

POCARI SWEAT
Run 2021
8 & 9 January
2022



POCARI SWEAT Run 2021 is a Free-To-Run movement promoting the importance of mental and physical health maintenance, brought to you by POCARI SWEAT, Otsuka Pharmaceutical (Singapore) and Singapore Athletics.

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Event Details

- **Competition dates:**
 - 8 & 9 January 2022, 0700hrs - 2100hrs
- **Competition Venue:**
 - Home of Athletics
- **Maximum of 250 participants per day**
 - split into 3 shifts – Morning, Afternoon & Evening
- **Fully Vaccinated participants**
- **Spectator Zone is not allowed under the current SMM Guidelines**

Safe Management Measures

The following SMM was created in accordance to the existing advisory from SportsSG issued on 21 November (updated on 17 Dec 2021) which will be adopted and implemented at POCARI SWEAT Run 2021, in accordance with the requirements as advised by The Ministry of Health (MOH) and SportSG.

1. **Athletes, Officials & Staff in the stadium will be required to be fully vaccinated.**
2. **All officials and staff are to undergo a mandatory self-administered ART test and to declare and submit the results to SAA at the start of each day**
3. Athletes, coaches or personnel who are unwell, on Stay Home Notice (SHN) or Quarantined Order are to comply with the order.
4. Also arrive as close as possible to your warm-up start time.
5. To wear mask at all times except during warm-ups, competition and cool-down.
6. Do self-monitor yourself for at least 14 days prior to visiting venue for any symptoms.
7. Furnish SA a letter from your doctor if you had COVID-19 and is now cleared to resume physical activity.
8. Bring your own hand sanitizer and/or sanitizing wipes.
9. Practice proper hygiene such as wash/sanitize your hands regularly (At least 20 sec).
10. Avoid touching your eyes, face and mouth with your hands.
11. When coughing or sneezing, cover your mouth/nose with your tissue/towel.
12. Practice social distancing of 2m at all times.
13. Bring your own water and food. Do not share with others.
14. Be prepared for competition prior to arrival at venue. Arrive dressed and ready to compete) No idling.
15. Any tasks that can be done at home, should be done at home (e.g. Recovery sessions, after competition debrief)
16. Entry into venue is strictly by Trace Together App or Token only.
17. Safe Management Officers (SMO) to be patrolling inside and outside to ensure SMM is adhered to.

Safe Management Measures within stadium

- Dedicated entry/exit point
 - Entry Point Gate 6
 - Exit Point Gate 1B
- Stadium is divided into two Zones of 50 pax per Zone
 - Zone A (Field of Play) – includes running track
 - Zone B (Outside Field of Play) – includes call room & photo booth
- 10 sessions per day (1-hr interval per session). **15-mins break after each sessions**
- Each session is split into 4 heats
 - 5 athletes per heat (**Cut-Off time of 15-mins per heat**)
- Maximum of 50 pax per session per zone (includes 20 athletes, 25 officials & volunteers, 2 medics and 3 media).
- Athlete enter the competition venue based on their event reporting time.
- Athlete exit the stadium immediately after race without contacting others.
- To wear mask at all times except during warm-up, race and cool-down.
- Athletes to bring mask to entry during competition.
- No spectators/parents will be allowed in the competition venue.
- At the finishing line, discourage celebratory hugs, high-fives or other physical contacts.
- Sheltered walkway area towards HOA is out-of-bound

Safe Management Measures within stadium

- SA will have staff to ensure counting 50 pax per zone inside stadium at all times.
- SA will have manpower to push participants who have finished out of stadium.
- At any 1 point of time stadium would have:
 - 5 pax running
 - 5 pax waiting next wave
 - 5 pax recovering > Have 15 mins to get out of stadium
 - 30 staff (some outside of stadium doing registration)

Competition Time-Table (15-mins break after each session)

