

Dynamic Running COVID Safe plan

'You come, you race, you leave'

The purpose of this COVID-19 Safety Plan (COVID Safe Plan) is to provide an overarching plan for the implementation and management of procedures by Dynamic Running Ltd. to support its members, volunteers, competitors and participants in the staged resumption of community sport and club activities.

The arrangements set out in this plan are intended to **prevent the transmission of COVID-19 among members, coaches, volunteers, competitors, participants, visitors, families and the broader community**. The plan provides the framework to govern the general operation of Dynamic Running, any facilities it uses, the training behaviour of all members and participants and the monitoring and reporting of the health of attendees at Dynamic Running events.

Personal and community responsibility of participants and coach

Ensure you are following these principles in your daily life.

Encourage your family and friends to follow these principles in their daily life.

Take responsibility - it is only if the community work together that we will keep Queensland safe.

- Continue to do your running training from home on your own.
- Clean your hands regularly with soap and water or alcohol-based hand sanitiser.
- Cover your nose and mouth with a tissue or bent elbow when coughing or sneezing, dispose of tissues immediately after use and wash your hands for 20 seconds or apply hand sanitiser.
- Avoid touching your face, nose and mouth and shaking hands.
- Avoid close contact with anyone who is unwell. Try to stay 1.5 metres away from anyone coughing or sneezing.
- Stay home if you are unwell.
- You must take reasonable care for your own health and safety and the health and safety of others.
- You must co-operate with any reasonable policy or procedure that relates to health or safety at activities organised by Dynamic Running.

Dynamic Running's responsibilities

- Follow advice from health authorities on social distancing and public gatherings.
- Provide alcohol-based hand sanitiser.
- Promote good hygiene practices.
- Encourage participants who are sick with respiratory illness to stay home until they are recovered.
- Advise participants to seek immediate medical advice if they develop symptoms or are concerned about their health.
- If a club member/participant is confirmed to have COVID-19, call 13HEALTH (13 43 25 84) for advice. Inform other participants in their group about possible exposure to a confirmed case of COVID-19 but maintain confidentiality.



Help stop the spread of COVID-19



Conditions for participating in the Dynamic in a Dress events 2020

- Follow all restrictions in place for current phase. Stage 2: maximum of 20 people, Stage 3: maximum of 100 people, including competitors and volunteers.
- Stay at home if you are sick.
- Read the race rules and submit the signed waiver online up to 12 hours prior to the race.
- Print your race bib at home and wear it on race day with the race number clearly visible on the front of your shirt/singlet.
- Do not congregate before or after the race – 'You come, you race, you leave'.
- Arrive a few minutes before your scheduled start wave is due to set off.
- Follow strict 1.5m social distancing rules.
 - Run two abreast or run in single file if someone is approaching from the front.
 - Maintain social distancing when stationary e.g. at a water station.
- ALL participants are required to ensure we follow the rules. Be very conscious and mindful of public perception.
- Everyone involved must abide by our code of conduct (see below).

Dynamic Running Code of Conduct:

- 1) The responsibility of members for the welfare, health and safety of the other members shall at all times take precedence.
- 2) Members shall act with honesty and integrity.
- 3) A member shall not make disparaging remarks or unwarranted comments about other members, verbally or in writing (including on social media, email etc.). Comments made at any properly constituted meeting of the Association shall be privileged.
- 4) Members shall give evidence, express opinions or make statements in an objective and truthful manner and on the basis of adequate knowledge.
- 5) Members shall continue the development of their knowledge, skills and expertise and actively assist and encourage other members to do likewise. Members shall apply their knowledge, skills and expertise for the benefit of all members.
- 6) Members shall at all times, consider a person's merit and standing over and above other characteristics, such as age, gender, race, religious belief, sexual preference, cultural or ethnic background, and shall encourage such behaviour in other members.