



SA Allcomers Meet 3 2021

24 & 25 Apr 2021

Stadium SMM (Page 4 to 34)

Rooftop Lawn SMM (Page 35 to 38)

1. Singapore Athletics' (SA) Safe Return to Sport Plan

- a. The Multi-Ministry Taskforce on 19 May 2020 announced that Singapore will embark on a 3-phase approach to resume activities safely, post-circuit breaker1 . While Sport Singapore on 24 December 2020 issued an advisory for resumption of sport and physical exercises & activities for phase three (“safe transition”) 3 Following both the announcement, Singapore Athletics (SA) will effect a safe transition for the sport in this document, in preparation for the re-opening of our stadiums in Phase 3. The SA safety protocols will be spelt out in the following pages, to guide our stakeholders accordingly. Athletes and coaches will be guided and duly informed on how they could progressively return to training and competition, in a safe and calibrated manner, in order to reduce the slightest possibility or risk of infection and transmission of the COVID-19 virus during these sessions.
- b. COVID-19 Further information on the COVID-19 could be obtained at the Ministry of Health (MOH) and Sport Singapore (SportSG) online platform, or the MOH hotline at 1800-333-999.

Guidelines

- i. Athletes, coaches or personnel who are unwell, on Stay Home Notice (SHN) or Quarantined Order are to comply with the order
- ii. Also arrive as close as possible to your warm-up start time
- iii. To wear mask at all times except during warm-ups, competition and cool-down
- iv. Do self-monitor yourself for at least 14 days prior to visiting venue for any symptoms
- v. Furnish SA a letter from your doctor if you had COVID-19 and is now cleared to resume physical activity
- vi. Bring your own hand sanitizer and/or sanitizing wipes
- vii. Practice proper hygiene such as wash/sanitize your hands regularly (At least 20sec)
- viii. Avoid touching your eyes, face and mouth with your hands
- ix. When coughing or sneezing, cover your mouth/nose with your tissue/towel
- x. Practice social distancing of 2m at all times
- xi. Bring your own drink bottles and towels, do not share with others
- xii. Bring your own water and food. Do not share with others
- xiii. Bring your own equipment if possible, as sharing of equipment's increase the risk of exposure to COVID-19
- xiv. Be prepared for competition prior to arrival at venue (Arrive dressed and ready to compete). No idling
- xv. Any tasks that can be done at home, should be done at home (e.g. Recovery sessions, after competition debrief)
- xvi. Entry into venue is strictly by Trace Together App or Token only

Events

Men - 100m, 200m, 400m, 110mH, 400mH, 800m, 1500m, 3000m, 3000mSC, 5000m, 10000m, 3000m
Race Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Javelin, Shot Put, Discus

Women - 100m, 200m, 400m, 100mH, 400mH, 800m, 1500m, 3000m, 3000m SC , 5000m, 10000m, 3000m
Race Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Javelin, Shot Put, Discus

Event Details

1. Follow SOPs for Safe Return to Sports Plan

2. Competition dates:

24 & 25 Apr 2021, 0800-2000hrs

3. Competition Venue: Home of Athletics

4. Timeline for registration:

- a. Registration opens 1 month before competition dates
- b. Registration closes 2 weeks before competition dates

Controlled access to Competition Venue & Restrictions

5. A maximum of 50 people will be allowed in each zone at any one time. Each zone will contain 24 athletes and 17 officials. There will also be 2 paramedics, 5 staff members and 4 media split between the two zone.

- 48 athletes competing at any 1 time in 4 different zones
- Athletes separate to 12 in D zone left, 12 in D zone right, 12 in Jump zone and 12 in Track zone
- 8 athletes per race for all races
- After each race, athlete exit the stadium immediately after race escort by official without contacting others (see slide 24). No victory ceremony for this competition
- Field athletes will be grouped with a maximum of 8 athletes
- Once athlete enter the venue, they proceed to their respective zone, no crossing of zones
- Athlete enter the competition venue based on their event reporting time

Competition Block Example

Competition Block 1: 0730hrs to 0930hrs - Athletes allowed to enter stadium at 0730hrs & must leave by 0930hrs

Competition Block 2: 1000hrs to 1200hrs - Athletes allowed to enter stadium at 1000hrs & must leave by 1200hrs

Competition Block 3: 1330hrs to 1530hrs - Athletes allowed to enter stadium at 1330hrs & must leave by 1530hrs

Competition Block 4: 1600hrs to 1800hrs - Athletes allowed to enter stadium at 1600hrs & must leave by 1800hrs

Competition Block 5: 1830hrs to 2030hrs - Athletes allowed to enter stadium at 1830hrs & must leave by 2030hrs

6. There will be a wipe down of all competition implements & equipment between competition blocks

Competition Specific Block Example

Field Block Example

0730hrs – Report and Warm Up
0800hrs – Event Start
0945hrs – Victory Ceremony
1000hrs – Exit Stadium

Vertical Jump Block Example

0730hrs – Report and Warm Up
0830hrs – Event Start
1000hrs – Victory Ceremony
1005hrs – Exit Stadium

Sprint Heat Block Example

0730hrs – Report and warm up
0800hrs – Heat 1/ Final
0810hrs – Heat 2
0820hrs – Heat 3
0830hrs – Exit Stadium

Sprint Final Block Example

0730hrs – Report and warm up
0800hrs – Final
0810hrs – Final 2
0820hrs – Victory Ceremony
0830hrs – Exit Stadium

Middle Distance Block Example

0730hrs – Report and warm up
0800hrs – Final
0810hrs – Final 2
0820hrs – Victory Ceremony
0830hrs – Exit Stadium

Long Distance Block Example

0730hrs – Report and warm up
0800hrs – Final
0830hrs – Final 2
0900hrs – Victory Ceremony
0910hrs – Exit Stadium

Competition Victory Ceremony Example (No Victory Ceremony for Allcomers 1)

1. Victory ceremony conducted 30mins after each final
2. Mask to be worn throughout the victory ceremony
3. Safe distance of 2m apart should be maintained at podium
4. No handling of medals from VIP to prize winners. Medals should be laid on table and respective prize winners collect themselves
5. Prize winner photo-taking should remain on their respective podium position
6. No group photos permitted
7. “Consolidating” all the prize winners into one big victory ceremony should be avoided

Controlled access to Competition Venue & Restrictions

7. The particulars of all participants, technical officials, volunteer, coaches & staff will be documented for the purpose of contact tracing
8. Maximum limit of 50 pax at HOA Track or Field Zone at any 1 time (2 crew members will be deployed to monitor and control this)
9. First Aid - There will be 2 paramedics deployed at any one time
10. SA Staff deployment - 4 staff members will be deployed at any one time
 - 1x Competition Management

Responsible for escorting athletes who have completed their event out of the stadium

 - a) Assist during wipe down of equipment between block
 - b) Will be stationed at the Tower and will only go down to FOP when required for duties for a) and b)
 - 2x Safe Management Officers (SMO - Rooftop Lawn & Entrance)
 - a) Assist the Competition Director to ensure the Safe Return to Sport Plan (refer to slide 14) is adhered to
 - b) Assist during wipe down of equipment between block
 - c) Will be stationed at the Tower and will only go down to FOP when required for duties for a) and b)

Controlled access to Competition Venue & Restrictions

1x Administrative Support Staff

Responsible for registration at counter 1 at 2 outside the stadium

- a) Assist during wipe down of equipment between block
- b) Will be stationed at the outside the stadium and will only go down to FOP when required for duties for a) and b)

11. Maximum of 35 officials & Event Crew at any one time

- a. Photo Finish x 02
- b. Starter x 02
- c. Chief Track Judge x 01
- d. Track Referee x 04 - 08 (if there's no field event)
- e. Chief Field Judge x 02
- f. Field Judge x 04 - 08 (if there's no track event)
- g. Field Referee x 01
- h. Field Crew x 04

Precautions & Controls during Competition

12. - Coaches allow to enter if there's slot available(priority given to field event coaches)or access by lawn area
 - Priority for coaches entering competition venue base on top tiering athlete
 - No spectators/parents will be allowed in the competition venue

14. Modified Competition format for Phase 3

100m, 200m, 400m, 100mH, 110mH, 400mH

- a. They will be placed in Lanes, only 8 or less athletes to run per Heat
- b. At the finishing line, discourage celebratory hugs, high-fives or other physical contacts
- c. Upon completion of the race athletes will be advised to leave the stadium at soon as possible
- d. Technical Officials to maintain 1m safe physical distance throughout competition
- e. Technical Officials to put on mask at all times
- f. Technical Officials will assist competition director to ensure that participants leave the stadium upon completion of their event

Precautions & Controls during Competition

800m, 1500m, 3000m SC, 5000m

- a. Only 8 athletes for longer distance to run in 1 Heat
- b. They will be placed in Lanes or at the curved start line
- c. There will only be 1 Heat per age category (Total of 8 runners per event)
- d. Upon completion of the race, athletes will be advised to leave the stadium at soon as possible

Field Events

- a. Only 8 athletes to participant per event per category each block
- b. Separate in group of no more than 8 athletes
- c. Participants are to put on their mask in between throws/jumps
- d. Participants to maintain safe physical distance of 2m in between throw/jump
- e. Only 3 Technical Officials will be deployed for each field event
- f. Technical Officials to maintain 1m safe physical distance throughout competition
- g. Technical Officials to put on mask at all times
- h. Technical Officials will assist competition director to ensure that participants leave the stadium upon completion of their event

Outside Stadium Plan

Counter 1
Registration & Bibs Collection
counter
(For athlete)
(Safe Entry Check In)

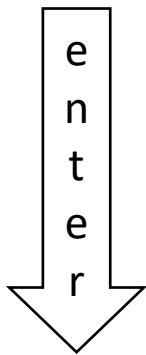
Athlete

- Step 1 – To counter 1/ Call Room (collect bibs and Hip tag)
- Step 2 - Counter 3 for temperature screening, please show your bibs to verify. Athlete without bibs are NOT allow to enter.
- Step 3 – Proceed with warm up and report to the call room 2 10 mins before your event time.

