

Dear Athlete

Thank you for entering “Track is Back” at University of Warwick, Coventry. We look forward to seeing you on the day. Following the latest Covid-19 guidance from England Athletics we have updated rules and procedures at the competition to ensure we mitigate against virus transmission.

Parking is available in the TENNIS CENTRE CAR PARK with access via the double gates from 4pm for Registration. The gate will not be open before that time.

Please review and follow the guidance below to help ensure our competition follows Government and England Athletics guidance.

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1. **Maintain social distancing** on the field of play and around the venue. Some attendees may be in higher risk groups or prefer to have personal space.
 2. Please **limit the number of people attending** with you, for example one parent and coach.
 3. **Hand sanitiser** will be available. However, we ask that you bring your own hand sanitiser and any other PPE you may wish to use. Masks should be worn indoors.
 4. Be mindful that there will be **markings and signs** around the venue reminding you of Covid measures. There is also a site diagram.
 5. If you see anything which contradicts current Government guidance please bring that to the attention of the **Covid-19 Coordinator Job King** or any officials at the event.
 6. All athletes, spectators and officials are encouraged to do a **Lateral Flow Test** before attending.
 7. Anybody with **Covid Symptoms** including high temperature (37.8+) should not attend and seek medical advice.
 8. The event will have a **UKA Competition Licence** for Power of 10 & UK Rankings. For Para Athletes the event is also WPA Endorsed for World Rankings.
 9. **Conduct Warnings** will be issued to athletes and coaches, for example accessing the track without approval. These are Yellow & Red Cards.
 10. **Online Results** will be available – not posted on the cabin wall. This is to minimise movement and gatherings
 11. Please bring your own **pins** to secure numbers, and **duct tape** for racing chairs / frames.

If you have any queries regarding any of this information, then please do not hesitate to contact Job King. Please read the event specific information on the following page.

Look forward to seeing you and Best of Luck!

100M-400M-5000M ATHLETES

- Report for your race 10min along the home straight (no earlier please)
- Bring your own pins with you!
- For final drills please use the back straight for 100m / 5000m. And Lane 10 for 400m to 50m (no further)
- If you need to do a longer warm-up / warm-down there are playing fields beyond the Tennis Car Park

WHEELCHAIR RACING INFORMATION

- You will be given Bib Numbers (Rear + Front Right) and 2 Helmet Numbers (Left and Right)
- Enter the track on the Home Straight (by the Long Jump)
- Exit the track on the Home Straight (by the Long Jump)
- Warm-up and lane setup may only take place after you have reported for your race
 - 100m: [Warm-Up on Back Straight + 1 Lap](#)
 - 400m + 1500m [See allocated blocks for Warm-Up](#)
- Athletes will not be able to warm-up on the track between races. Anybody entering the track without permission will get a conduct warning.
- Chairs will not be measured pre-competition. Officials will advise athletes if wheels, helmets and clothing have excessive branding (1 manufacturer logo), and any safety concerns regarding steering and braking.
- Helmets must always be worn on the track
- Athletes are welcome to bring rollers for additional warm-up and warm-down. Walkways must be kept clear.

ALL ATHLETES

- There will be no call room, so you should proceed to the competition area no more than 10 minutes (Track) and 15 minutes (Field) before the start of your event, to ensure that social distancing can be maintained.
- Changing rooms will not be available, please arrive dressed and ready to compete, and be prepared for all weather conditions (wet, cold and warm)
- The Clubhouse will be open for Refreshments – walk through only.
- There is a Tesco at 'Cannon Park Shopping Centre' and 'Varsity Warwick' serves hot food (1/2 mile from the track).
- Outside toilets are available for athletes. There is an additional accessible toilet in the Clubhouse.
- Marquees should be suitably secured and taken down in high winds.