



ATHLETICS VICTORIA

AVSL Members Guide to Participating Round 5 to 10

Please Note: This document is subject to change and will be adjusted based on updated advice received from the Victorian Government

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INTRODUCTION

This document describes the key aspects of the functional areas associated with the 2020-21 AVSL season. Importantly this document is a key communication tool describing the services to be delivered at the event considering COVID-19 Department of Health processes including:

Our mission is to provide an opportunity for athletes to participate in Track and Field events with Athletics Victoria in a safe and effective manner in line with all COVIDSafe restrictions.

EVENT INFORMATION

EVENT OPPORTUNITIES – Option A (ENDORSED)

2021 AVSL Plan

The following concept is based on a schedule designed to offer opportunity as well as being flexible, understanding the ongoing COVID-19 updates from the Victorian Government.

Summary:

- 2 metro venues/3 regional venues (Ballarat/Bendigo/Geelong)
- 2 programs across the state
- Six (6) rounds of revised AVSL commencing in January 2021 through to March 2021
- Structured events with both track and field operating at the same time with groups of 100 at each event site
- Athletes will be directed to a sanitise station after each heat/event where they will be processed and reintroduced to the next event site. Athletes in each session will be asked to sanitize hands and private implements before entering, commencing, and exiting event sites.
- All COVID safe principles in place as outlined in this document MUST be adhered to unless advised otherwise by DHHS and Athletics Victoria
- See overleaf for example program of events and scheduling

IMPORTANT INFORMATION (See AVSL Rules for further detail)

Competition Venues – Metro/Country:

Venues have been selected based on the capacity to host events and provide ingress and egress management. As of January 2021, two (2) metro venues and three (3) country venues will be in operation. (check timetables for allocated venues)

Competition will operate on Saturday unless otherwise featured.

On the Day Entries:

Due to contract tracing requirements, no on the day entries will be offered at AVSL for the 2020-21 season.

Trialling Entries:

Non-Members can complete a maximum of one (1) 'Individual Round Entries' as a trial athlete throughout the 2020/21 AVSL season.

A 'Trial Entry' are those that are not a member of Athletics Victoria currently or have been in the past. Individuals, who are not a current member and have not been a member in the past, are to submit an online form to confirm their eligibility to be a Trial Entry.

For the 2020/21 season a trial entry request must be submitted to Athletics Victoria before the closing date for each round (see rule 3.4.3 for entry process). A Trial Entry will only be accepted if there are positions available after the registered Athletics Victoria members entry period has concluded.

School Student Entries:

For season 2020/21 school students who are Non-Members can compete as a trial athlete throughout the AVSL season. 'School Student Entries' are only for those individuals who are not a current member of Athletics Victoria and have not been a member in the past.

Student athletes, who wish to enter as a 'School Student Entry', are to submit an online form to confirm their eligibility to be a School Student Entry.

Once approved 'School Student Entries' must purchase an individual round entry for any rounds that they wish to compete in. These entries will only be confirmed if there is capacity following the exclusive Athletics Victoria member entry period has concluded.

These 'School Student Entries' WILL NOT be eligible to score points for a club and will not contribute to their eligibility to compete at the AVSL Playoffs (please see rule 7.2). No 'School Student Entries' will be available for the AVSL Playoffs. No 'School Student Entries' will be available for Victorian State Championships.

Venue Canteens

There are restrictions in place that may affect the re-opening of canteens at some venues.

AVSL Age Groups:

Age Determination: Age group calculation is taken from the 31st December 2020.

Age Group	Year of Birth	Age Group	Year of Birth
Under 14	2007, 2008	Under 18	2003, 2004*, 2005*
Under 15	2006, 2007*, 2008*	Under 20	2001, 2002, 2003*, 2004*
Under 16	2005, 2006*, 2007*	Open	2000+ (Juniors from 2002* onwards can enter)
Under 17	2004, 2005*, 2006*		

**Year of birth in italics are those that are competing up an age group.*

Uniform/Bibs:

Athletes will be expected to wear their official AV club uniform or school uniform.

Bibs will be required and will be issued on the day of competition.

Footwear:

The ruling for maximum spike length is 7mm for all track events and 9mm for all field events. Only conical & pyramid (Christmas tree) are allowed, unless otherwise stated by individual venue policy.

Private Implements:

Private implements can be used and brought into the venue. Sharing of those private implements is not permitted. Athletes must make sure they have thoroughly cleaned and sanitized equipment before, and after their competition.

For venue implements, cleaning of those implements should occur before and after completion of that session/competition.

All field athletes must sanitize hands before participation and after via the sanitize station after each event.

Athlete Check-In:

All patrons entering the venue must check-in at the entrance gate and complete the online mandatory registration.