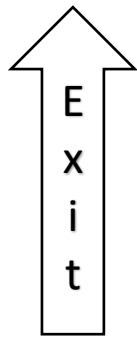
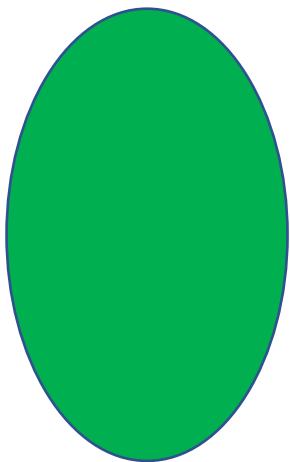
Counter 3
Temperature screening here
Workforce and Technical Officials
(Safe Entry Check In)

Workforce (TOs and Event Crew)

- Step 1 – Counter 3 for temperature screening & Safe Entry Check in
- Step 2 – To Finishing line (TOs' tent to sign in)
- Step 3 – Report to Referee for deployment



Gate 1B



Gate 1A



Counter 1

Registration (Bibs collection)/ Call Room 1

Gate 1B

IN

Please Q within the 1m zone while waiting for the temperature screening

1m

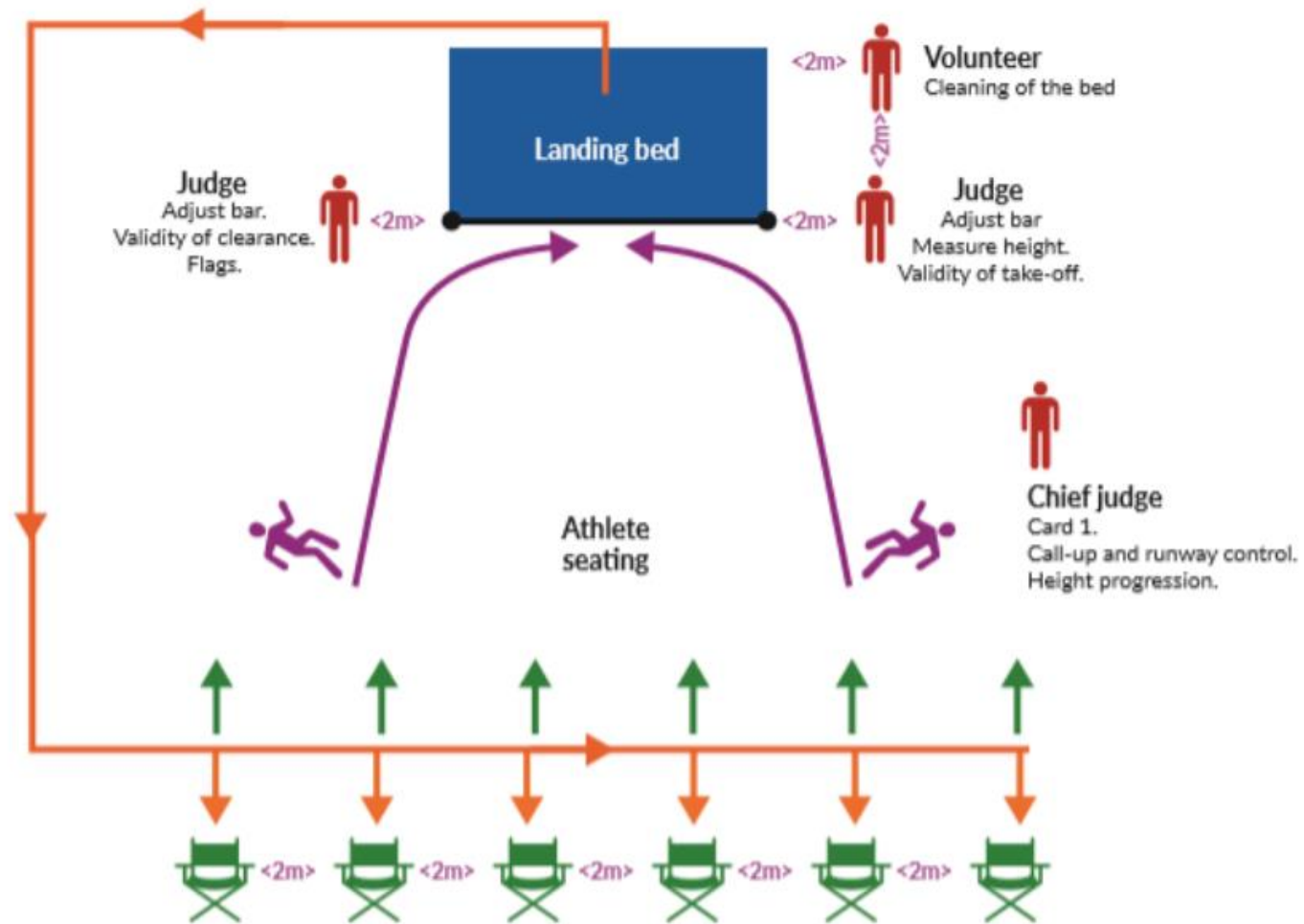


Gate 1B (Enter)
Temperature screening here
(Safe Entry Check In)

**Gate 1A
(Exit)**



High Jump



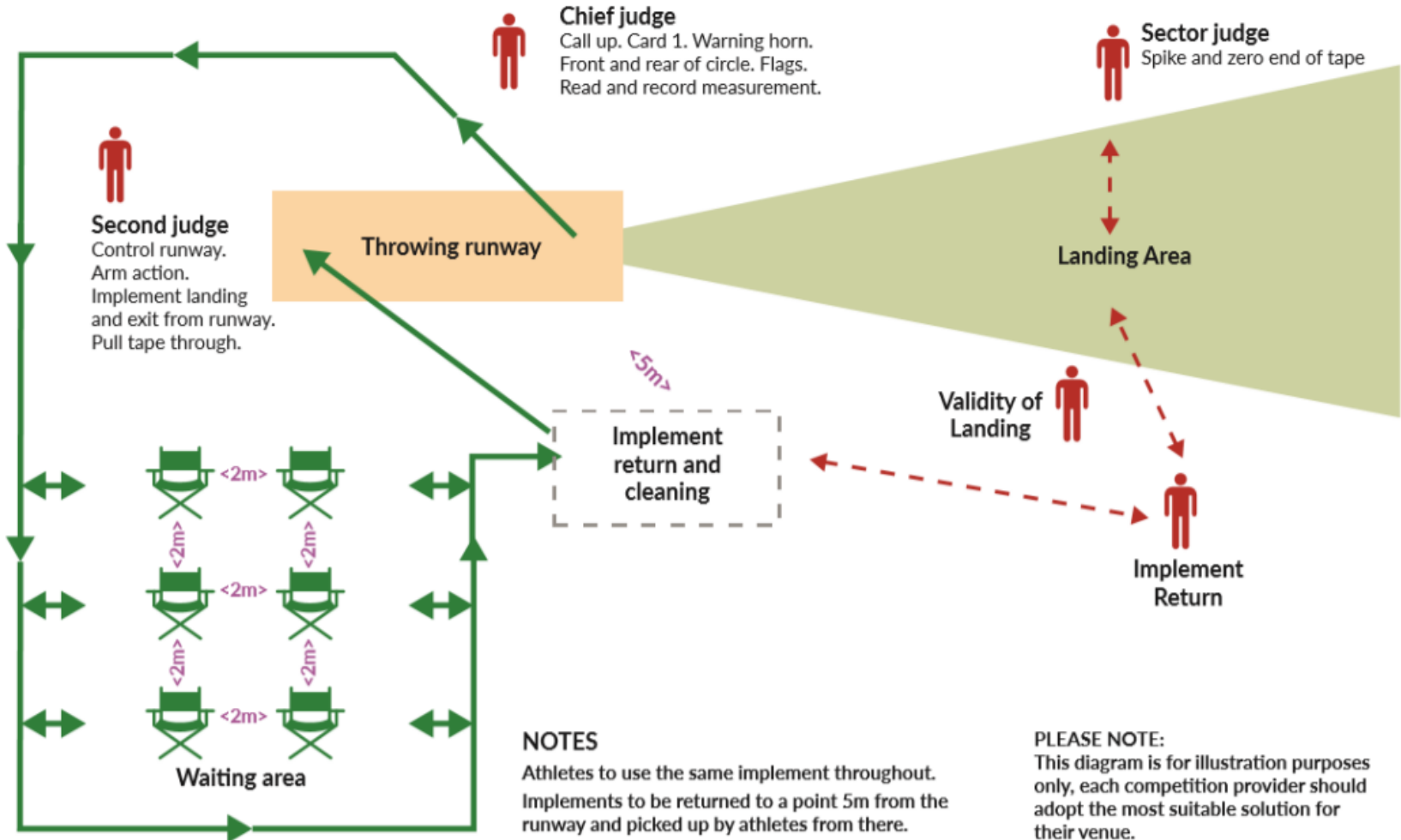
PLEASE NOTE:
This diagram is for illustration purposes only, each competition provider should adopt the most suitable solution for their venue.

