



**2021 All-Comers Meet 5**  
**27 & 28 November 2021**

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

- a. The Safe Management Measures are in accordance to the latest advisory from the Multi-Ministry Taskforce, the Ministry of Health and the sector administrator Sport Singapore.
- b. The 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.
- c. 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. **All athletes and personnel to be fully vaccinated to be able to enter the venue.** Definition of fully vaccinated can be found here: [https://www.sportsingapore.gov.sg/-/media/SSC/Corporate/Files/News-and-Updates/Media-Releases/2021/August/18/Updated-18-Aug---FAQs-on-SMM-for-Sport\\_PE\\_PA-from-10-Aug-21.pdf](https://www.sportsingapore.gov.sg/-/media/SSC/Corporate/Files/News-and-Updates/Media-Releases/2021/August/18/Updated-18-Aug---FAQs-on-SMM-for-Sport_PE_PA-from-10-Aug-21.pdf)
- iii. Arrive as close as possible to your warm-up start time
- iv. To wear mask at all times except during warm-ups, competition and cool-down
- v. Do self-monitor yourself for at least 14 days prior to visiting venue for any symptoms
- vi. Furnish SA a letter from your doctor if you had COVID-19 and is now cleared to resume physical activity
- vii. Bring your own hand sanitizer and/or sanitizing wipes
- viii. Practice proper hygiene such as wash/sanitize your hands regularly (At least 20sec)
- ix. Avoid touching your eyes, face and mouth with your hands
- x. When coughing or sneezing, cover your mouth/nose with your tissue/towel
- xi. Practice social distancing of 3m at all times
- xii. Bring your own drink bottles and towels, do not share with others
- xiii. Bring your own water and food. Do not share with others
- xiv. Bring your own equipment if possible, as sharing of equipment's increase the risk of exposure to COVID-19
- xv. Be prepared for competition prior to arrival at venue (Arrive dressed and ready to compete). No idling
- xvi. Any tasks that can be done at home, should be done at home (e.g. Recovery sessions, after competition debrief)
- xvii. Entry into venue is strictly by Trace Together App or Token only
- xviii. **No friends or family members allowed, including in the areas outside the stadium**
- xix. **Warm ups to be done alone and 2m apart.**

## Event Details

1. Follow SOPs for Safe Return to Sports Plan

2. Competition dates:

27 & 28 November, 0800-2000hrs

3. Competition Venue: Home of Athletics

## Controlled access to Competition Venue & Restrictions

5. A maximum of 200 athletes, 50 officials and 5 staff for the event. There will also be 2 paramedics.
  - 5 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 compete with a maximum of 5 athletes per heat
  - 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

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

## Controlled access to Competition Venue & Restrictions

11. Maximum of 35 officials & Event Crew at any one time
  - a. Photo Finish x 02
  - b. Starter x 02
  - c. Chief Judge x 03
  - d. Referee x 18
  - e. Judge x 06
  - f. Gate/ Call Room x 5

## Precautions & Controls during Competition

12. - No Coaches allowed access to lawn area

13. Modified Competition format

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

- a. Only 5 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 as 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 5 athletes for longer distance to run in 1 Heat
- b. They will be placed in Lanes or at the curved start line
- c. Upon completion of the race, athletes will be advised to leave the stadium at soon as possible

### Field Events

- a. Only 5 athletes to participant per event each heat
- b. Participants are to put on their mask in between throws/jumps
- c. Participants to maintain safe physical distance of 3m in between throw/jump
- d. Only maximum of 8 Technical Officials will be deployed for each field event
- e. Technical Officials to maintain 3m safe physical distance throughout competition
- f. Technical Officials to put on mask at all times
- g. 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)

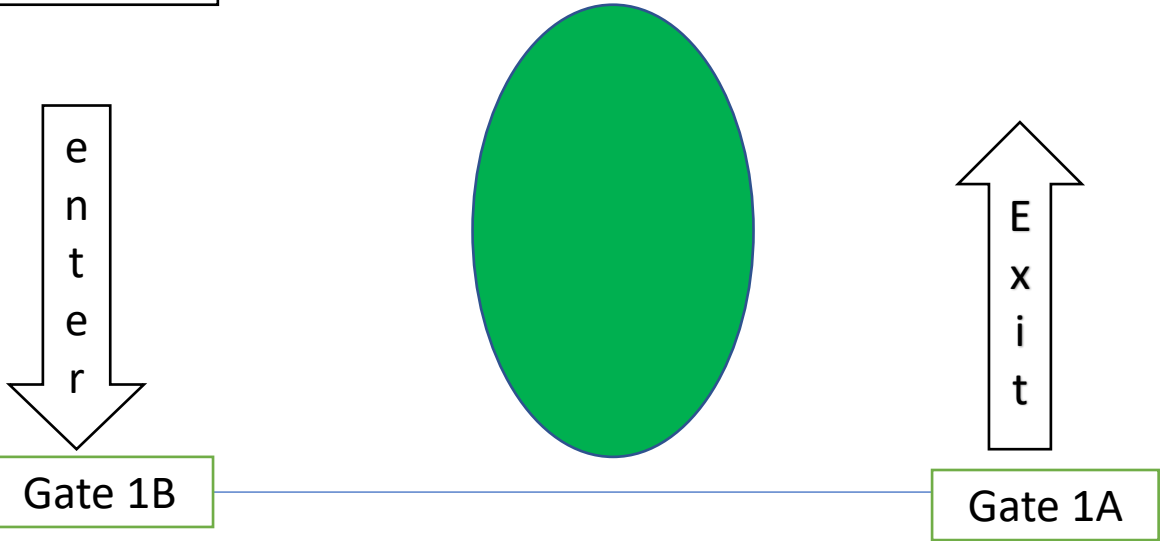
## Athlete

- Step 1 – To counter 1/ Call Room (collect bibs and Hip tag)
- Step 2 - Safeentry check in. 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**  
Safe Distance Officer deployed  
Workforce and Technical Officials  
(Safe Entry Check In)