Event Registration is not required for AVSL. Athletes will not need to check-in for events on the day as in previous seasons. Athletes will only need to advise the field event officials at the event site if they are scratching from a field event.

Track events will be pre-seeded and if an athlete does not appear for their relevant heat, the event will operate with a blank lane. If athletes miss their time slot, the athlete will be allowed to compete in a later heat if there is availability but will not score points.

Venue capacity will be limited to 1000.

Athlete Warm Up:

To ensure all athletes have an opportunity to participate, World Athletics rest periods may not be followed due to current COVID restrictions and capacities permitted.

In some instances, athletes may not have an opportunity to have a practice/warm up attempt, this opportunity will be provided on an event by event basis. This process will be reviewed throughout the season, any changes will be communicated to members via email and published on the AV website.

Warm-up can now take place in the venue so long as COVIDsafe protocols and social distancing are adhered to.

False Start Rule:

If an athlete breaks, then the athlete is allowed to compete by invitation, in a later heat. The Starter's Marshal needs to notify the scorers that this athlete cannot score points and is now competing as an invite athlete.

Withdrawals:

Athletes must pre enter online for events before the closing date of each round.

Track sheets will be pre-seeded therefore if an athlete wishes to scratch from a track event, the event will operate with a blank lane.

Athletes must pre-register online for the field event wait lists before the closing date of each round. If an athlete is scratching from a field event, they **MUST** notify the officials at the event site to allow those on the waiting list the opportunity to fill the vacant spot.

Athletes must report into the event site no later than 10 minutes before the event start time to allow those on the wait list the opportunity to compete. Athletes who are not at the event site prior to the commencement of the event will be scratched.

Athletes on the wait list should report into the event site 10 minutes before the start of the event to confirm their place in the event. Athletes who have not pre-registered will not be eligible to compete.

Hip Numbers:

Athletes will not be required to wear hip numbers at AVSL. Athletes will be made aware of their finishing position and told to report into administration/results tent by the track officials. A briefing will be provided to athletes before each heat/event.

Photo Finish will record Sprint events however athletes are advised to report into the admin tent after their event for result processing.

First Aid:

St Johns will be located within the first aid location provided by each venue.

Memberships:

AVSL package collection will be available on the day at check-in

Any bibs that are not collected will be **returned to the AV Office in club and alphabetical order** for redistribution at the next event that the member registers for.

COVIDsafe Principles:

There are several other laminated signage to be displayed at AVSL venues to promote COVIDSafe principles, questions at Check In and venue specific QR Codes:

What COVIDsafe principles do I need to follow?

- You must have a face mask on your person at all times within the venue. Wear a mask if you cannot adhere to social distancing guidelines. (government permitted face coverings only) **Please note that guidelines on face coverings have been updated however due to the age demographic of our Victorian Officials, at this time we ask that you abide by the guidelines in this document to reduce risk.*
- Patrons with face mask exemptions must adhere to social distancing guidelines
- Do not attend if you feel sick or unwell
- Maintain physical distancing (1 person per 2mq)
- Cough and sneeze into a tissue or elbow
- Practice good hand hygiene and
- Do not spit or blow nasal fluid at any time within the venue
- If competing you MUST transition through the 'sanitise station' after each event before moving to the next event site



PLEASE DOWNLOAD THE CS SPORTS APP BEFORE ARRIVING AT THE VENUE

CHECK-IN AND IS MANDATORY

CS Sports App can be downloaded from Google Play or Apple App Store

VENUE ENTRY & EXIT & EVENT SITES

Entry (Ingress)

Athlete Process

With the current restrictions on outdoor community sport and public gatherings, there are specific requirements to manage entry and exit of all participants at every venue.

The Car Park

- Athletes are to park in the designated external carpark, or the advised area located outside the venue.

The Entry Point and Venue Check in

Each venue will be provided with a list of Athletes who have pre-entered for the days events

All athletes will be required to enter each venue through a designated entry (ingress) point

Prior to venue entry (ingress):

- All athletes and patrons must check in at the venue via two options:-
 - By using the CS Sports APP or by scanning the venue QR code located at the entry (ingress) point for each venue using your mobile device; or

- By a manual check in process for the session you have entered.
- CS Sports App can be downloaded from Google Play Store or alternatively from the Apple App Store

PLEASE DOWNLOAD THE CS SPORTS APP BEFORE ARRIVING AT THE VENUE
CHECK-IN IS MANDATORY
CS Sports App can be downloaded from Google Play or Apple App Store

The Check in Team will ask questions about your health & contact tracing information. If you feel unwell or you do not meet the contact tracing restrictions, you will be asked to leave the venue. It is recommended that you immediately get tested and remain at home until you receive your test results.



What is compulsory

You must have a face mask on your person at all times within the venue.

Wear a mask if you cannot adhere to social distancing guidelines.