Field Block Example

<u>AM Session</u>	<u>(Block 1) 0730hrs to 0930hrs</u>		
Events	Category	Time	No. of Pax
Triple Jump	Men Open	0800hrs	10 (2 groups)
High Jump	Women Open	0800hrs	9
Javelin (800g)	Men Open	0900hrs	9
Total number of Coaches			0
Total number of Officials			20
Total number of Medic			2
Total SA Staff			6
Total Pax in HOA			47

* 8am group will need to leave the stadium , before 9am group to enter

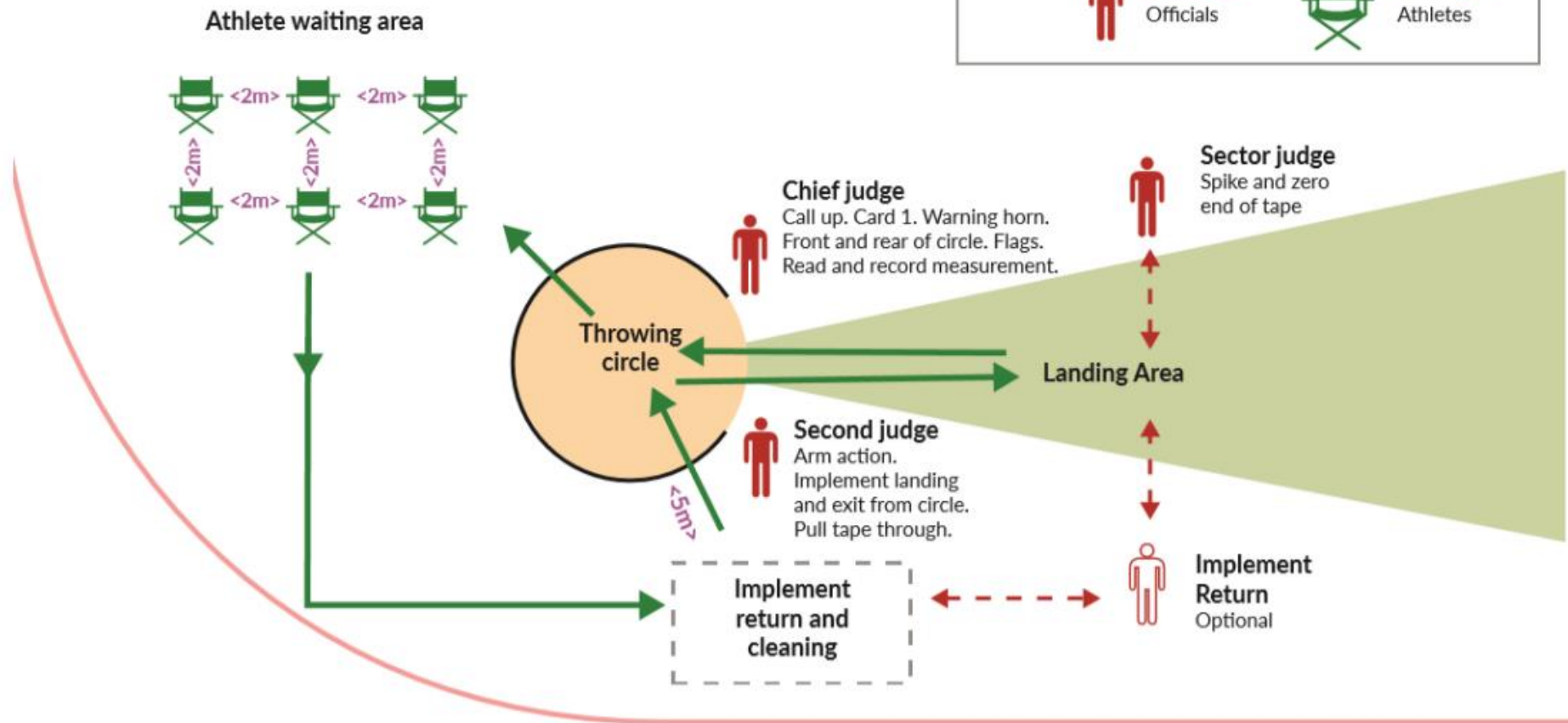
Javelin



NOTES
Athletes to use the same implement throughout.
Implements to be returned to a point 5m from the runway and picked up by athletes from there.

PLEASE NOTE:
This diagram is for illustration purposes only, each competition provider should adopt the most suitable solution for their venue.

Shot



NOTES

Athletes to use the same implement throughout and to retrieve their own implements.
 Chief Judge to measure, then remain in circle stepping aside only when the implement has been safely retrieved

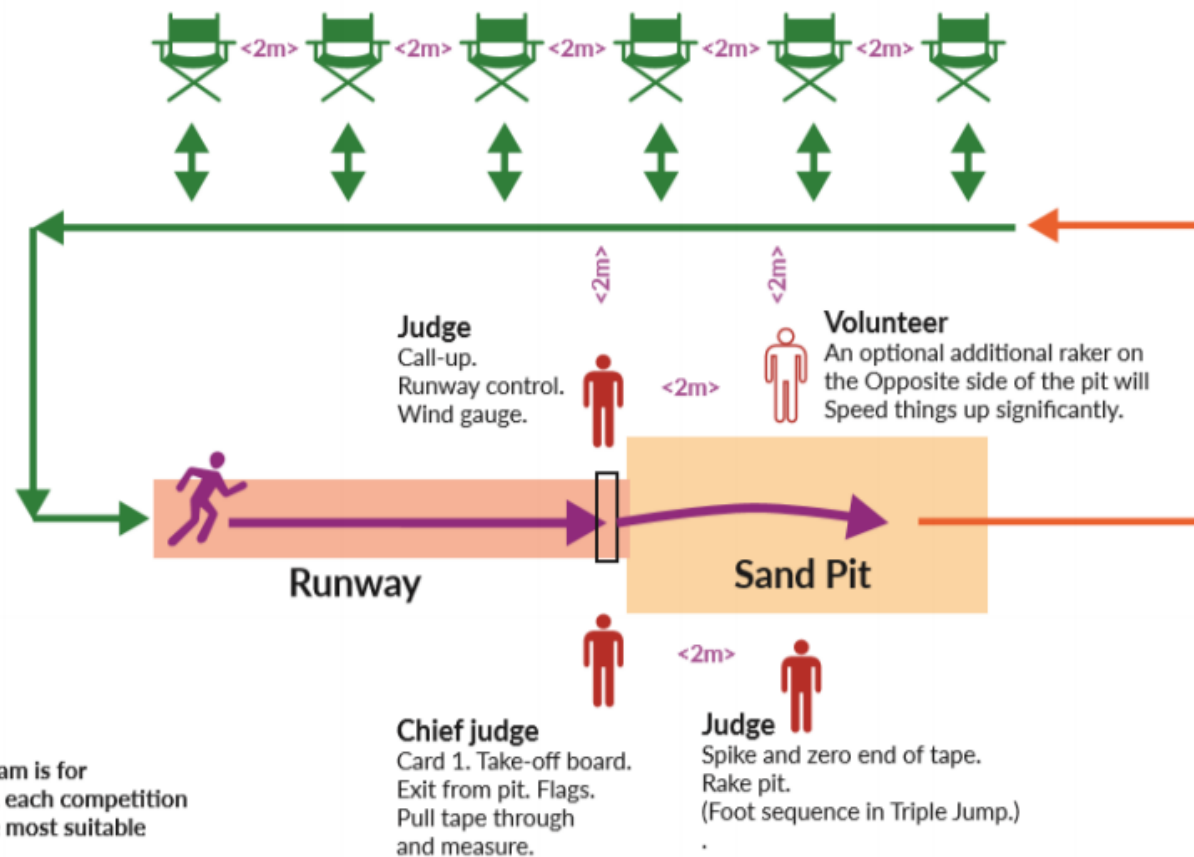
PLEASE NOTE:

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Long & Triple Jump

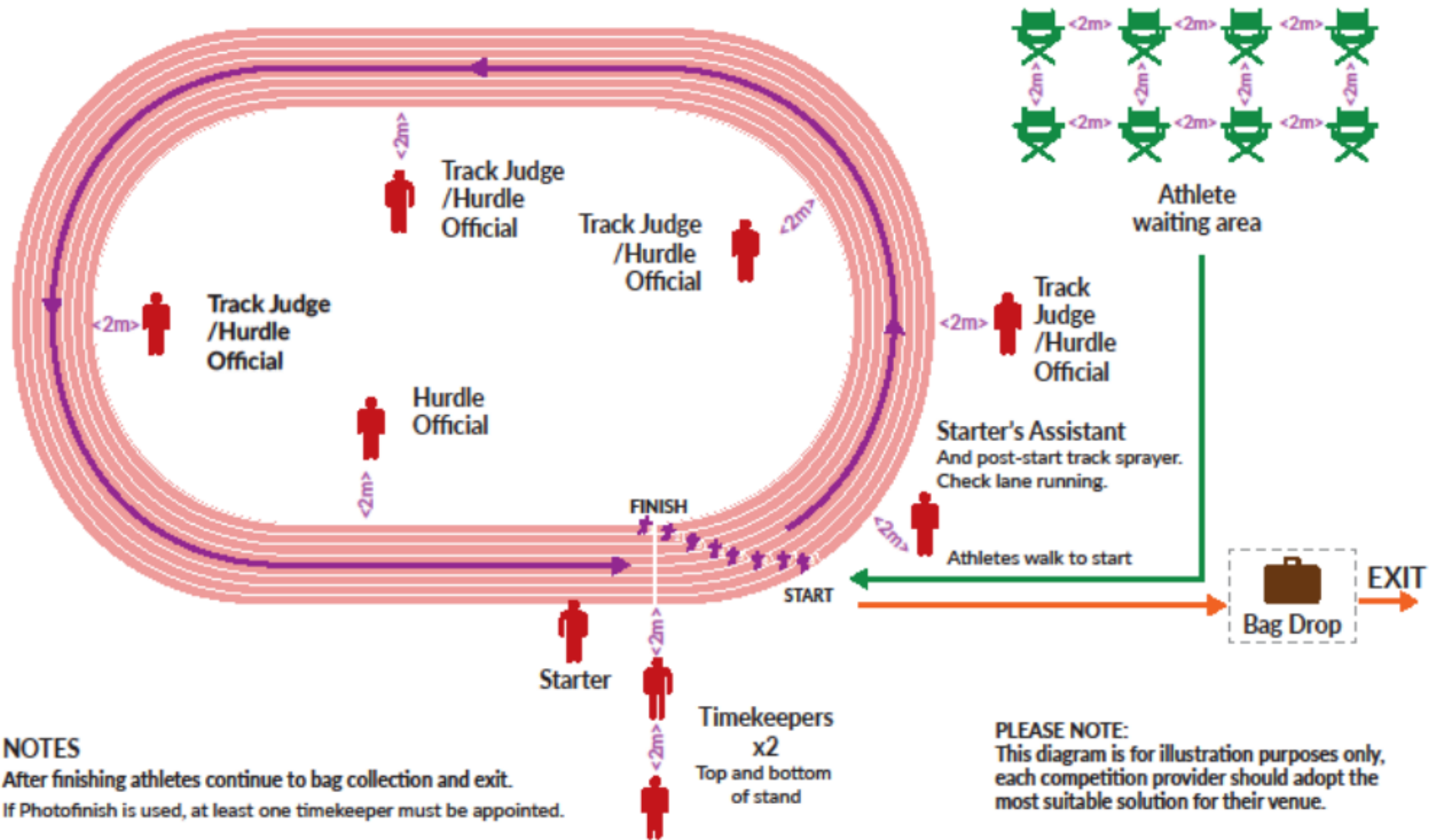


Athlete seating



PLEASE NOTE: This diagram is for illustration purposes only, each competition provider should adopt the most suitable solution for their venue.

400m Hurdles and 400m



NOTES

After finishing athletes continue to bag collection and exit.
 If Photofinish is used, at least one timekeeper must be appointed.

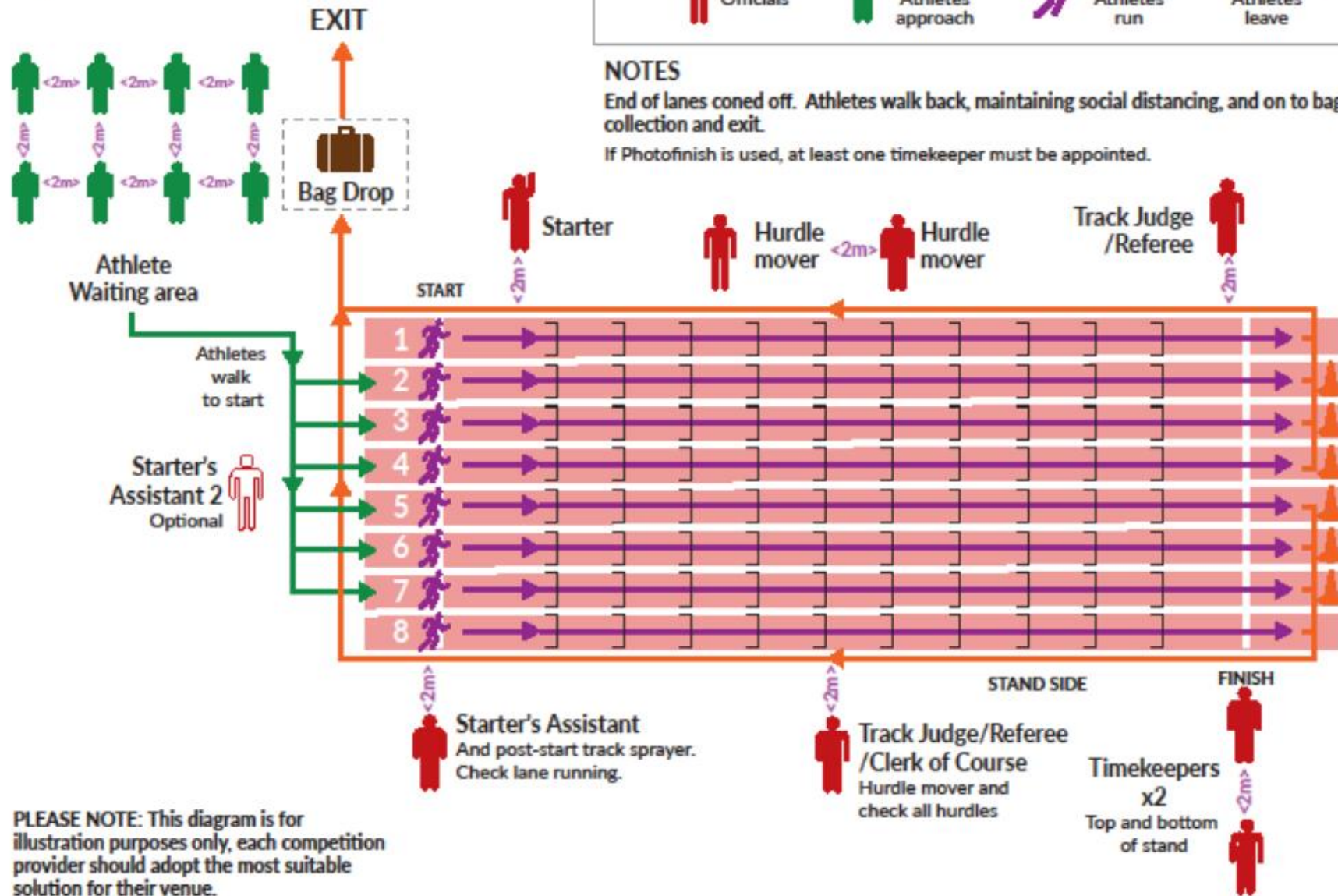
PLEASE NOTE:

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Sprint Hurdles



NOTES
 End of lanes coned off. Athletes walk back, maintaining social distancing, and on to bag collection and exit.
 If Photofinish is used, at least one timekeeper must be appointed.



PLEASE NOTE: This diagram is for illustration purposes only, each competition provider should adopt the most suitable solution for their venue.