**Workforce (TOs and Event Crew)**

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





**Counter 1**  
Registration (Bibs collection)/ Call Room 1



Gate 1B

IN

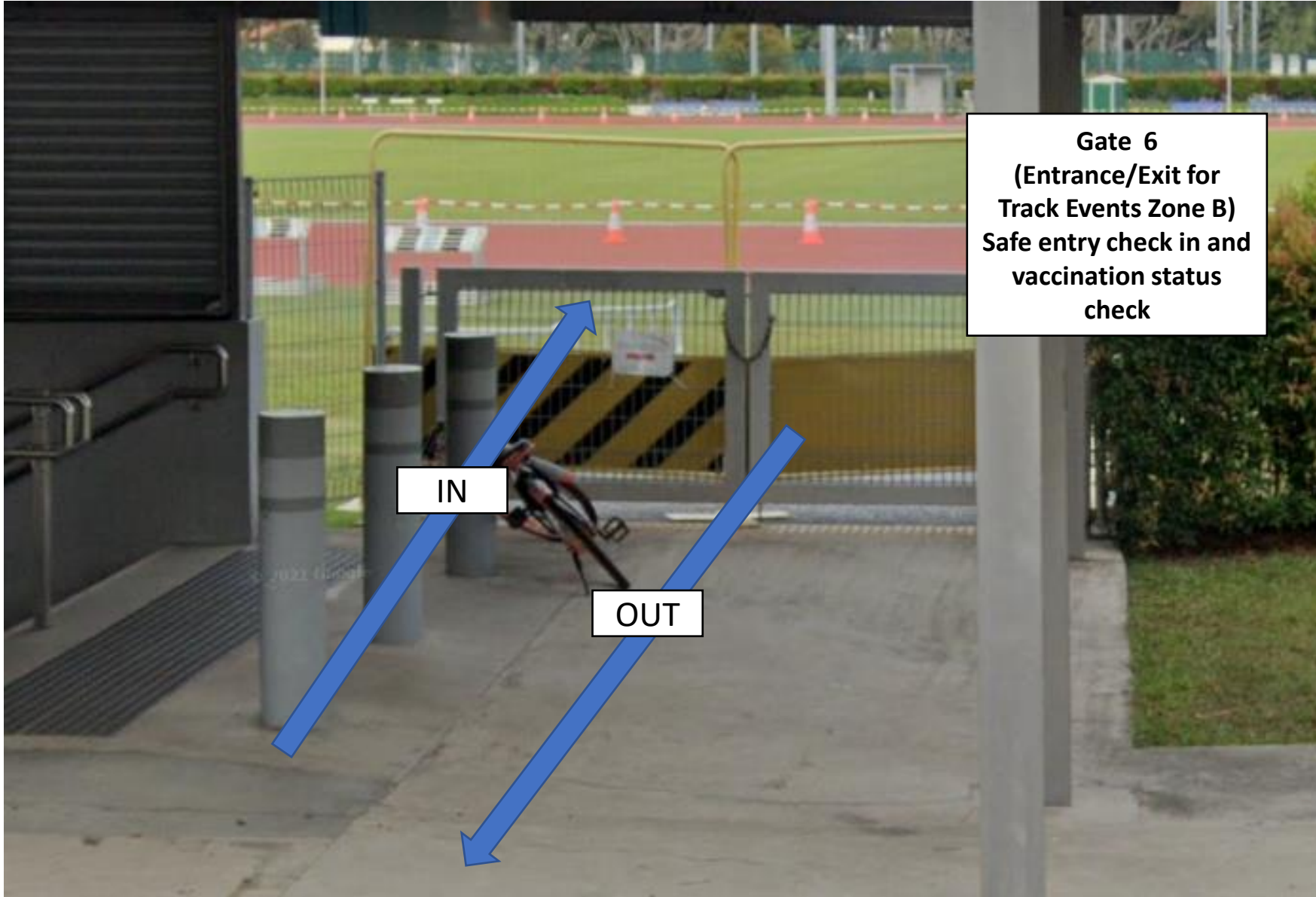
Please Q within the 1m zone while waiting for entry

1m



**Gate 1B (Enter)**  
Field athletes entrance  
Safe entry check in and  
vaccination status check

**Gate 1B (Exit)**  
Field athletes Exit



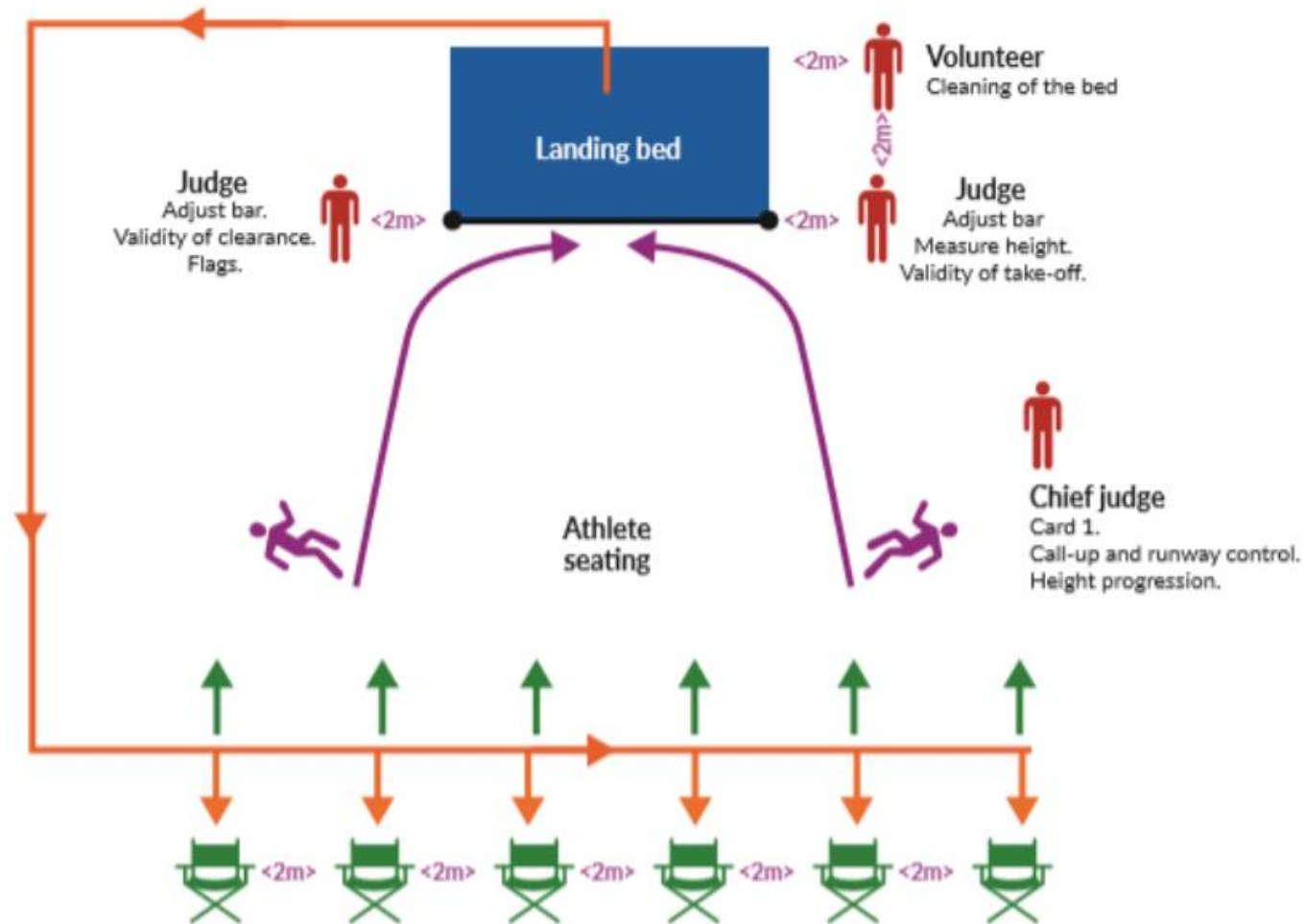
**Gate 6**  
**(Entrance/Exit for**  
**Track Events Zone B)**  
**Safe entry check in and**  
**vaccination status**  
**check**

