



COVID-19

Procedural Guide for organizing athletics competitions in Madeira Island

July 2020

General Recommendations

COVID-19 is a disease caused by the SARS-CoV-2 virus, whose main symptoms are: fever, cough and shortness of breath. Other common symptoms are generalized weakness, muscle aches and headaches.

The main recommendations of the World Health Organization (WHO) and local health authorities regarding basic infection control precautions are as follows:

Basic hygiene and safety recommendations

- If you have symptoms of infection, stay at home and isolate yourself from the rest of the family.
- Keep a social distance of 2 meters.
- Wash your hands thoroughly and thoroughly with soap and water (or, alternatively, with an alcoholic gel solution).
- Avoid touching your eyes, nose and mouth.
- Adopt respiratory etiquette measures: cover your nose and mouth when sneezing or coughing (with a tissue or with your arm, never with your hands; throw the tissue in the trash);
- If you have symptoms of this disease and have returned in the last 14 days from an area with active community transmission, call the SRS Madeira line: 800 24 24 20.

Preventive measures

For a competitive return as safe as possible, it is important to adopt a set of preventive measures that minimize the possible risk of contagion. In particular:

- People diagnosed with COVID-19, even if asymptomatic, cannot compete without the necessary medical discharge.
- The participation of non-resident athletes will not be authorized without the presentation of a negative test carried out in the last 72 hours.
- Athletes are advised to self-monitor symptoms daily (namely daily control of their body temperature), refraining from participating in case of suspected infection or having been in contact with a person suspected of being infected (in such cases you must call the SRS Madeira line: 800 24 24 20).



- In order to preserve the population groups at greatest risk, it is recommended that athletes over 65 years of age not participate.
- It is also recommended that people with a health history not participate involving other risk factors that may aggravate the consequences of SARS-CoV-2 infection.
- Athletes, coaches, judges and other people in the organization must maintain proper personal hygiene practices, including frequent hand washing and respiratory etiquette.
- In accordance with WHO recommendations for organizing sporting events, a physical distance of at least 1 meter should be maintained between athletes, coaches, judges, spectators and the support team (however, whenever possible, guarantee a social distance of 2 meters).
- The sports equipment used will be regularly cleaned and disinfected during the competition.
- The sharing of materials and equipment for common use is prohibited without prior disinfection.
- Athletes should not share personal material, drinks, food, liniments or any other products (with particular attention to water bottles).
- Users and employees of sports infrastructures must adopt the appropriate individual protection mechanisms and actions to clean and sanitize spaces and equipment must be reinforced.
- Before and after training and competitions it is very important to wash your hands with soap and water or hydro-alcoholic gel.
- Athletes must respect the times and spaces for training, warm-up and competition assigned to them, maintaining safe distances.
- There will be a limitation on the number of athletes in competition.
- There will be strict control of the flow of athletes, coaches, judges and other elements of the organization, duly signaled.
- There will be a temperature screening in the access to the competition area.
- The use of changing rooms is not allowed.
- Sanitary facilities must be disinfected after each use.
- Protocol ceremonies will be canceled or reduced to the essential minimum.
- Athletes should not greet or embrace each other.
- All participants will be informed about the prevention protocols and measures to be followed.

Individual responsibility

All participants must bear in mind that the risk of contagion is a latent possibility and that despite athletics being an individual sport and practically without physical contact, even if the organization complies with all prevention procedures in order to reduce this possibility to a minimum, it is not possible to guarantee the total absence of risk of contagion, so participants must know and assume that risk that is inherent in any sports practice.



When deciding to participate in a sports competition, athletes do so freely and taking the risks inherent in the competition itself.

ROAD competitions (EMACNS)

1 - Registration act

Need to adapt the rules of evidence to the new requirements. Right from the start, the inclusion of a race cancellation insurance, in order to guarantee to the athletes that if there are no conditions for the event, the registration fees can be returned to them. Inclusion in the “Participation Kit”, of: a protective mask for athletes, as well as the chip and disposable bib number, for classification purposes.

2 - Check-In

Check-In space properly disinfected and prepared so that there are no crowds, where volunteers will have all the appropriate personal protection material. Possibility of conducting an epidemiological survey to each athlete. Provision of a pamphlet with recommendations to have regarding the participation in a test according to the new needs.