Track Block Example

<u>AM Session</u>	<u>(Block 2A) 1000hrs to 1100hrs</u>		
Events	Category	Time	No. of Pax
100m Hurdles (0.838m)	Women Open	1000hrs	8 (Heat 1) 8 (Heat 2)
110m Hurdles (1.067m)	Men Open	1020hrs	8 (Heat 1) 8 (Heat 2)
Total number of Coaches			0
Total number of Officials			32
Total number of Medic			2
Total SA Staff			4
Total Pax in HOA			38

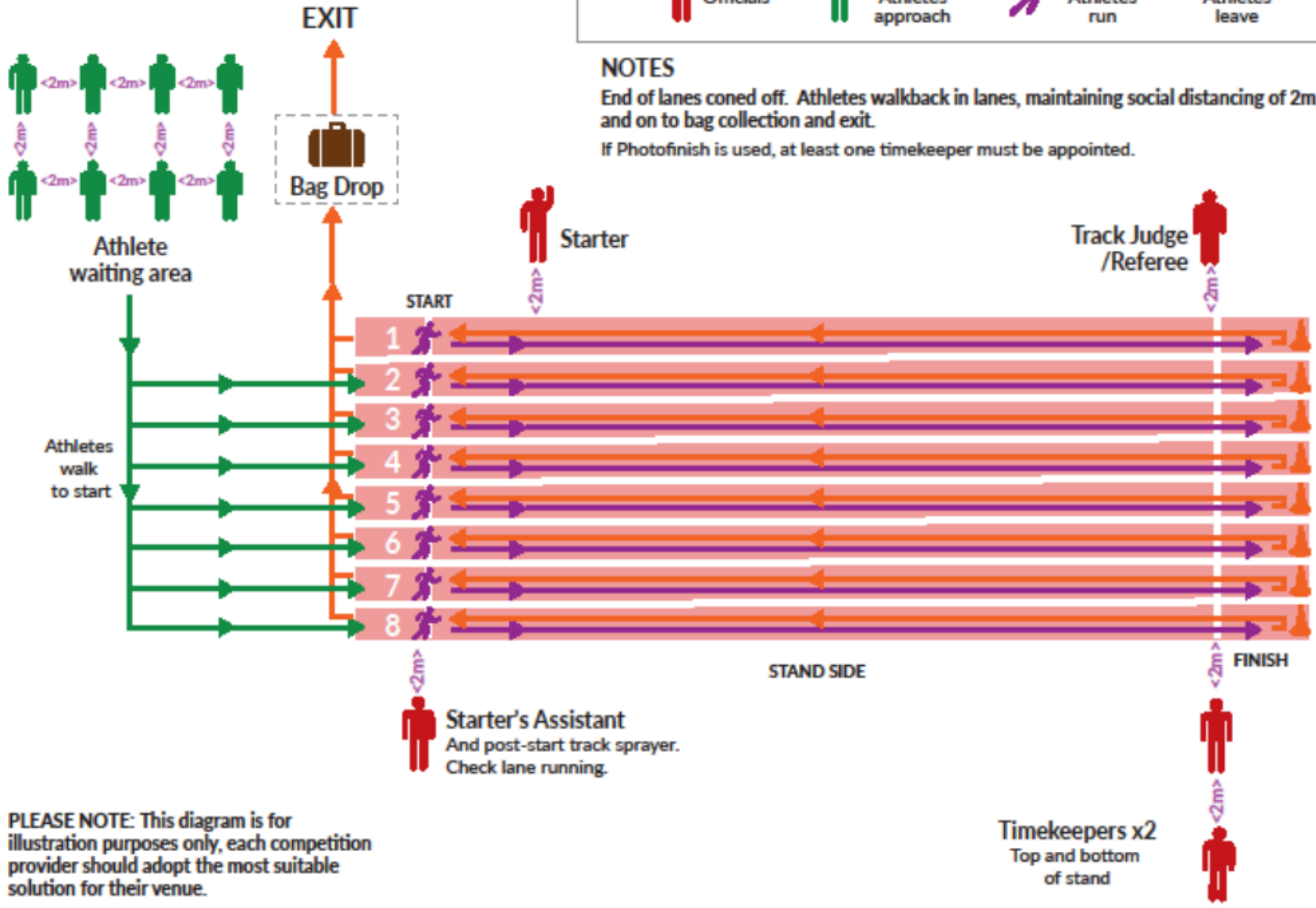
100m Sprint



NOTES

End of lanes coned off. Athletes walkback in lanes, maintaining social distancing of 2m, and on to bag collection and exit.

If Photofinish is used, at least one timekeeper must be appointed.



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Track Block Example

<u>AM Session</u>	<u>(Block 2B1) 1100hrs to 1130hrs</u>		
Events	Category	Time	No. of Pax
100m	Men Open	1100hrs	8 (Heat 1) 8 (Heat 2) 8 (Heat 3) 8 (Heat 4) 8 (Heat 5)
Total number of Coaches			0
Total number of Officials			40
Total number of Medic			2
Total SA Staff			6
Total Pax in HOA			48

Endurance



Starter's Assistant
And post-start track sprayer.



START

Starter's Assistant
And post-start track sprayer.



START



Starter



Starter

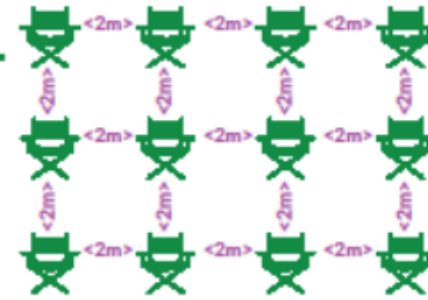
Track Judge /Referee



Starter

FINISH

START



Athlete waiting area

Starter's Assistant
And post-start track sprayer.



Athletes walk to start



Official
to walk
athletes
back to exit



Bag Drop

EXIT

After finishing, athletes walk to bag drop and/or exit.

NOTES

800m to 3000m including steeplechase

Up to 12 athletes can compete.

Social distancing to be maintained outside of competition time i.e. before start and after finish.



Timekeepers

x2

Top and bottom of stand

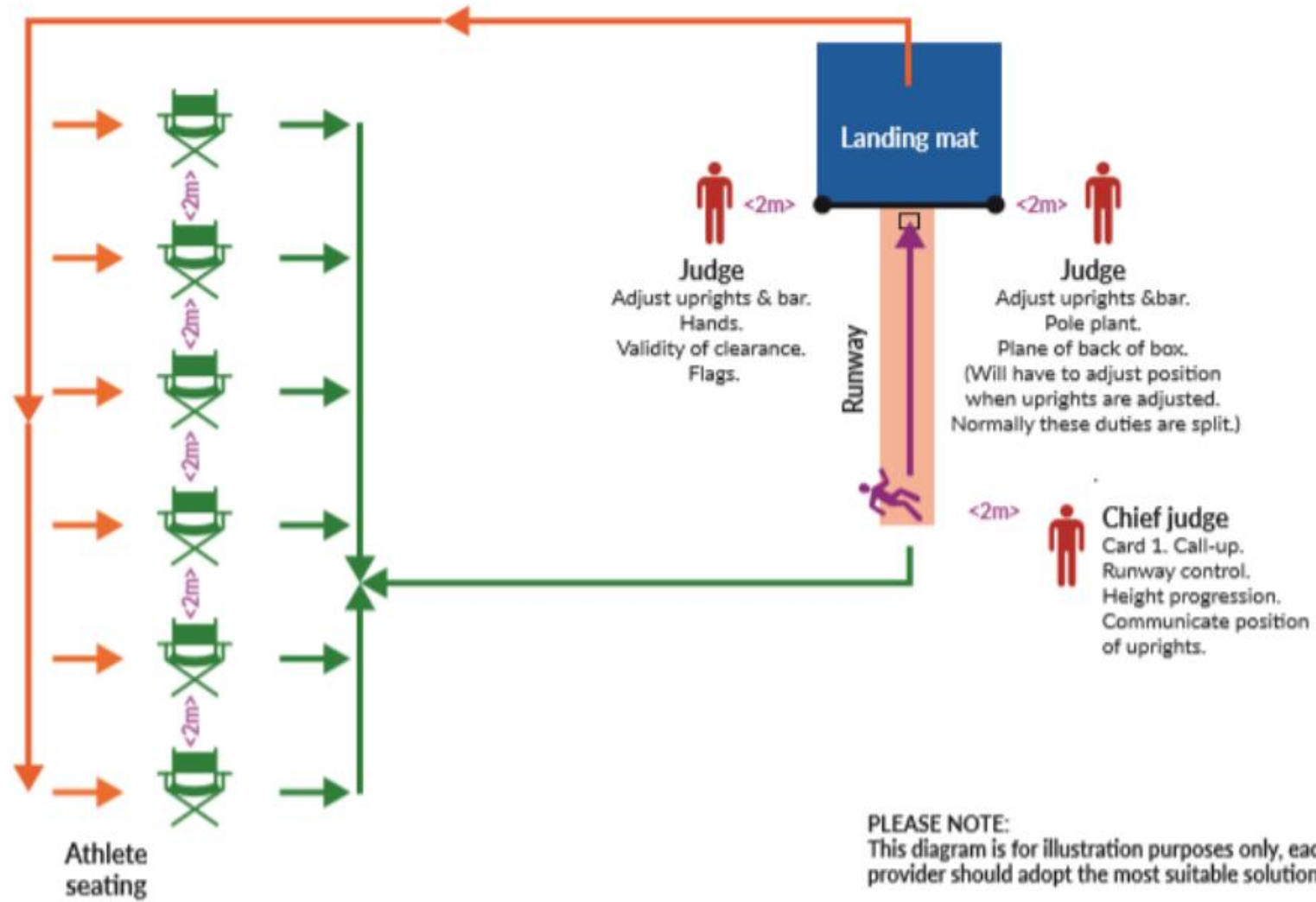


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Track Distance Block Example

<u>PM Session</u>	<u>(Block 5A) 1900hrs to 2000hrs</u>		
Events	Category	Time	No. of Pax
1500m	Women Open	1900hrs	8 (Final 1) 8 (Final 2)
5000m	Men Open	1930hrs	10 (Final 1) 10 (Final 2)
Total number of Coaches			0
Total number of Officials			10
Total number of Medic			2
Total SA Staff			6
Total Pax in HOA			54