**IN**

**OUT**

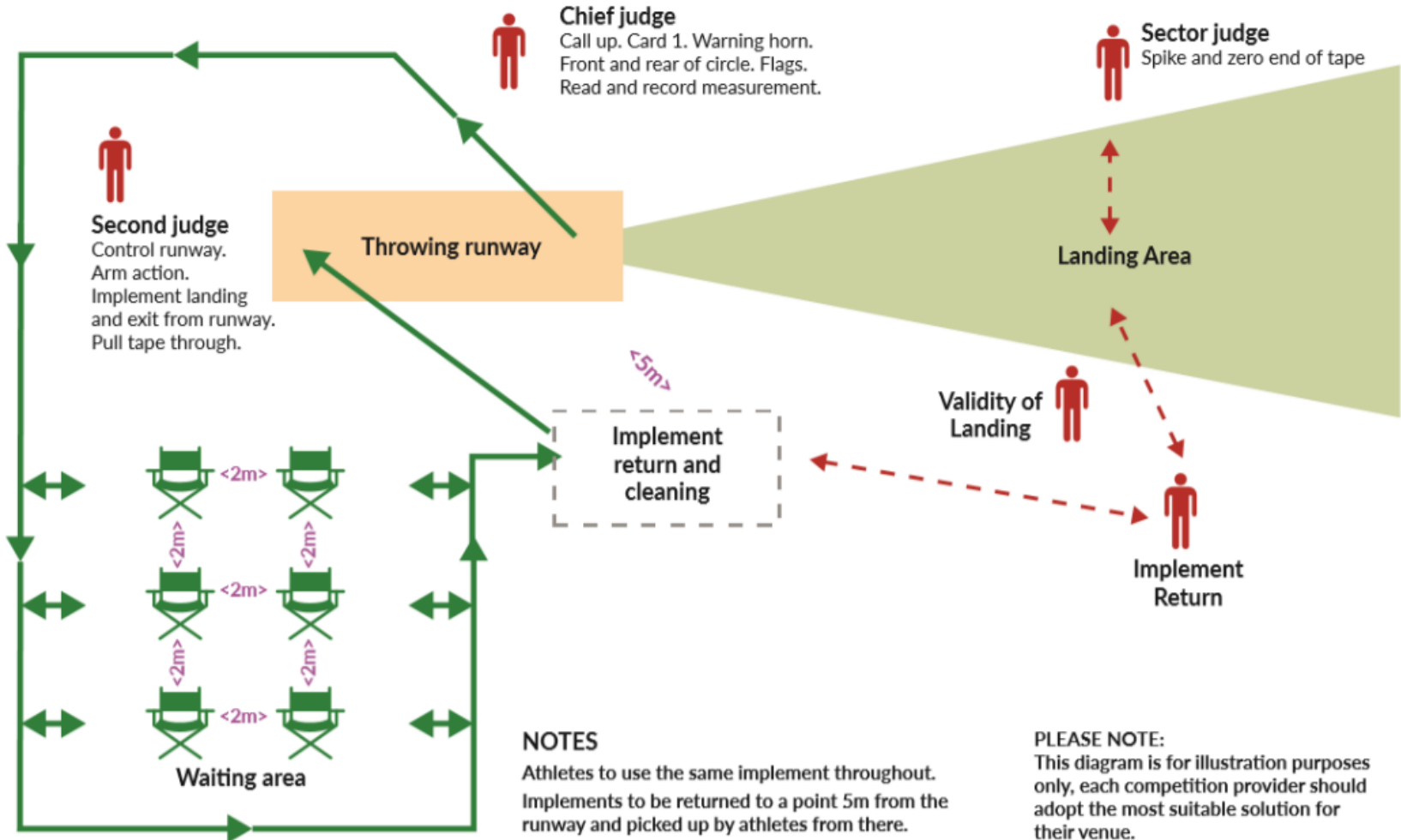


# High Jump



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

# 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.

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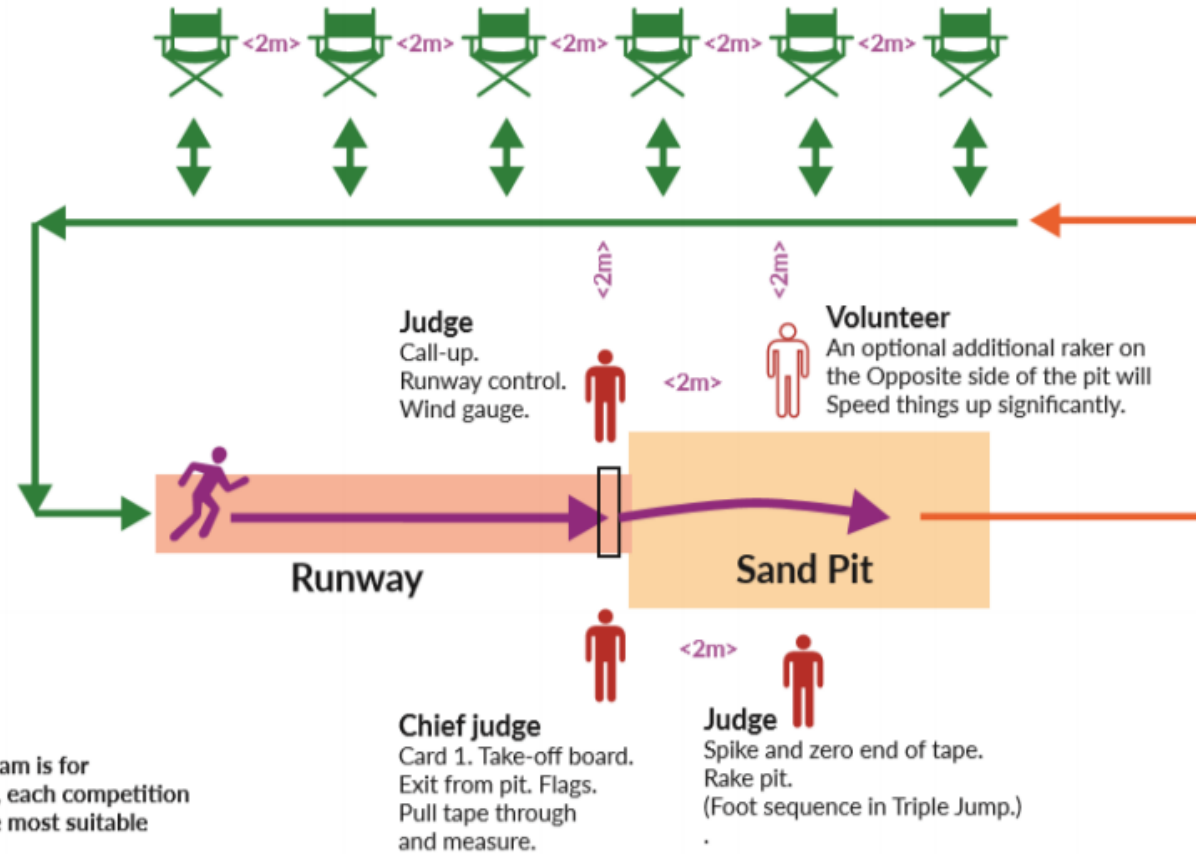