3- Departure

Creation of two “starting boxes”: one for pre-starting, where at the entrance all the mandatory material is checked and the temperature is measured (which in case of higher than normal will prevent the athlete from participating), and a box already in the start line.

Segmented departures and up to a maximum of 20 athletes per match, scheduling departures for a number of athletes according to the starting space allows a 2 meters gap between each athlete. The spacing between departures can be from 30 seconds to 5 minutes.

The use of a mask is mandatory until entering the starting box.

4- During Competition

Athletes will be alerted to social distance, and should not run together with other athletes, work that will be carried out by volunteers who throughout the race will “monitor” the evolution of the race.

Recommendation to athletes to warn in advance with the overtaking, so they can be facilitated.

Actions such as spitting, spitting or similar, during the race, will lead to the disqualification of the athlete in question.

5- Refreshment Stations

The volunteers in the refreshment stations will wear a mask and visor, gloves are not recommended (they should wash and disinfect their hands regularly).



6 – Finish Line / Awards

The agglomeration of athletes / spectators is not allowed on arrival, and it will be up to the organization to evaluate, according to the available space, how many people can stay in each location.

After the finish line, the athletes must continue their way avoiding gatherings.

Awards are still to be confirmed by the time of the competition in October, at the moment there will be no awards giving, and the ratings will be made available online, via the AARAM website or the events official website (www.ema-madeira2020.com).

NATURE competitions (cross-country, mountain and trail) – EMACNS and EMMTRC

1 - Registration act

Need to adapt the rules of evidence to the new requirements. Right from the start, the inclusion of a race cancellation insurance, in order to guarantee to the athletes that if there are no conditions for the event, the registration fees can be returned to them. Inclusion in the “Participation Kit”, of: a protective mask for athletes, as well as the chip and disposable bib number, for classification purposes.

2 - Check-In

Check-In space properly disinfected and prepared so that there are no crowds, where volunteers will have all the appropriate personal protection material.

Possibility of conducting an epidemiological survey to each athlete.

Provision of a pamphlet with recommendations to have regarding the participation in a test according to the new needs.

3- Departure

Creation of two “starting boxes”: one for pre-starting, where at the entrance all the mandatory material is checked and the temperature is measured (which in case of higher than normal will prevent the athlete from participating), and a box already in the start line.

Segmented departures and up to a maximum of 20 athletes per departure, grouping the athletes according to their ITRA ranking (at the moment but it can be changed for the EMMTRC), scheduling departures for a number of athletes according to the starting space allows a 2 meters gap between each athlete. The spacing between departures can be from 30 seconds to 5 minutes.

It is mandatory to wear a mask up to a minimum distance of 200 meters after departure.

4- During Competition

Athletes will be alerted to social distance, work that will be carried out by volunteers who throughout the race will “monitor” the evolution of the race.



Recommendation to athletes to warn in advance with the overtaking, so they can be facilitated.

5- Refreshment Stations

The events with less than 25 km (inclusive) must be carried out in self-sufficiency. Only liquid points (water and isotonic) will be available throughout the race, and liquid dispensers should always be used for this purpose (where you will be a volunteer to handle so that athletes can supply).

For longer races, all supplies foreseen for the athlete are delivered at the time of check in, together with an identification bag for each expected supply location. It will be the athlete's responsibility to prepare his supplies, placing what he wants in each bag (for each supply) and delivering them to the organization in the starting area. The organization is responsible for making each of the bags arrive at the destined supply. Upon arrival at the supply, the athlete enters a restricted area where a volunteer gives him his supply bag, and then he is directed to another area (preferably open) where he can eat.

The athlete will always be able to opt for personal assistance, so in each supply it will be his "assistant" to supply him with the supply, not going through the restricted area for the delivery of the bags, going directly to the "food" area.

Volunteers in supplies will wear a mask and visor, gloves are not recommended (they should wash and disinfect their hands regularly).

6 – Finish Line / Awards

The agglomeration of athletes / spectators is not allowed on arrival, and it will be up to the organization to evaluate, according to the available space, how many people can stay in each location.

There will be no supplies at the end or showers.

The Awards Ceremony can take place with the proper distance trying to be as fast as possible.