Remain 1 person per 2sqm distanced

If you feel unwell stay at home

Remember to download the CS Sports App before arriving to the venue. This will speed up the CHECK IN process or arrival.

Follow all information on all signs within the venue

Remember to CHECK IN using the CS Sports App

Follow all information on all signs within the venue

Exit Process Athletes (Egress)

Once athletes complete all events they are participating in, they will be asked to leave the venue through the designated exit (egress) point.

Spectators include parent/guardian, Coach, general public

Update following announcement January 2021

- There will be a limit on spectators to metro and regional venues at one time.
- Spectators must not congregate in more than groups of 100 at one time.
- A cap of 1000 patrons per venue at one time will be enforced.
- All patrons must maintain a distance of 1 per 2sqm per quotient. If this cannot be maintained, a face mask must be applied.

Prior to venue entry (ingress):

- Permitted spectators must check in at the venue via two options: -
- By using the CS Sports APP or by scanning the venue QR code located at the entry (ingress) point for each venue using your mobile device; or
- By a manual check in process for the session you have entered.

The Check in Team will ask questions about your health & contact tracing information.

If you feel unwell or you do not meet the contact tracing restrictions, you will be asked to leave the venue. It is recommended that you immediately get tested and remain at home until you receive your test results.

FIELD EVENT Process

Athlete Process

- As athletes arrive, athletes will be expected to observe the 1 person per 2mq distancing rules.
- Athletes will be provided with instructions on what processes need to be followed when at the event site
- Athletes will be given one warm-up if time permits and three competition attempts in field events and must complete warm up and all three attempts within the allocated slot provided.

For field events (Horizontal Jumps)

- Two pits may be in operation at some venues.
- The Long Jump and Triple Jump pit should be sprayed before and after the day's competition.
- Athletes must sanitise their hands before competing in their allocated event/time slot.
- Equipment and Structures will be cleaned before and after the completion of the competition /session
- Athletes must not spit or blow into their hands or on the implements at any time whilst inside the venue
- Once competition is concluded, all athletes must transition through the sanitise station before moving to the next event site.

For field events (Vertical Jumps)

- Two pits may be in operation at some venues
- The High Jump and Pole Vault pits should be sprayed before and after the day's competition.
- Athletes must sanitise their hands before competing in their allocated event/time slot.
- In High Jump if the bar is knocked off the official/helper replacing the bar must spray and or wipe the bar with disinfectant wipes before the next jumper
- In Pole Vault the sharing of poles must be limited. If poles are to be shared, disinfectant wipes and or spray must be used to clean down the pole before allowing the next user to jump.
- All field athletes must sanitize hands before participation commences
- Equipment and Structures will be cleaned before and after the completion of the competition /session
- Athletes must not spit or blow into their hands or on the implements at any time whilst inside the venue
- Once competition is concluded, all athletes must transition through the sanitise station before moving to the next event site.

For field events (Throws)

- Competition will be conducted in groups as allocated in the metro and regional timetables.
- Athletes will have one warm up and three attempts which will be taken in succession and will be provided
- Each attempt may be spiked and or measured at the end of the session. Please note some zones operate differently and therefore processes may vary across the state. Zones will be able to administer each event site with set processes so long as COVIDsafe standards are adhered to. Once all attempts are complete, the furthest attempt will be measured and recorded.
- For venue implements, cleaning of those implements should occur before and after completion of that timed session/competition.
- For athletes providing their own private implements, these can now be used and brought into the venue. Sharing of those private implements is not permitted. Athletes must make sure they have sanitized equipment before and after their competition/session.

- Athletes must sanitise their hands before competing in their allocated event/time slot.
- Equipment and Structures will be cleaned before and after the completion of the competition /session
- Athletes must not spit or blow into their hands or on the implements at any time whilst inside the venue.
- Once competition is concluded, all athletes must transition through the sanitise station before moving to the next event site.
- At the end of the timed session, the event site will be sanitised and prepared for the next group of athletes.

Some venues may have capacity to conduct two field events at the same time provided athletes comply with social distancing at all times and wear a face mask in between attempts if distancing cannot be maintained.

TRACK EVENT Process

Track events will operate concurrently on the straight and circular track. Participants must not congregate at the event site and observe physical distancing at all times.

All track equipment will be cleaned before and after each heats/session. Athletes will be asked to sanitise before competing.

Athlete Process

- Athletes will be pre-seeded into heats of the straight and circular track events. Start Lists will be posted before each round
- If an athlete does not show for their heat, they will only be allowed to compete in a later heat if time permits. Performances will be non-scoring if heat times are missed for any reason.
- Heats will be conducted based on the information featured on the event timetables
- At the end of each heat, athletes must transition through the sanitise station before moving to the next event.
- Athletes will still report to admin/results and provide their bib number and lane in which they competed to obtain a result.