# Long & Triple Jump

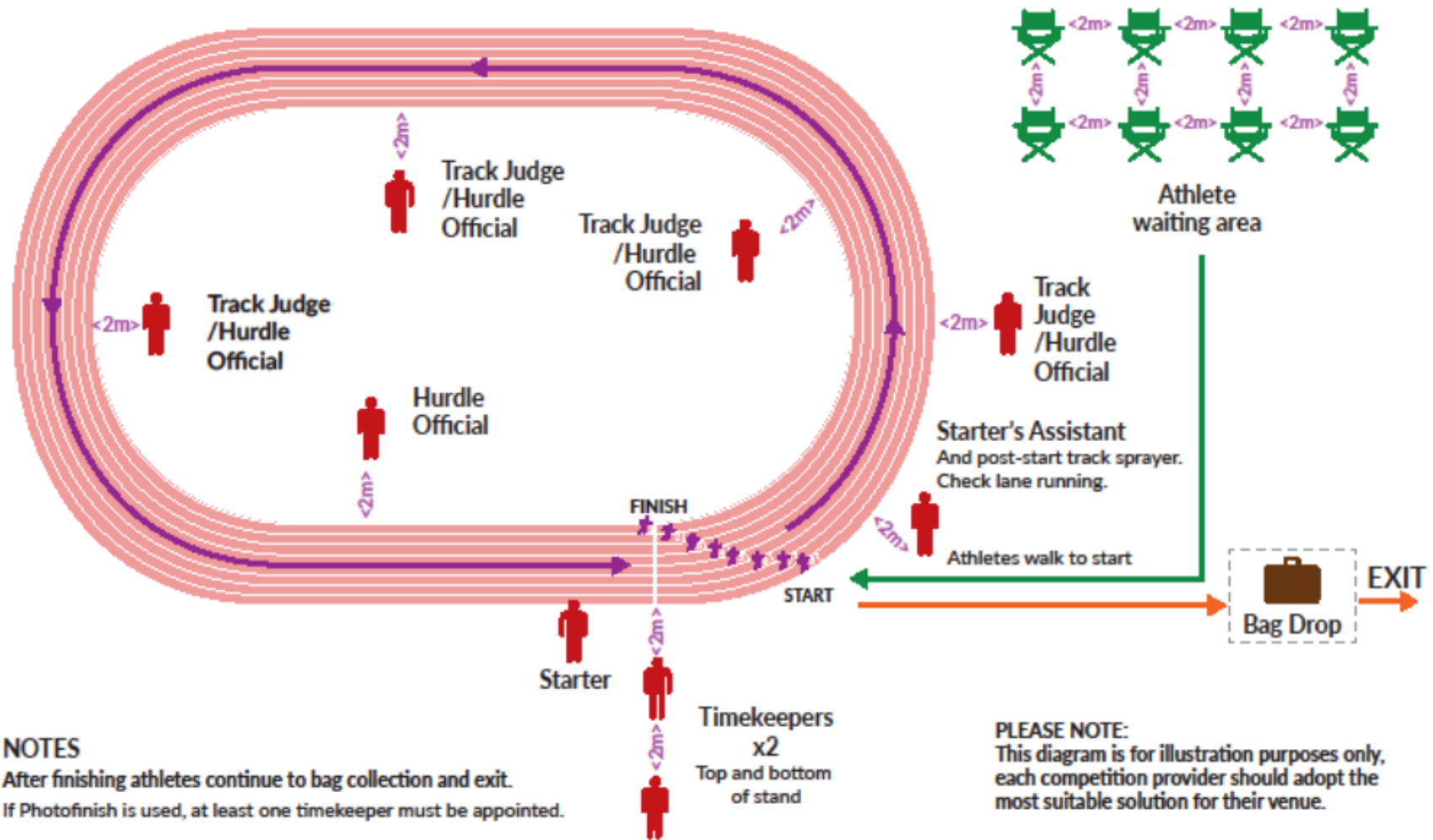


## Athlete seating



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# 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.

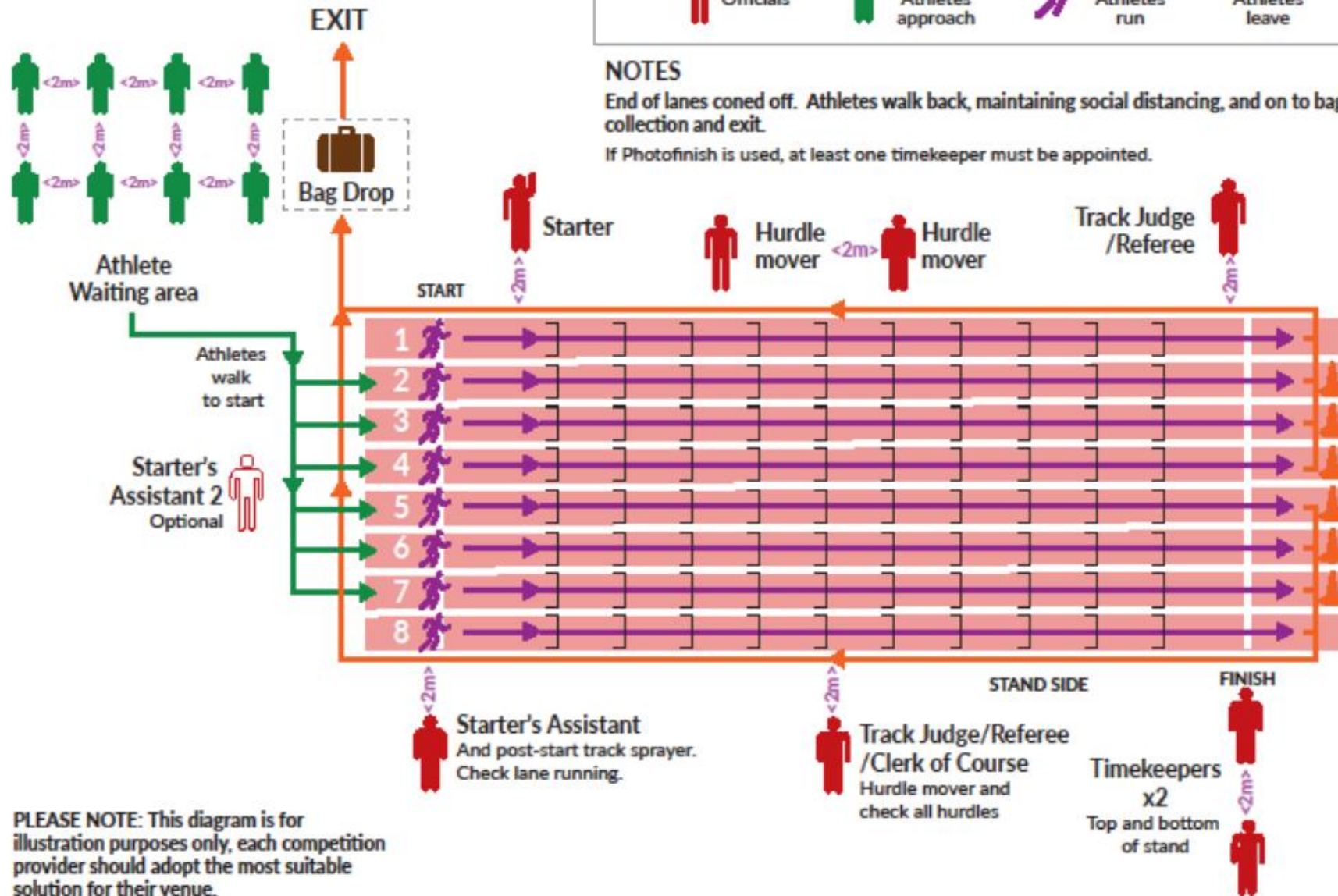
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# Sprint Hurdles