	Session	AM					PM				Evening				
Saturday	Time	8-9am	9.15-10.15am	10.30-11.30am	11.45-12.45pm	Lunch Break	1.30-2.30pm	2.45-3.45pm	4.00-5pm	5.15-6.15pm	6.30-7.30pm	7.45-8.15pm	8.45-9.00pm		
	Session	Session 1 Heat 1, 2, 3, 4	Session 2 Heat 5, 6, 7, 8	Session 3 Heat 9, 10, 11, 12	Session 4 Heat 13, 14, 15, 16		Session 5 Heat 17, 18, 19, 20	Session 6 Heat 21, 22, 23, 24	Session 7 Heat 25, 26, 27, 28,	Session 8 Heat 29, 30, 31, 32	Session 9 Heat 33, 34, 35, 36	Session 10 Heat 37, 38	Session 11 Heat 1		
	Category	Public	Public	Public	Public		Public	Public	Public	Public	Public	Public	Public	Open (M)	
Sunday	Time	8-9am	9.15-10.15am	10.30-11.30am	11.45-12.45pm	Lunch Break	1.30-2.30pm	2.45-3.45pm	4.00-5pm	5.15-6.15pm	6.30-7.30pm	7.45-8.15pm			
	Session	Session 1 Heat 1, 2, 3, 4	Session 2 Heat 5, 6, 7, 8	Session 3 Heat 9, 10, 11, 12	Session 4 Heat 13, 14, 15, 16		Session 5 Heat 17, 18, 19, 20	Session 6 Heat 21, 22, 23, 24	Session 7 Heat 25, 26, 27, 28,	Session 8 Heat 29, 30, 31, 32	Session 9 Heat 33, 34, 35, 36	Session 10 Heat 37, 38			
	Category	Public	Public	Public	Public		Public	Public	Public	Public	(A Div, B Div, Open W)	(Open W, Open M)	(Open M)		

Example
Zone A
(Field of
Play)

Sunday	(Session 1) 0800hrs to 0900hrs		
Events	Category	Start Time	No. Pax
2.4km	Public	0800hrs	5 (Heat 1)
		0815hrs	5 (Heat 2)
		0830hrs	5 (Heat 3)
		0845hrs	5 (Heat 4)
Total number of Coaches			0
Total number of Officials & Volunteers			25
Total number of Medic			2
Total number of Media			3
Total Pax in Zone A			50

Map & Movement Plan



1

Registration Table

- Collection of Bib Number and Hip Tag
- Collect at least 45 mins before your event
- Collect T-shirt

2

Warm up at 100Plus Promenade

3

Entrance

- Arrive dressed and ready to race
- Arrive as close as possible to your reporting time
- Safe Entry

