

2020 Launceston MS Walk Run + Roll COVID-19 Event Safe Delivery Plan

SUNDAY 20 SEPTEMBER

Version 1 27.07.20

COVID-19 Safety Recommendations



The 2020 Launceston MS Walk, Run + Roll to be held on Sunday 20 September will see the MS community participate in a 4.5km or 9.5km course in Invermay, Launceston

The COVID-19 Event Safe Plan for participants outlined in the following slides are to be implemented for a successful and safe event for all involved during these unprecedented times.



Pre Event

COVIDSAFE APP



We encourage you to download the COVIDSafe app.

Downloading the app is completely voluntary, however it supports the current process of finding people who have been in close contact with someone with COVID-19. By having more Australians connect to the COVIDSafe app, it will assist in preventing the spread.



Pre Event

PLANNING AHEAD - ONLINE REGISTRATIONS AND MERCHANDISE PURCHASES



- We encourage you to register online prior to Sunday 20 September.
- Opportunity to purchase merchandise this year will be through the online shop (shop.ms.org.au).
- Place orders by 07 August for singlets, and 28 August for T-shirts and Hoodies to ensure your order arrives prior to the event. MS branded T shirts, hoodies, beanies will be available on display at the event, to purchase merchandise on the day please refer to posters with QR codes to scan at the Information Marquee, merchandise purchased on event day via QR codes will be sent out after the event.



Pre Event

PLANNING AHEAD – EVENT DAY FACILITIES



- Keep it environmentally friendly!
- Please bring your own bottled water, there will be no rest sites along the 4.5km and 9.5km courses. 9.5km participants can access existing toilet block and water taps along the course within Heritage Forest
- There will be no cloakroom facilities, please keep this in mind when arriving to the event. We recommend packing light or leaving your belongings in the car/ at home.



Arriving at the Event

EVENT VILLAGE



- Participants are encouraged to arrive at the event site no earlier than 10-15 minutes before their designated start time to reduce congestion. As the run commences at 9am and walk/ roll at 10am, this provides an hour between the two events for the site to clear, minimising congestion.
- Upon arrival at the Event Village you will be greeted by friendly MS volunteers wearing protective gloves and masks to direct you into the event site to commence your walk, run or roll.
- Ensure physical distancing is maintained while waiting for family and/or friends to arrive onsite if completing the event together
- Signs displaying safety and physical distancing guidelines will be positioned in key areas of the Event Village
- Visit the Information Marquee for any questions or the Bib Collection Marquee to collect your bib. Bibs have been prepacked for your convenience.