**NOTES**  
 End of lanes coned off. Athletes walk back, maintaining social distancing, and on to bag collection and exit.  
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# 100m Sprint

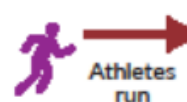
KEY



Officials



Athletes approach



Athletes run

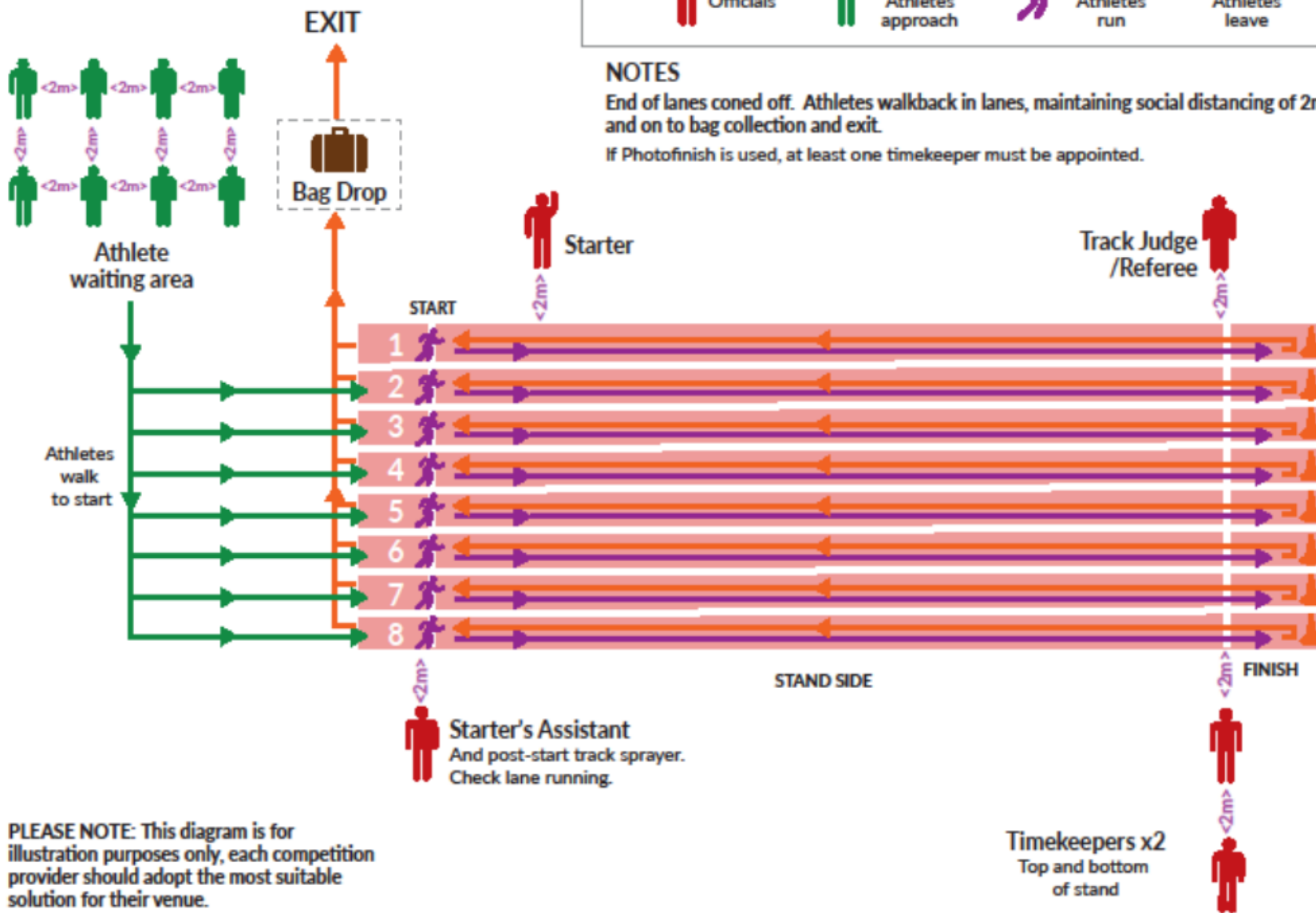


Athletes leave

## 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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# Endurance



**Starter's Assistant**  
And post-start track sprayer.



START

**Starter's Assistant**  
And post-start track sprayer.



START



Starter



Starter

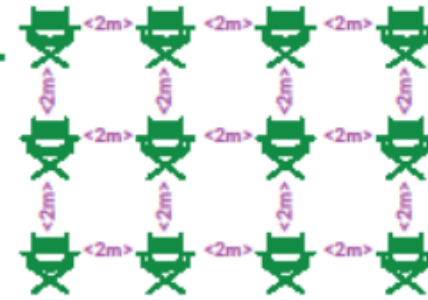
**Track Judge /Referee**



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.



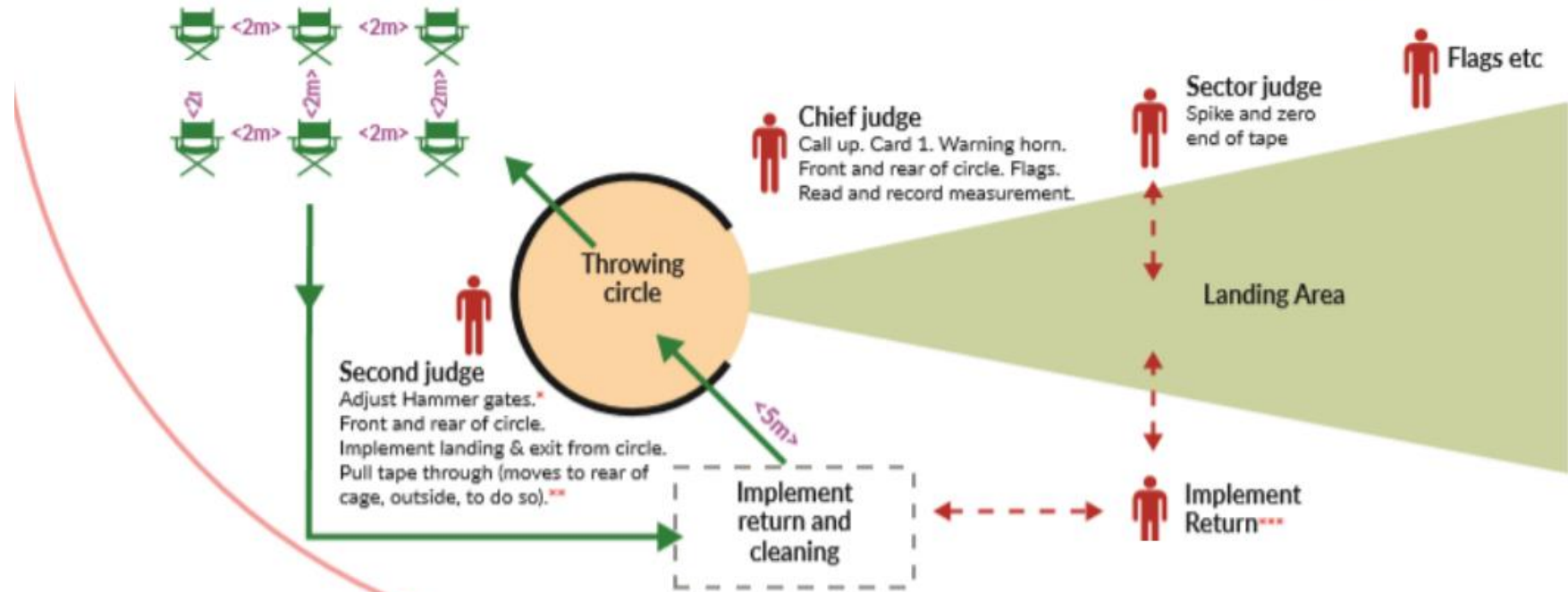
**Timekeepers**  
x2  
Top and bottom  
of stand



**PLEASE NOTE:**  
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# 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.