4

Report to Call Room

- Bib and Verification

5

Holding Area

- Ready to Race

6

Photobooth

- Collect finisher medal and quick photo

7

Exit

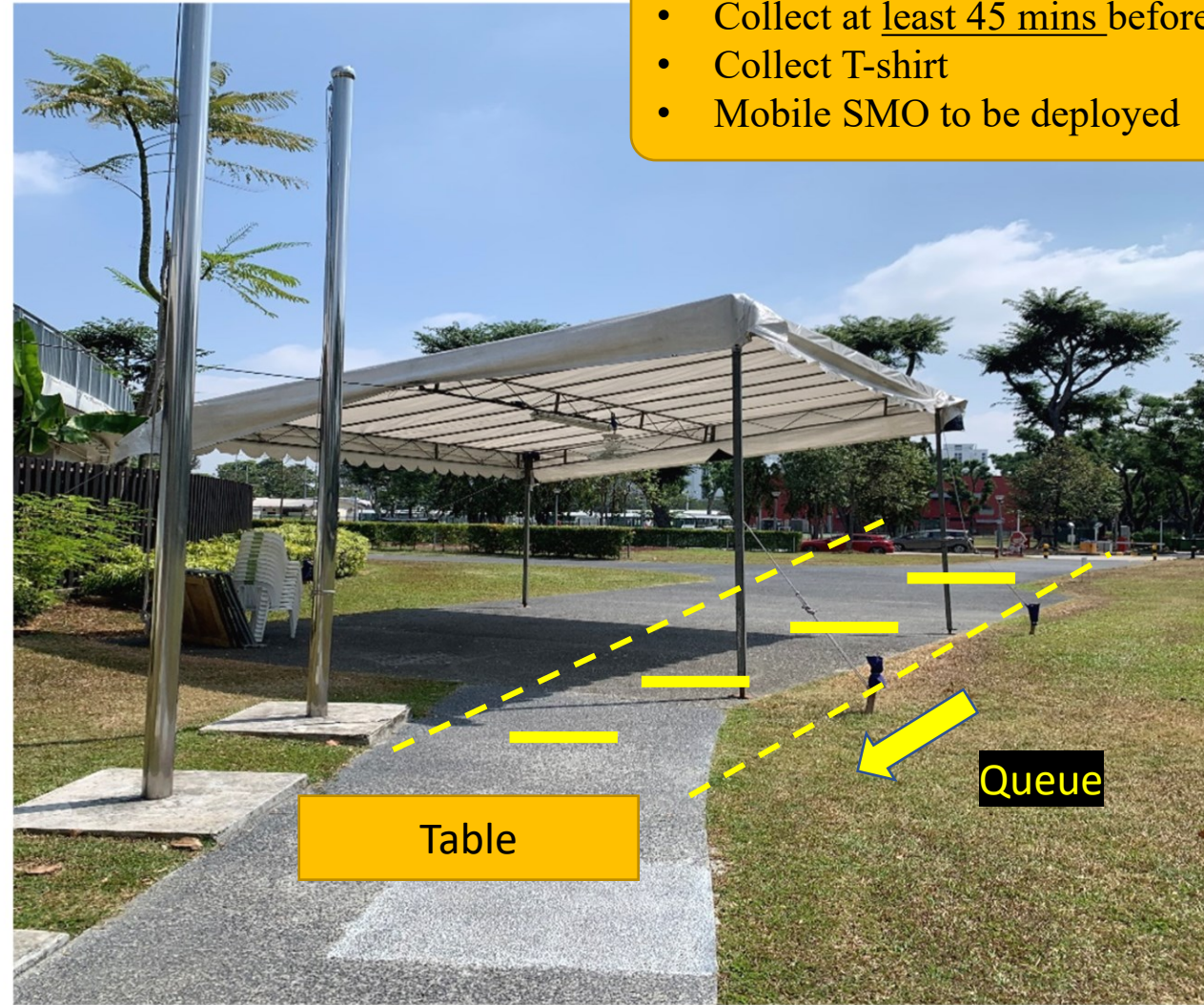
- Exit stadium immediately after race without contacting others.