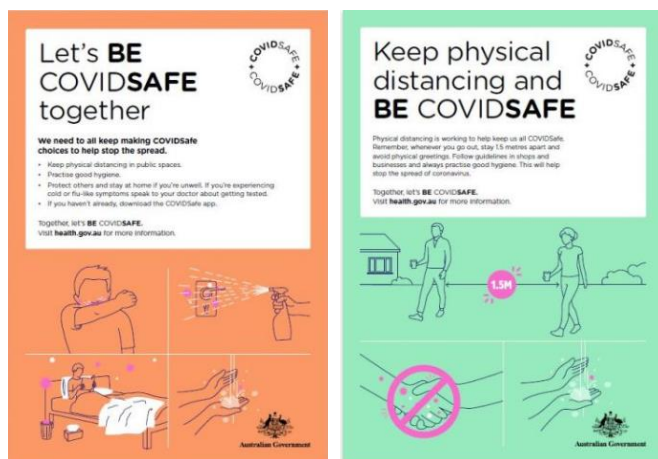


Arriving at the Event

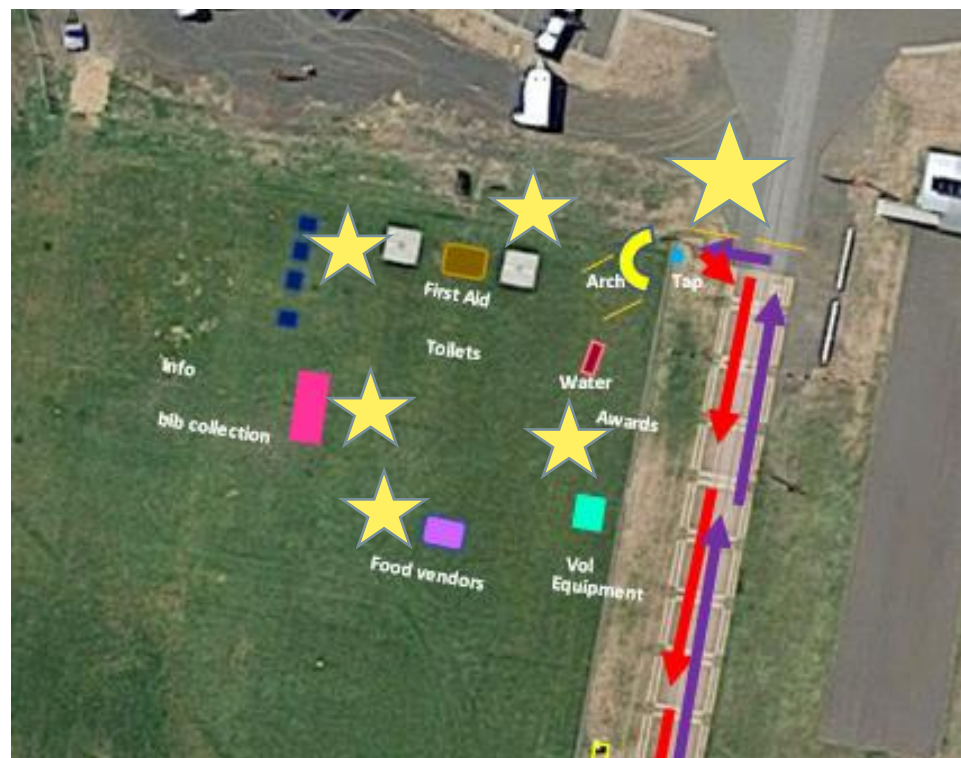
SIGNAGE LOCATION AND EXAMPLES



There will be MS WRR branded COVID-19 safety signage with similar messaging as the below
Resource: Health.gov.au



Covid19 Safety signage



Arriving at the Event

ANNOUNCEMENTS AND HAND SANITATION STATIONS



- The Master of Ceremonies will announce key timings, physical distancing reminders and COVID-19 safety messages throughout the day, there will also be a COVID-19 Safety Officer monitoring the site to ensure measures are in place in.
- Hand sanitation stations are available at the Event Village, we encourage you to sanitise frequently when touching items used by others, and regularly touched surfaces. Look out for signage indicating the location of the sanitation stations, and sanitiser available at marquees.

How to use a sanitizer



Put a few drops of sanitizer on the palm of your hand



Rub your palms and hands



Cover your hands completely until they dry



Hands are disinfected



**PLEASE USE
HAND SANITISER**

Arriving at the Event

COVID-19 SAFETY OFFICER



- A COVID-19 Safety Officer will be present for the duration of the event. Their role is to ensure all COVID-19 event safety measures are enforced, and the safety of event participants, staff and contractors are upheld. The officer will be clearly identifiable by a labelled Hi Vis Vest and can be called upon at anytime during the event if needed.



- The COVID-19 Safety Officer's role includes the following tasks:

- Enforcing 1 person per 2 sq/m density limit is adhered to for the duration of the event
- Enforcing and reminding participants, staff and contractors to ensure they maintain 1.5m of physical distancing
- Enforce regular cleaning of frequently touched surfaces throughout the event site
- Maintain a register of breaches of physical distancing or increased congestion in certain areas



