

## **From Western Province Athletics Road Running**

16 March 2020

**To all clubs organizing road races**

### **WPA EVENTS IMPACTED DUE TO CORONA VIRUS**

The Presidential announcement limiting gatherings of more than 100 people has a direct impact on all WPA events.

It is for this reason that we can confirm that events for the **next 30 days between 16 March and 16 April 2020 will not be taking place.**

The following events on the WPA Road Running calendar will therefore be impacted until further notice.

**21 March: Tyger Run Walk - 21km / 10km / 5km**

**29 March: Tygerberg 30km**

**04 April: Ravensmead 15km / 10km / 5km**

**05 April: Spar 10km / 5km**

**11 April: Two Oceans Marathon (Cancelled)**

WPA will take advice from our local Departments of Health and City Emergency Services on appropriate responses to the Covid-19 pandemic and make decisions on **scheduled races after 18 April 2020.**

For events possibly taking place after this date, race organisers are encouraged to implement the following additional preventive measures.

- Provide additional hand washing facilities at toilets
- Encourage workers at Registration to apply hand sanitizer regularly
- Provide tissues and sanitizer for general use
- Provide enough waste bins
- Use sanitizer and disposable gloves when handling water sachets
- Request Coke staff to use sanitizer and disposable gloves
- Routinely wipe down working surfaces with disinfectant
- Promote social distancing when interacting with runners at registration or awards ceremony
- Encourage runners to maintain greater personal space when queuing at registration or vendors
- Do not allow volunteers to work if they are displaying any signs of illness

- Encourage runners to support #ICARRYMYOWN, however this requires organisers to make provision to fill up bottles at refreshment stations.
- Get the event Safety Officer to ensure that vendors are implementing proper hygiene protocols.

**Promote hygiene guidelines amongst your members:**

- Do not run races (or go out in public) if you are displaying any signs of flu type illness
- At races, maintain greater personal space while queueing at Registration, toilets or vendors
- Wash hands and or use a sanitizer after visiting the toilet
- Do not spit when running
- If you need to sneeze use a tissue, then dispose of it in a bin
- Consider carrying your own water bottle and avoid plastic sachets altogether
- Carry your own cloth to wipe sweat etc.
- Do not share towels
- After strenuous exercise your body's resistance is compromised, so be particularly conscious of contamination risks.
- Consult a doctor if you display any of the typical symptoms of flu.