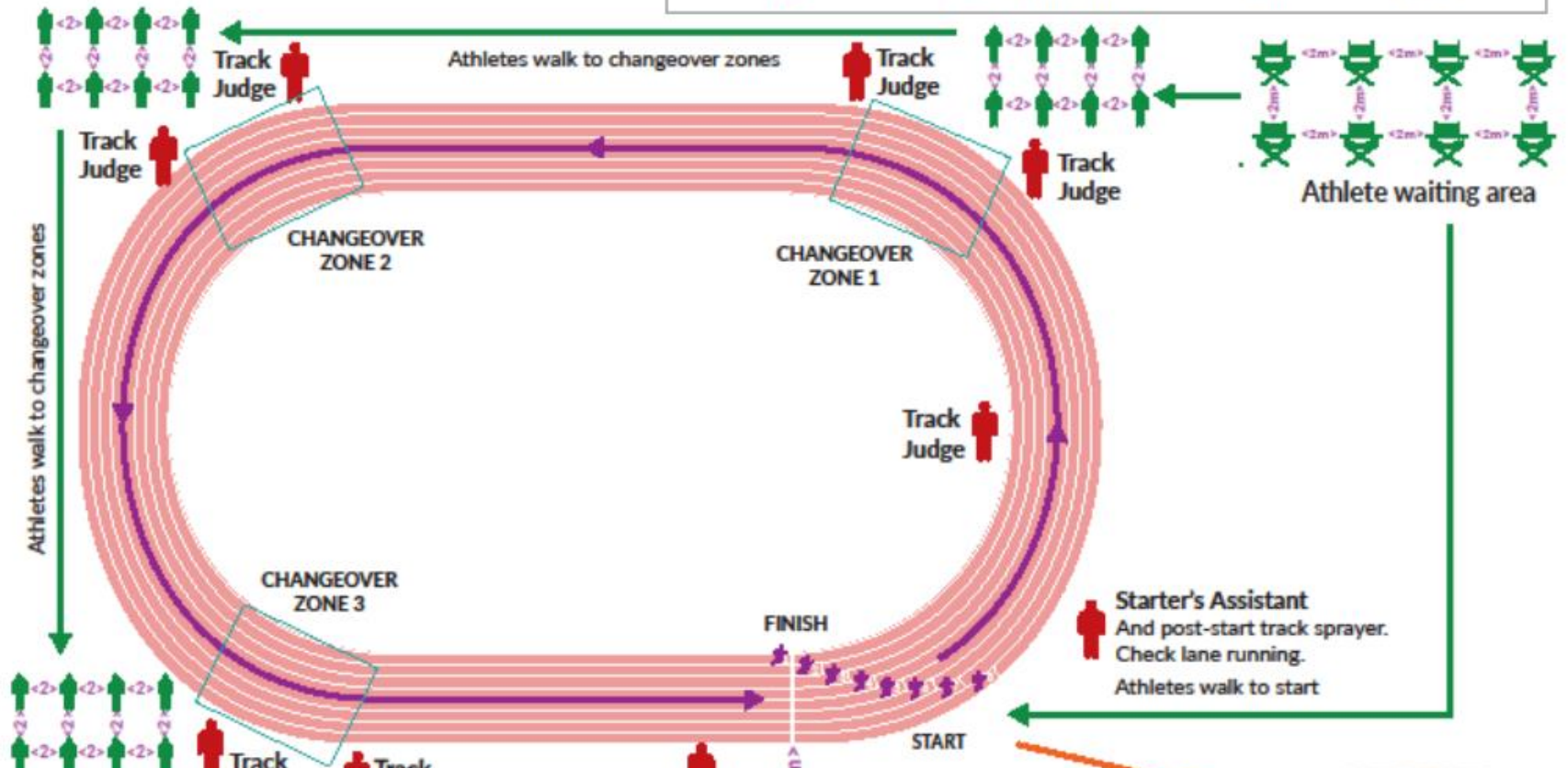
tape would be threaded underneath the cage at the rear so that the second judge could pull through  
 for damage because in Hammer gate wheels would roll over the tape.

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.

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 solution for their  
 venue.

# 4x100m Relay



**NOTES**

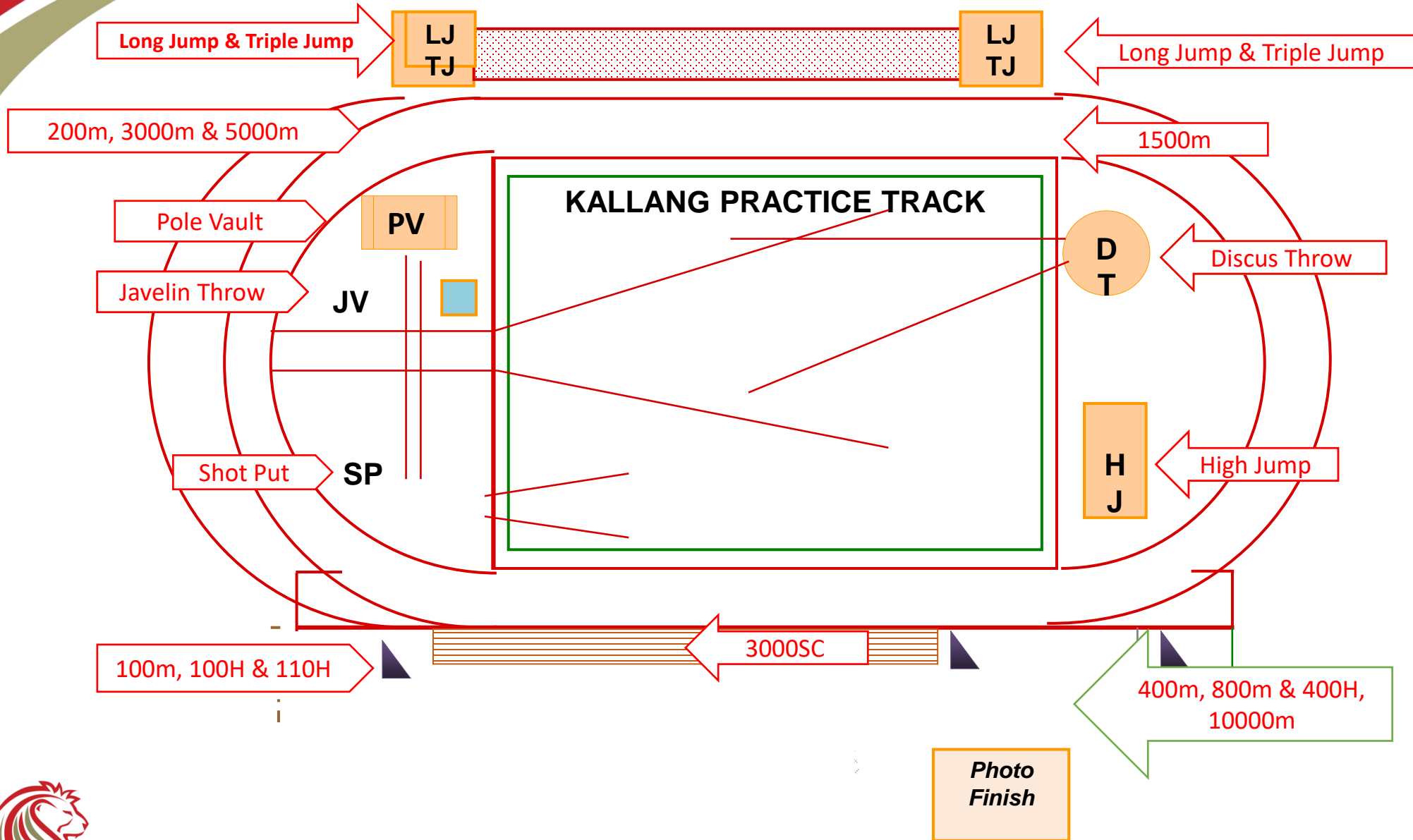
- Up to 8 teams of 4 athletes each may take part
- Athletes run in lanes 1-8, staying in lane throughout
- Changeovers are around the 300m, 200m and 100m starts
- Athletes must be given clear directions to get to changeover areas
- There must be space for athletes to socially distance prior to changeover
- 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.