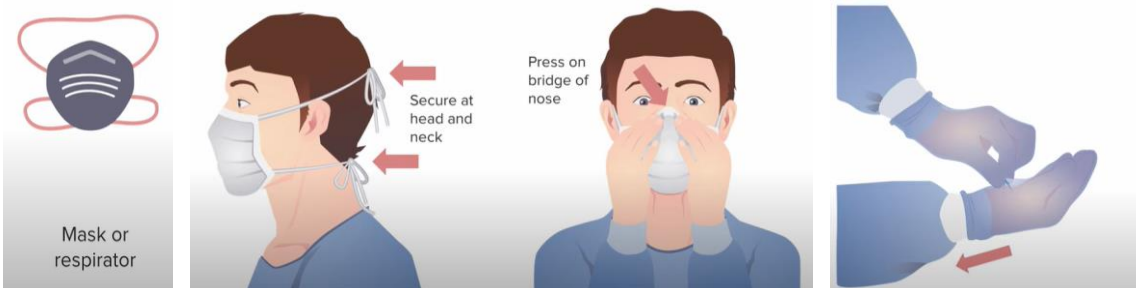
Arriving at the Event

COVID-19 SAFETY OFFICER



- Enforcing physical distancing at start and finish lines during key times where increased congestion is predicted
- Ensure sanitation stations and sanitisers are topped up when needed and appropriate signage is in place
- Enforce PPE regulations specified for event staff and volunteers is adhered to
- Liaise with event First Aid Supplier regarding anyone presenting with COVID-19 symptoms and maintain a record
- Provide guidance and assistance to event participants, staff and contractors on event safety measures being enforced during the event

PERSONAL PROTECTIVE EQUIPMENT



HAND SANITATION



Arriving at the Event

MARQUEES, FOOD AND DRINKS, TOILET FACILITIES



- Cones will be used as markers to enforce physical distancing when waiting in line at the coffee/ food van, Information & Bib Collection Marquee and toilet facilities.
- Coffee and food van will be available onsite. Food suppliers are registered with council prior to the event, they will implement current COVID-19 safety regulations and council guidelines. Card payments encouraged to limit cash handling.
- 3 portable toilets and 1 all accessible toilet will be located at the Event Village, hand sanitiser will be available in this area as well as the usual water and soap in each portable. Toilets will be locked for cleaning throughout the day, we appreciate your understanding and patience when cleaning is in process.



Start Line



- When you are directed to approach the start line for your designated event, follow the direction of the MS volunteers and take note of the signage positioned around the start line and on the ground to ensure you maintain physical distancing
- Refrain from hugging, hi fiving other participants, friends or family
- Listen to the announcements carefully at the start line, start waves may be more spread out than normal.
- We appreciate your understanding, patience, and your actions to reduce congestions where possible to maintain physical distancing. Your health, the health of our volunteers and workforce are of primary importance, these plans have been implemented for a safe, successful and fun event for you.



- As the course utilizes both directions of the path please slow down if you notice a congested area up ahead and respect other people's space.
- Friendly MS volunteer marshals wearing masks will be located at key positions along the course. They are in position to direct you along your run, walk or roll, report issues and ensure you are having a great time and have also been informed to look out for any congestion to report back to the Covid-19 Safety Officer. Please make their job easier and ensure physical distancing is at the front of your mind throughout the event.

Physical Distancing



Rest Sites



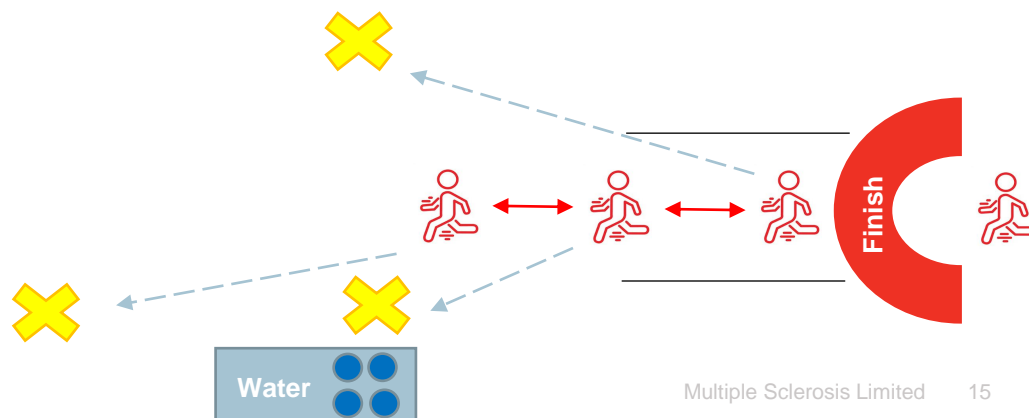
- Participants are encouraged to use Event Village facilities as there are no Rest Sites along the course. Participants can use existing toilet blocks and water taps within Heritage Forest, access to council facilities will not be staffed by MS. Look out for signage around the areas mapped out below.
- St John Ambulance will provide first aid service to support and assist participants along both courses. A St John's van will be positioned on each of the two courses. Water will be available from St John's crew for participants in need.