2

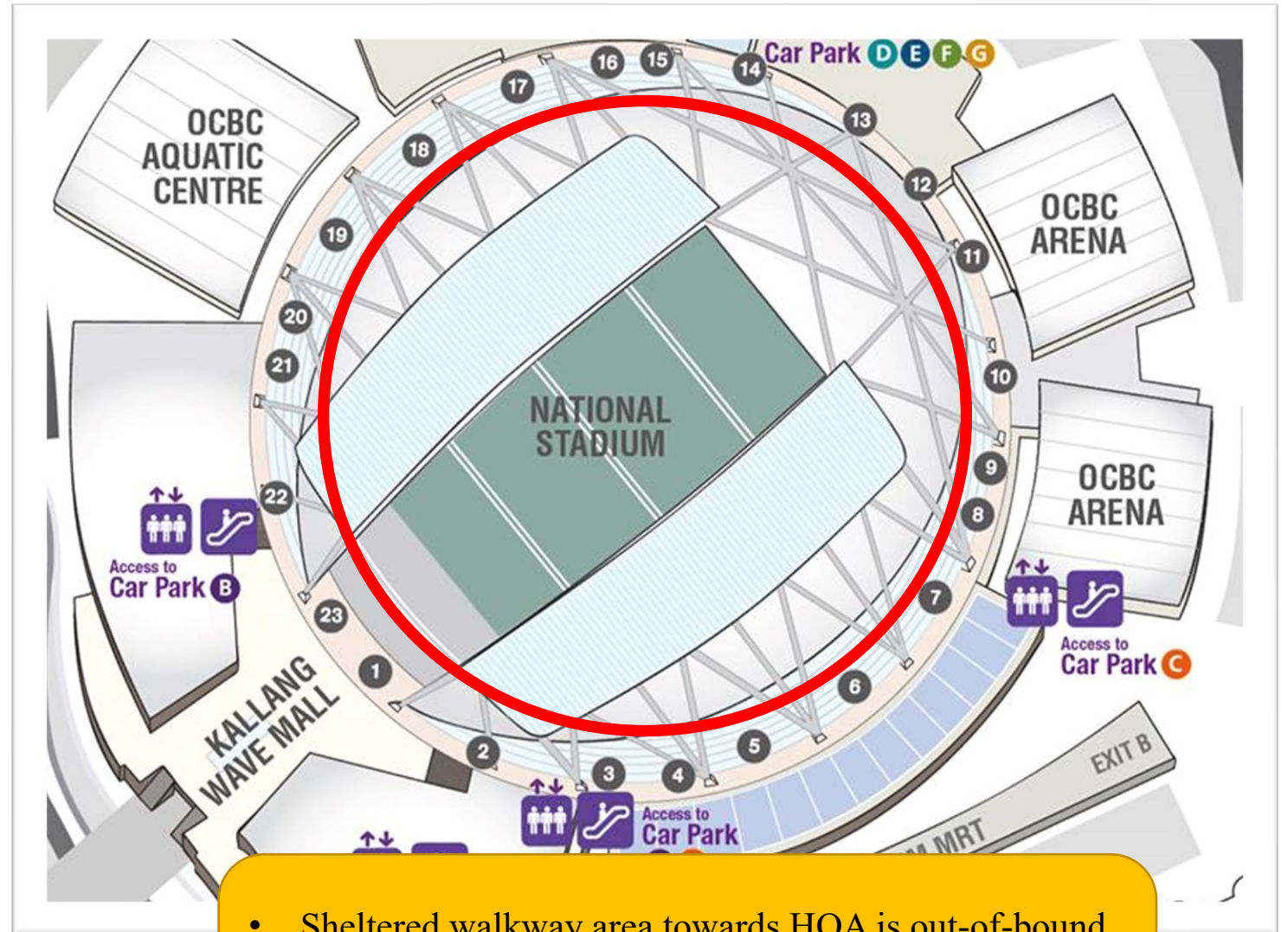
Warm up @ 100Plus Promenade

Registration Table

- Collection of Bib Number
- Collect at least 45 mins before event
- Collect T-shirt
- Mobile SMO to be deployed



Warm UP 100Plus Promenade



- Sheltered walkway area towards HOA is out-of-bound.
- Athletes are to use 100 Plus Promenade for their warmup.
- Maintain 2m social distancing

Entrance Gate 6



ENTRANCE

- Arrive dressed and ready to compete.
- Arrive as close as possible to your reporting time.
- Mobile SMO to be deployed at Gate 6.

Exit Gate 1B



EXIT

- Exit stadium immediately after race without contacting others.

Photobooth (Inside Stadium)

- Location: Inside stadium
- To queue and maintain 2m safe distancing
- 2 volunteers to manage the photobooth.
- Mobile SMO to be deployed.
- Collection of Medal from Photobooth table.
- No handling of medals to finishers.
- Medals will be laid on table and runners will collect.