Pole Vault



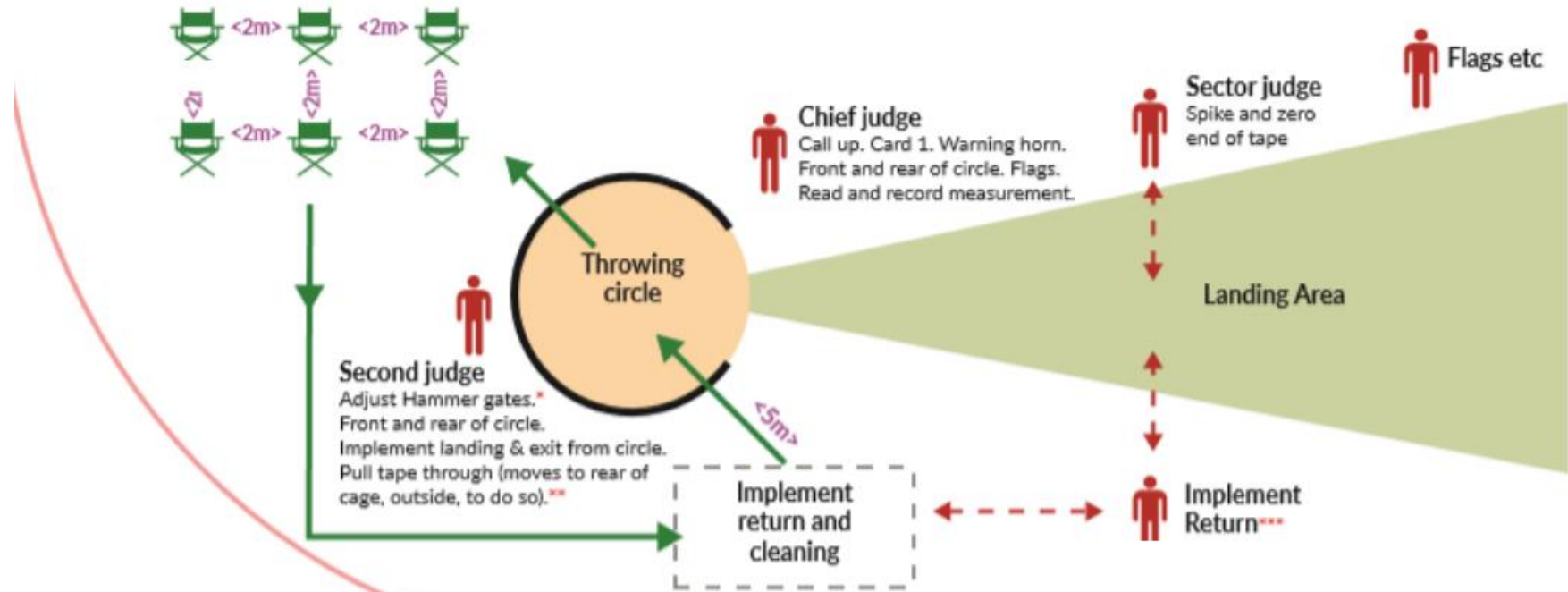
PLEASE NOTE:
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Vertical Jump Block Example

<u>PM Session</u>	<u>(Block 3) 1330hrs to 1530hrs</u>		
Events	Category	Time	No. of Pax
Pole Vault	Women Open	1400hrs	12 (2 groups)
Pole Vault	Men Open	1500hrs	12 (2 groups)
Discus (2g)	Men Open	1400hrs	12 (2 groups)
Total number of Coaches			0
Total number of Officials			12
Total number of Medic			2
Total SA Staff			6
Total Pax in HOA			56

Hammer & Discus

Athlete waiting area



NOTES

Athletes to use the same implement throughout.

Implements to be returned to a point 5m from the circle and picked up by athletes from there.

*Having two officials adjust the Hammer gates, should they not move easily, has the potential for social

disturbance.

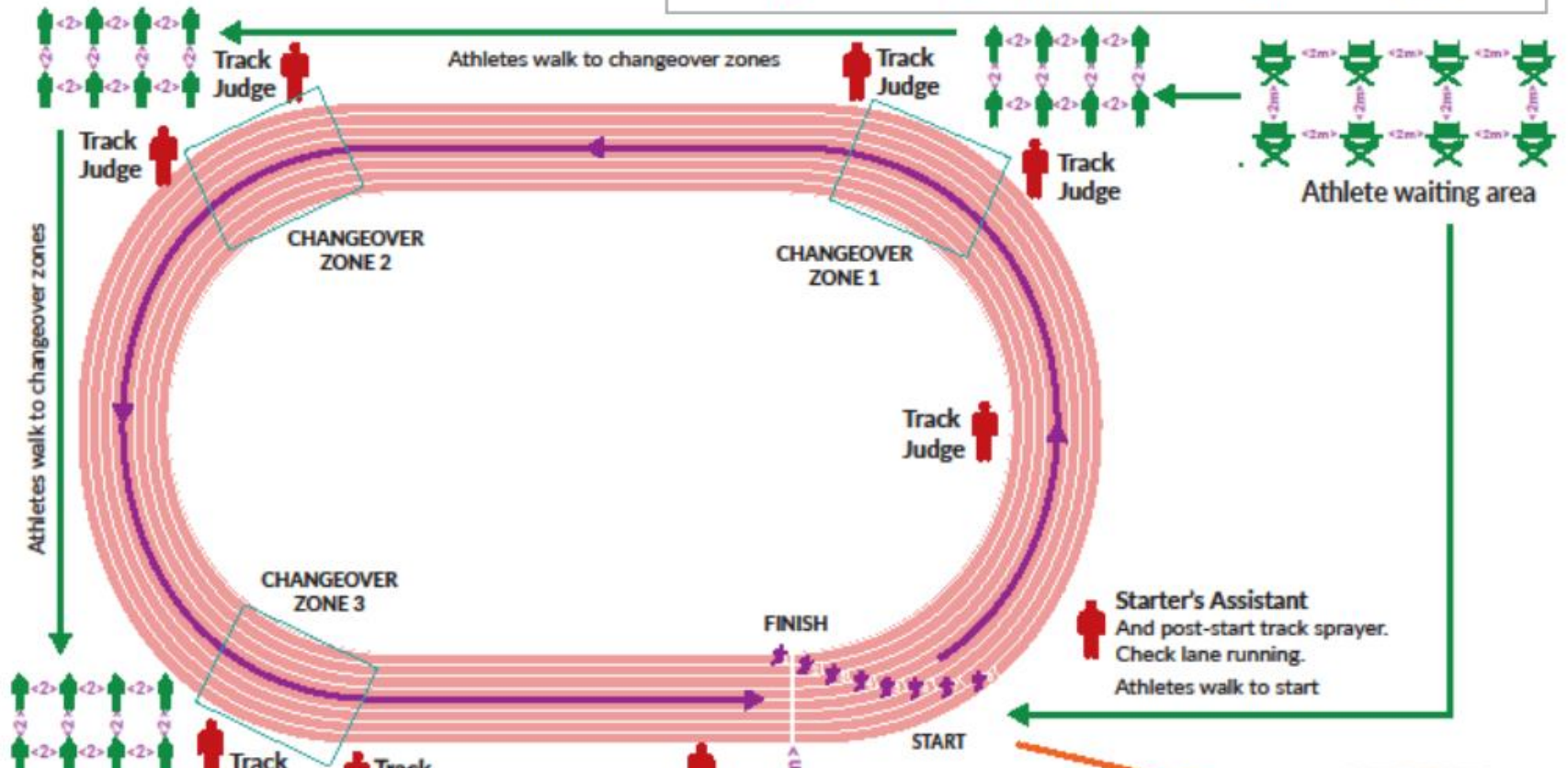
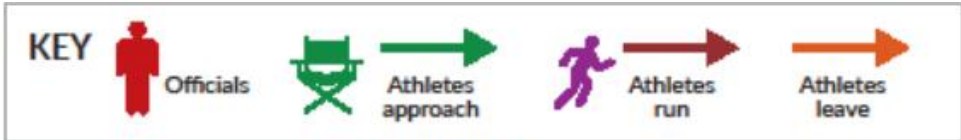
the tape would be threaded underneath the cage at the rear so that the second judge could pull through

the alternative is to operate as is normal, but the Chief Judge would need to remain distanced until the second judge had stepped to the back of the inside of the cage. With throws from a rear circle maintaining 2m would be difficult but with changes this week, a lesser distance might be acceptable.