Finish Line



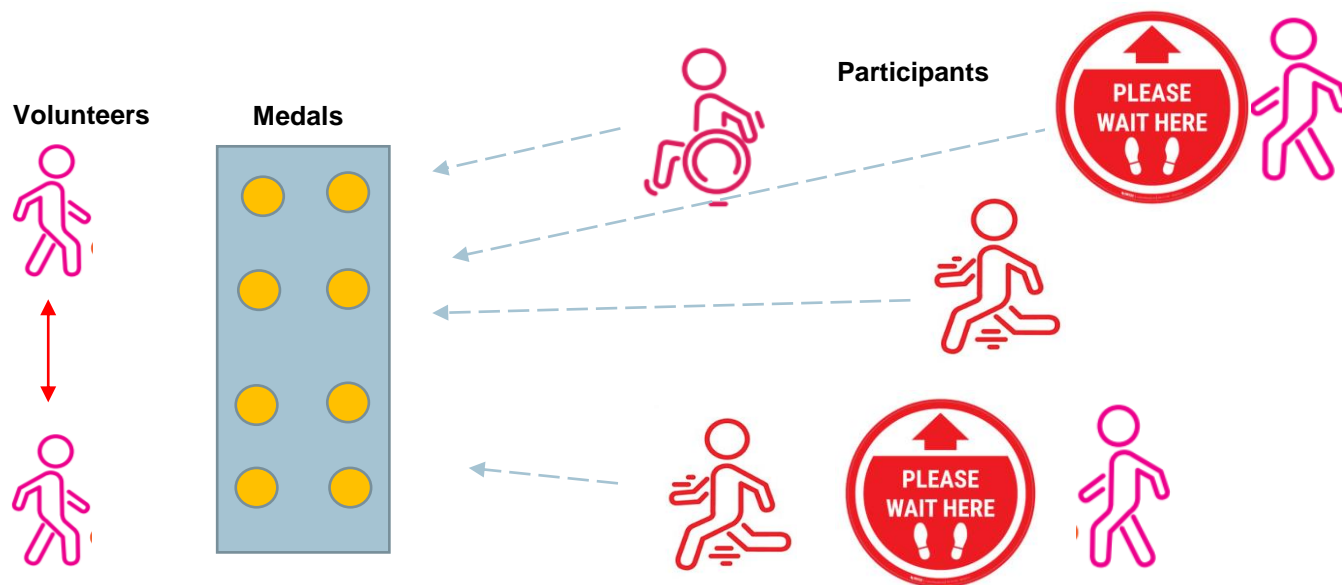
- When arriving at the finish line, ensure congestion is reduced by adhering to social distancing of 1.5 metres. Mingling in the area is discouraged. Follow the direction of the MS volunteers to move through the finish line area as quickly as possible.
- Refrain from hugging, hi fiving other participants, friends or family.
- Water is available at the finish line provided by MS volunteers wearing face masks and gloves. Placed on tables for participants – spread out to ensure suitable distancing is maintained.
- Lost property handed in at the Information Marquee will be placed in bags for hygiene reasons. Lost property must be collected on event day.



Medal Distribution



- All participants will receive a medal at the completion of their run, walk or roll.
- Medals will be spread out on tables near the finish line for participants to collect themselves. Medals will be laid out by volunteers wearing masks and gloves.
- If the area is congested please wait until it clears and physical distancing is able to take place before approaching to collect your medal, there will be a medal for every participant.



Presentations



- Fundraising presentations will be held onsite with physical distancing measures, winners will be announced by the Master of Ceremonies, an MS representative will be onsite to present and announce the winners.
- Clapping is encouraged, handshakes and hugging other participants, family and friend is not permitted.
- Trophies will be placed on a table by volunteers wearing face masks and gloves for winners to collect when announced. Hand sanitiser will be available on the table for participants to use.
- Please listen to MC announcements carefully to ensure everyone adheres to social distancing during presentations.





Thank you!

