



COVIDSAFE Procedures for Outdoor Mass Participation Events

Mass participation events have a higher risk for COVID-19 transmission than many other sport and recreation activities. This is because of:

- the number of people involved
- the difficulty in keeping at a safe physical distance
- complex contact tracing
- the potential for wide geographic infection when participants return home following an event.

Mass participation events include, but aren't limited to:

- Park runs
- Fundraising walk/runs
- Marathons
- Ocean Swims
- Triathlons
- Trail running
- Group cycling
- Obstacle Racing

These guidelines will help organisers develop COVIDSafe plans. Note though that restrictions continue to apply to sports and recreation activities.

Things to consider to keep the risk low

- Before the event:
 - All participants, volunteers and staff to sign in with name and phone numbers to help with contact tracing
 - Set check-in lines at 1.5m apart
 - Stagger arrival times to avoid groups
 - Make sure hand sanitiser is available and used

- Avoid gathering before and after the events.
- At the start and finish lines:
 - Stagger start times
 - Let participants to start and go at their own pace, rather than in groups.
- During the event:
 - Limit the number of participants, volunteers, staff and spectators
 - Increase the distance between participants in walking events to five metres, and ten metres for running events
 - Provide personal protective equipment (PPE) to support and medical staff
 - Regularly clean common touch points, particularly in events with obstacles
 - Avoid gatherings at checkpoints
 - Don't provide drinks or food – all participants to carry their own, with water stations provided for bottle refills
 - Make hand sanitiser available where possible.
- Post-event:
 - Don't gather for debriefings or award ceremonies.
 - Don't allow on-site therapeutic treatments like recovery massage.

Additionally:

- Consider options for virtual events.

Current advice to all sporting and recreation organisations:

- Sport and recreation activities must be consistent with any local health directions. Any exemptions are approved by the relevant state or territory authority.
- Anyone with cold or flu-like symptoms, even if mild, to be tested and cannot participate until fully recovered.
- Shared items and areas to be deep cleaned as per the Infection Control Guidelines.

- Participants, volunteers and staff must practise good hygiene: wash hands before and after each session and avoid touching the face.
 - A record of attendees must be maintained, to help public health officials if a case is found.
 - Each organisation must make sure its COVIDSafe protocols are available and followed.
 - Organisations can keep up to date with the National Guidelines available on the Department of Health website.
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FOR FURTHER INFORMATION:

COVID-19 Sports and Health Advisory Committee

COVID19Sports@health.gov.au