Timekeepers x2  
Top & bottom of stand (if Photofinish is used, at least one timekeeper must be appointed).

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Start line and FOP

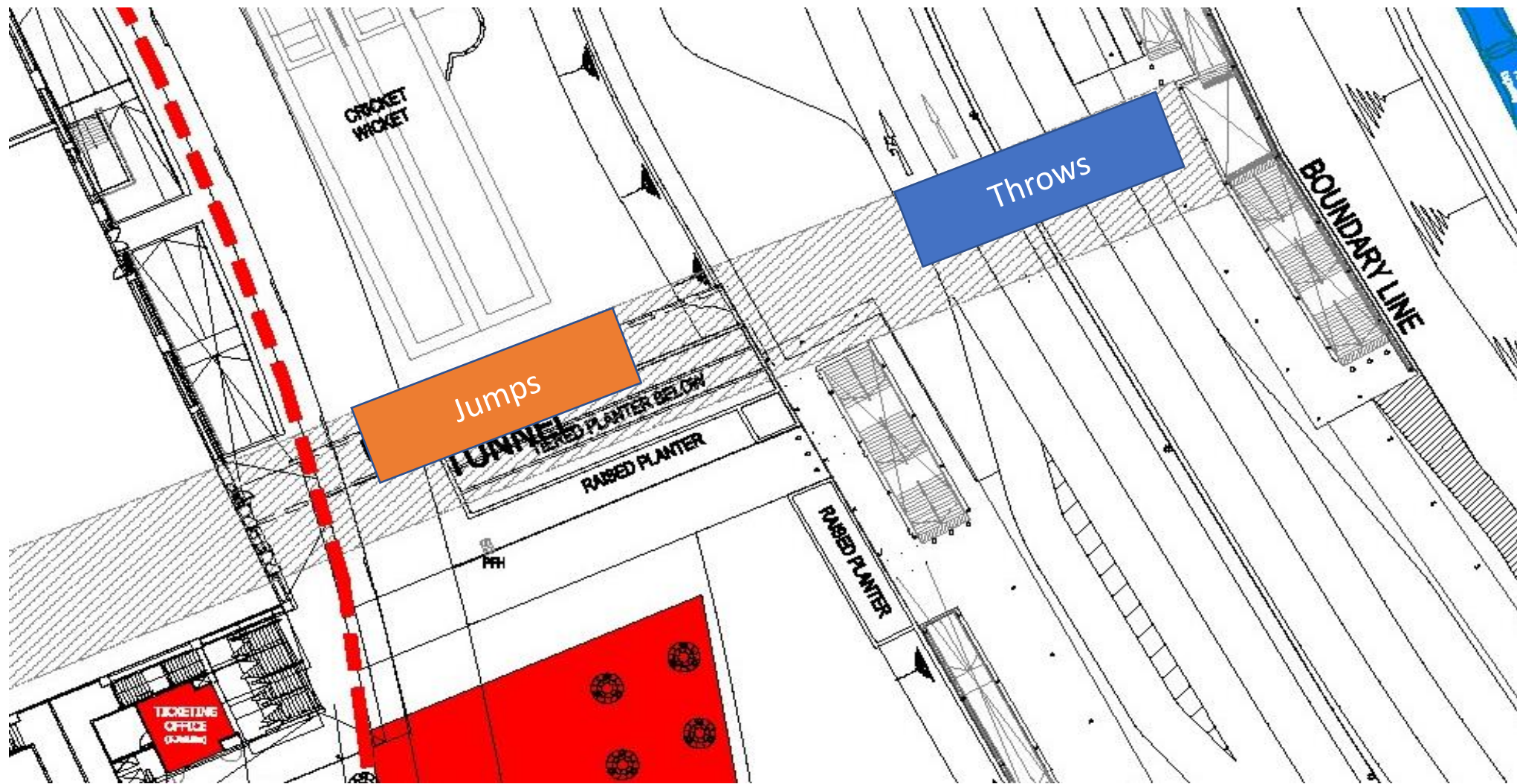




## Holding Area Venue & Restrictions

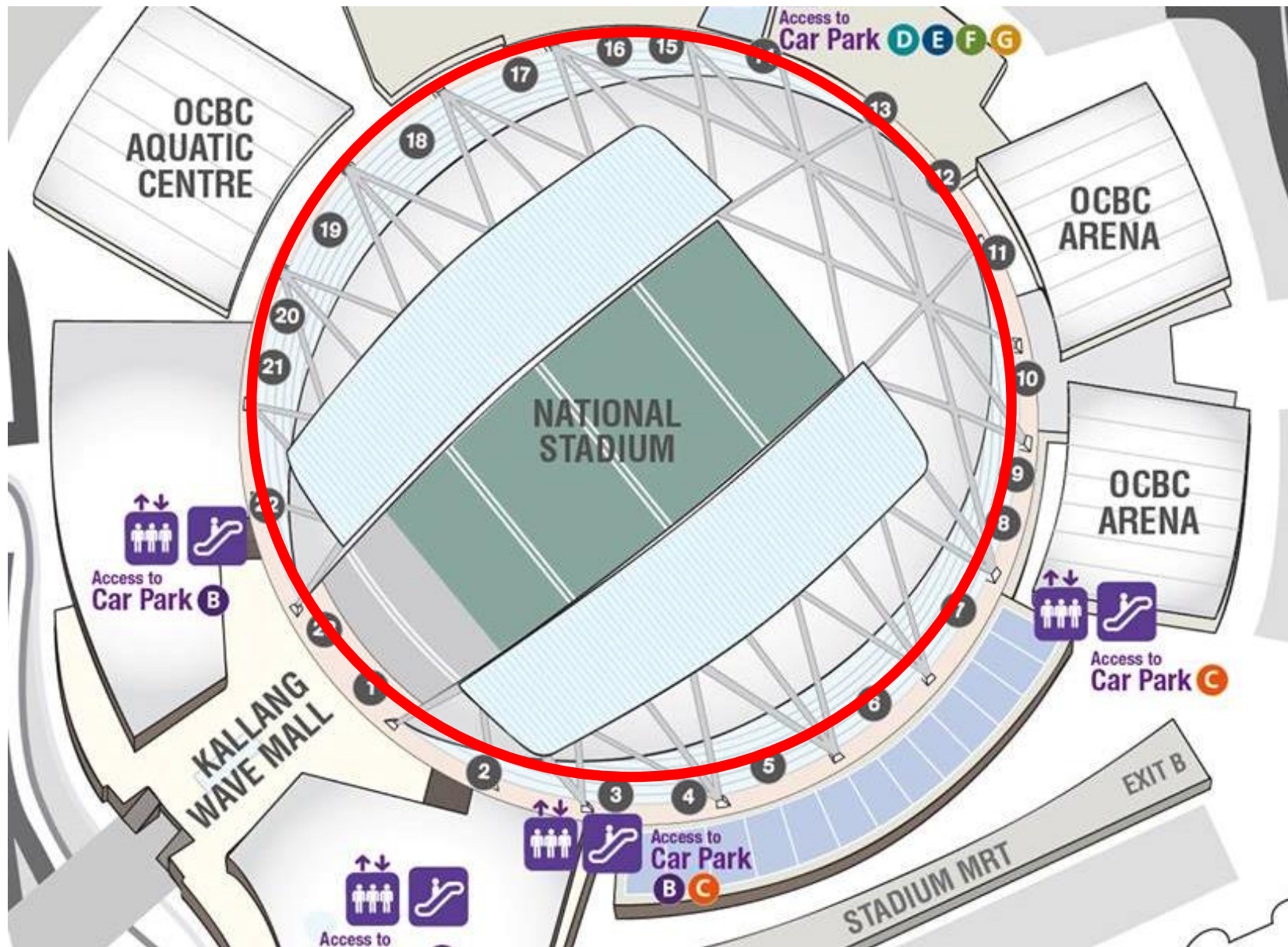
1. Sheltered walkway area towards HOA is out-of-bounds. Do get ready at the designated holding area.
2. To wear mask at all times except during warm-ups. Athletes to bring mask to entry during competition
3. Athletes and coaches will need to remain 2 pax a group and 3m apart from next group in their respective holding area. Friends and family will not be able to wait outside HOA.
4. Athletes are to use 100 Plus Promenade for their warm up