***Athletes returning their own implements would raise safety issues and slow a competition significantly.

PLEASE NOTE:
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4x100m Relay

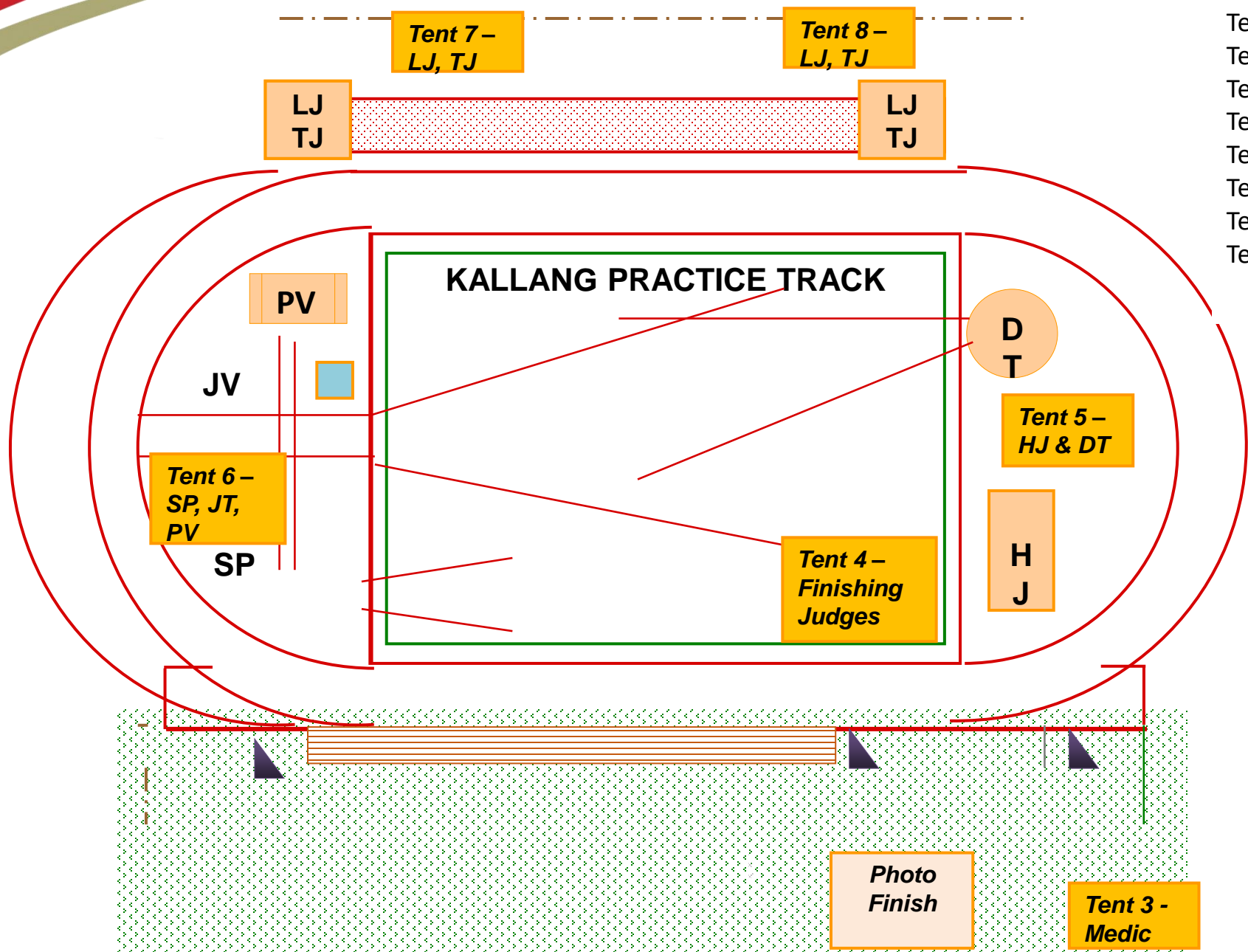


NOTES

- Up to 8 teams of 4 athletes each may take part
- Athletes run in lanes 1-8, staying in lane throughout
- Changeovers are around the 300m, 200m and 100m starts
- Athletes must be given clear directions to get to changeover areas
- There must be space for athletes to socially distance prior to changeover
- Athletes must sanitise their hands prior to and post-race
- One baton per team, to be sanitised prior to and post-race
- After finishing athletes continue to bag collection and exit.

PLEASE NOTE:
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- Tent 1 – Registration/ Call room 1
- Tent 2 – Call Room 2
- Tent 3 – Medic
- Tent 4 – Finishing Judges
- Tent 5 – HJ & DT
- Tent 6 – SP, JT, PV
- Tent 7 – LJ, TJ
- Tent 8 – LJ, TJ

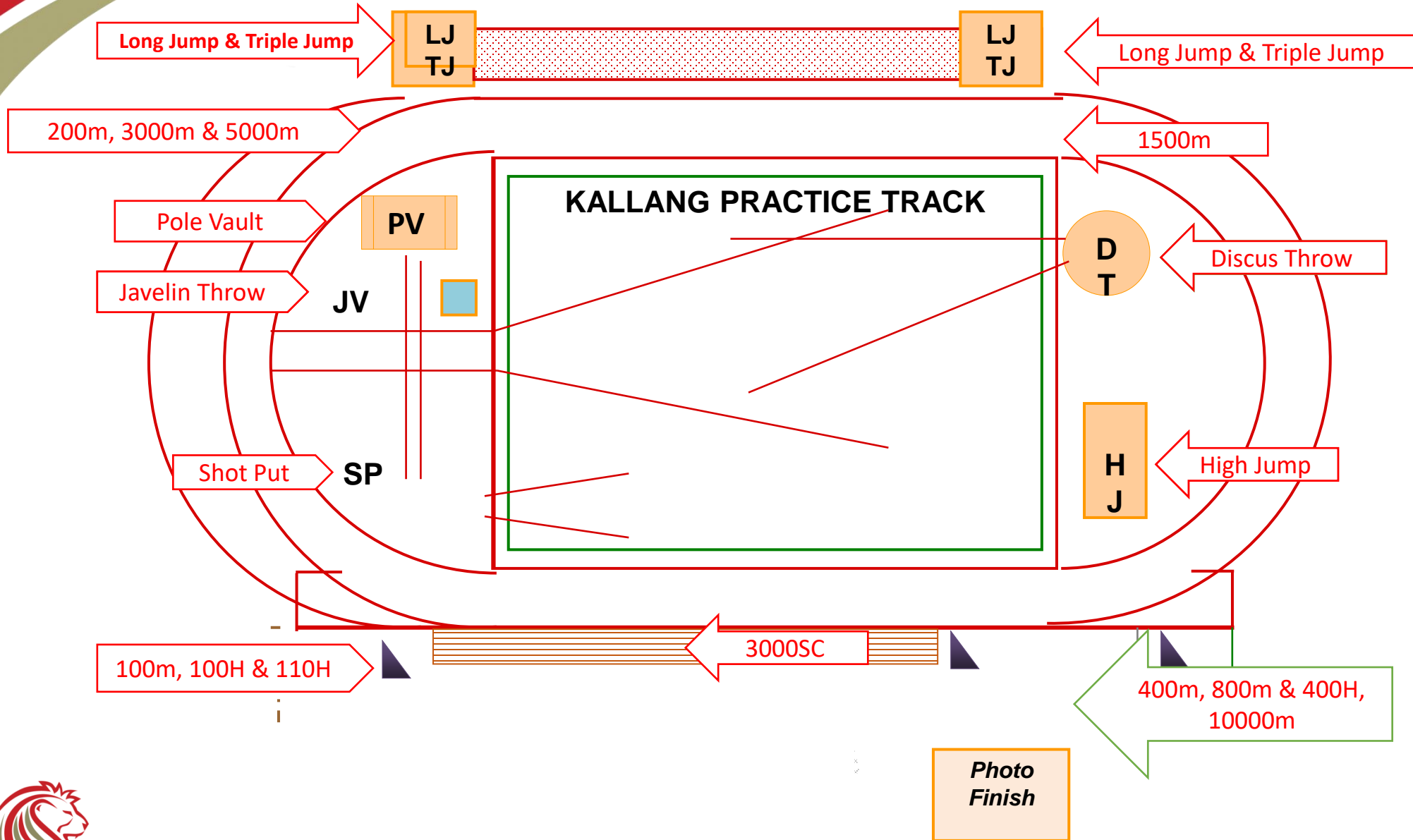
**Tent 1 –
Registration/ Call
room 1 (outside
stadium)**

