, masks, hand sanitiser, disposable bags

Finish area management

Finish area management is conducted in-front of Rangers Hut at Cynthia Bay

- Aid station management as detailed above.

- Signage will guide all volunteers, runners and supporters that this is a mask wearing area.

- Runners will be guided to re-apply a mask as soon as feasible once finished.

- Blankets are individually packaged.

Post-race mandatory equipment review:

- Runner handles all mandatory gear being checked

- Observer documents items without handling

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

- Compression bandages are collected in a container.

Post event management

Accommodation and meals are managed by Lake St Clair Lodge:

Check in Tas app, indoor mask wearing and spacing management as arranged by the Lodge and Government guidelines.

Participants are encouraged to minimise partial masking wearing time during eating and drinking.

Sunday morning presentation:

Hand sanitiser use by committee co-ordinating presentation

Plates, certificates, coasters will be placed on a table for collection by runners

Will be held outdoors if weather allows

Development of COVID-19 like symptoms

All runners are required to notify the Cradle Mountain Run committee if they have developed symptoms within 3 days of completing event and test positive on a RAT or PCR test. The committee will then alert the close and social contacts of the runner.

Should anyone involved with the Cradle Mountain Run develop COVID-19 like symptoms during event weekend they will receive:

- Hand sanitiser and an N95 mask

- Guidance to separate from other participants and volunteers

- Guidance on contacting Tasmanian Public Health

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/>

www.sportaus.gov.au

<https://www.health.gov.au/health-alerts/covid-19/about>