5. All hurdles athletes can enter the stadium and use the hurdles for warm up 30 mins before the first hurdle event should schedule and pax limit allows, , warm up routine in pairs
6. All sprints athletes can enter the stadium and use the starting blocks for warm up 30 mins before the first sprint event of the session, warm up routine in pairs
7. Throws and Jumps athletes can warm up in their event area when they enter the stadium

# Holding Area Tunnel - Jumps and Throws



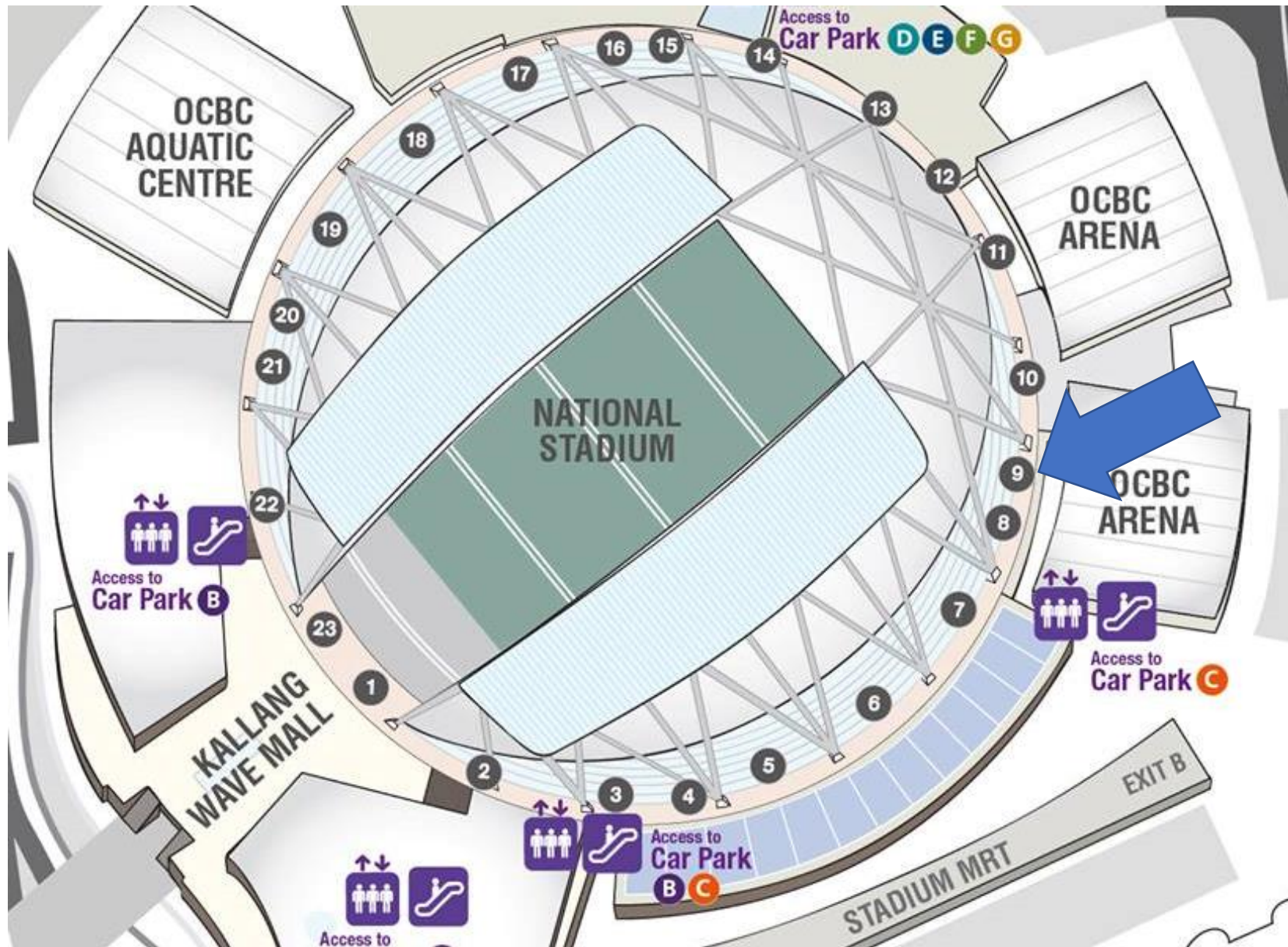


## 100 Plus Promenade - Warm Up Area





## Holding Area Gate 9 - Middle and Long Distance (800m and above)





## Holding Area Gate 11 - Sprints and Hurdles (400m and below)