**Tent 2 –
Call Room 2**

**Tent 3 -
Medic**



Start line and FOP



Planning Considerations for Selection of Participants & Events

1. Follow SOPs for Safe Return to Sports Plan

2. Competition dates:

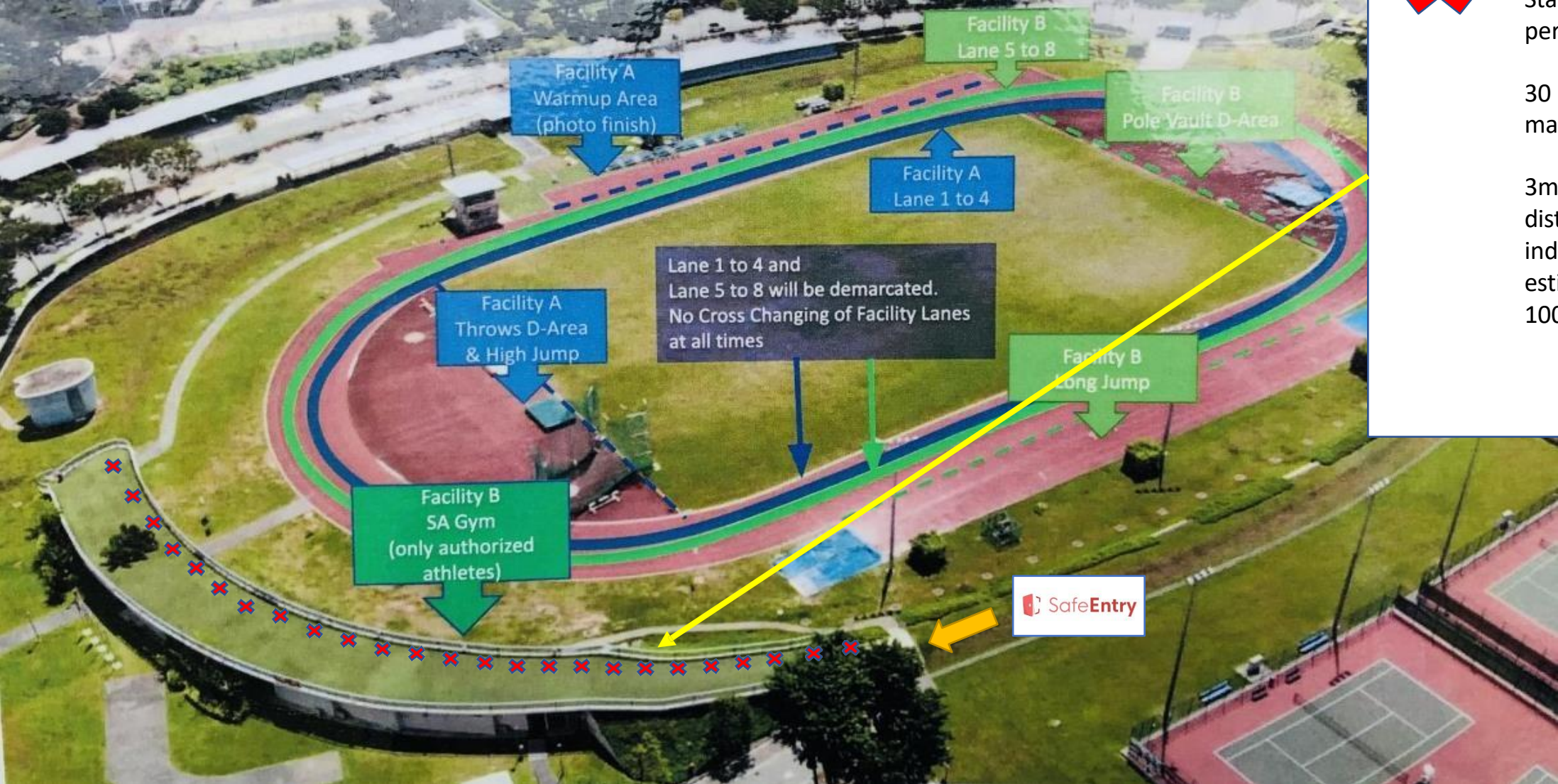
24 & 25 Apr 2021, 0800-2000hrs

3. Competition Venue: Home of Athletics Rooftop Lawn

Controlled access to Competition Venue & Restrictions

4. In order to control and minimise the number of people congregating at HOA Rooftop, limiting the number of participants at the venue to maximum of 30 pax per time.
5. The particulars of all Coaches & Teacher in charge will be documented for the purpose of contact tracing.
6. Maximum limit of 30 pax at HOA Rooftop Lawn at any 1 time
7. 1x Safe Management Officers (SMO)
 - a. Assist SA to ensure the Safe Return to Sport Plan is adhered
 - b. Priority given to current event Coach and Teacher In Charge allow access to enter if there's slot available
 - c. Coach and Teacher In Charge to exit the Rooftop Lawn once their athlete had finished the event, to allow other Coach and Teacher In Charge to enter and view their athlete
8. 1x Event Crew at Lawn Entrance
 - a. Assist with temperature screening
 - b. Assist to count in/out pax
9. Coach and Teacher In Charge to stand at Designated Area to view their respective event
10. No spectator or parent will be allowed at the Rooftop Lawn, unless there's slot available. They will need to exit the Rooftop Lawn once their athlete had finished the event, to allow other Coach and Teacher In Charge to enter and view their athlete

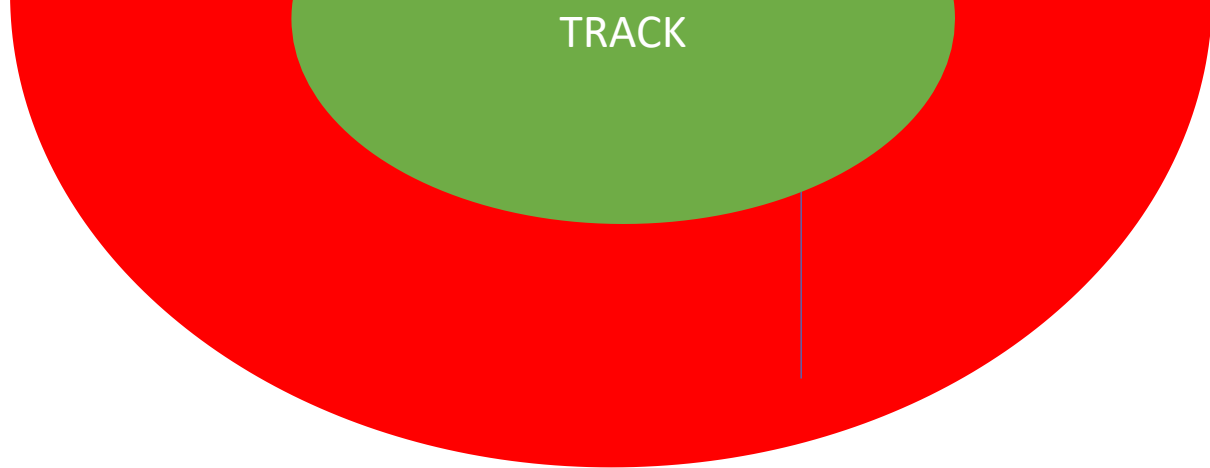
Rooftop Lawn Plan




X "X" denotes Standing position per individual

30 "X" marked by masking tape

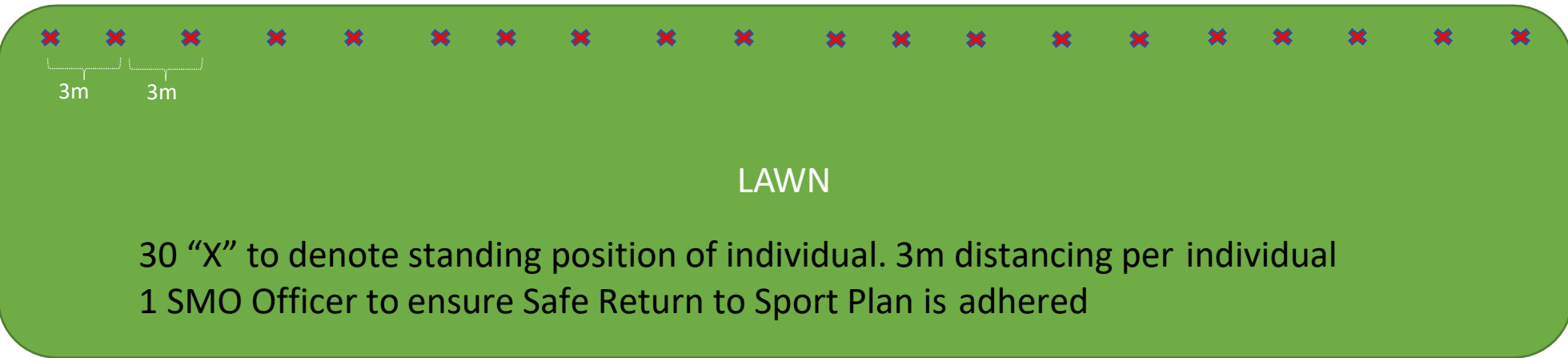
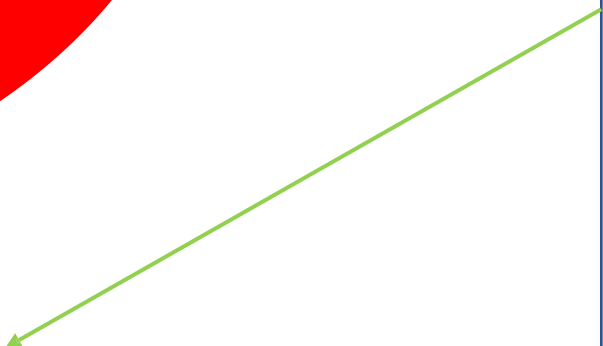
3m safe distancing per individual (lawn estimated to be 100m in length)



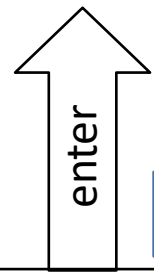
Rooftop Lawn Plan

 Standing position per individual

3m safe distancing per individual (lawn estimated to be 100m in length)



Rooftop Gate



Teacher In Charge & Coaches (Limited entry to 30 at any one time on Rooftop Lawn)

- Step 1 – Counter 5 to register (contact tracing)
- Step 2 – Counter 5 for temperature screening

Counter 5
Temperature Screening
Teacher In Charge & Coaches Registration
(1 crew to monitor in/out pax and Temperature screening)