

Wallsend Athletics 2020-2021 Season

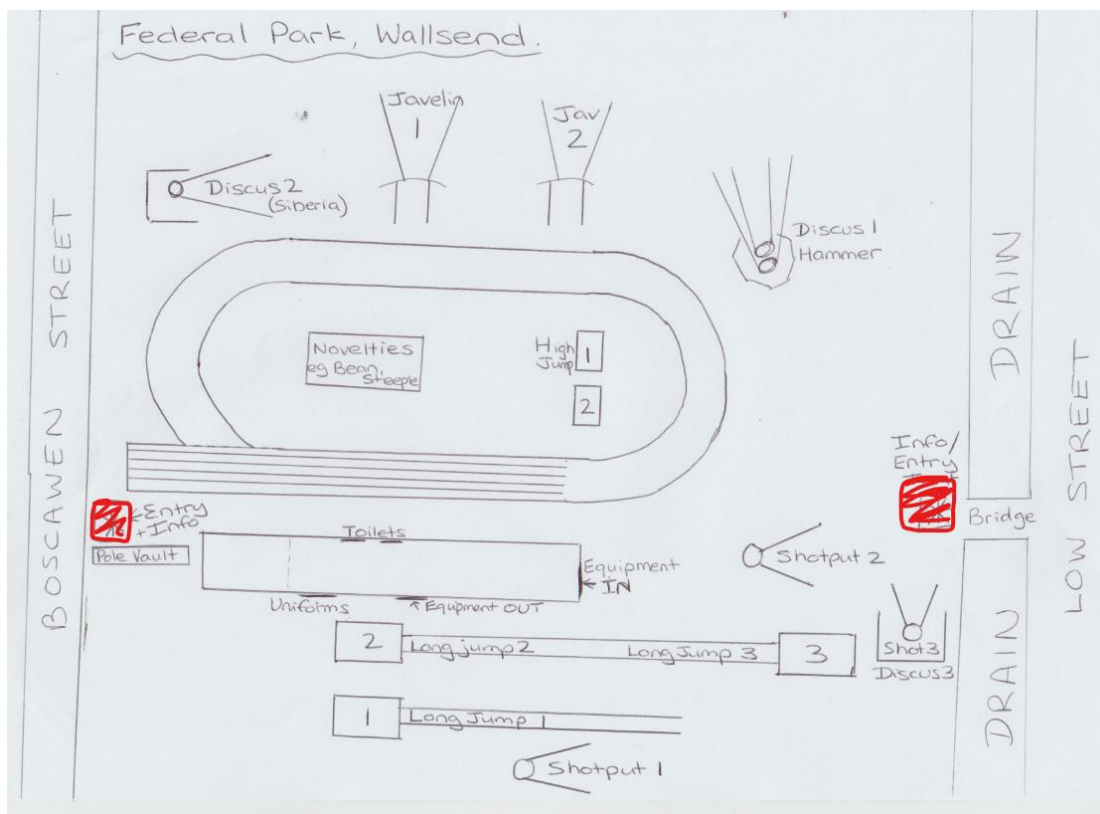
Newsletter 1 - 12/10/2020



2020 has been a challenging year and we look forward to welcoming both returning and new athletes to the 2020/21 Athletics Season. There will be some changes as we try to deliver a COVID safe competition.

Instructions for Monday Competition Night

- Entry and Exit is via Boscowen Street or Low Street (over bridge) where a Coles tent will be visible. Please use these entry and exit points.



- 1 parent/responsible adult per athlete to attend only. Please no additional spectators, as we are limited to the number of people that can be present. All parents that attend are required to assist with the running of events in child's age group.
 - Each adult to please sign in (and out) using our QR Code The code will be visible at park entries, age basket, exterior of building. Manual sign in forms will also be available at park entry table if you do not have a smart phone that supports QR Code
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- After entering the field, please head to the first event. This is different to previous years – as we have congregated in front of the clubhouse. The announcer will indicate when to begin events.

	Boys /Men	Girls / Women		Boys /Men	Girls / Women
Under 6	Shuttle	Beanbag	Under 11	1500m	1500m
Under 7	Beanbag	Steeple	Under 12	1500m	1500m
Under 8	Shotput 2	Shotput 3	Under 13-15	6pm start	
Under 9	Long Jump 1	Long Jump 2	Under 17 +	6pm start	
Under 10	Discus 1	Discus 2			

- We require parent helpers with each age group to help clean equipment, run events and record results.

- A Red Coles basket is available for each age group basket and can be collected from rear of gear shed – a sign will be visible to indicate “Equipment In” and “Equipment Out”. The basket will contain wipes, hand sanitiser and gloves.
- Events will be time based and so please stay at that event until instructed to move to next event or to the track. This may mean that the athletes will get additional jumps/throws or less if larger group
- Committee members will be in yellow vests and have radios to assist in ensuring flow and no groups gathering (especially start/finish lines). They will also be able to assist at events offering instruction.
- Novelty events have been altered this season for safety reasons. More Information will be available in the age group folder.
- No canteen is available as costs the club over \$500 to use for the season and we are unsure of numbers / season. Water will be available for gold coin donation.
- Uniforms will be available at rear of gear shed. Card or direct deposit preferred.
- Ice packs will be available at “Equipment out” or “Uniform”

COVID guidance

- 1.5m distancing where possible. Not required in “field of play”
- Cleaning equipment is available in each Coles basket
- At the beginning and end of the event, one parent to gel all athlete’s hands and equipment (eg: shot put, discus, javelin)
- No need to wipe equipment between each person
- One parent to manage the age group folder to record results per night. Please share this duty between parents over the season.
- Each parent/responsible adult to stay with their child until they have completed all events. If you have more than 1 child in attendance, please do not move between groups.

COVID-19

We all have a part to play in keeping Community Sport COVID SAFE

- 1** Follow your club's COVID-19 Safety Plan
- 2** Avoid high fives and hugs when celebrating
- 3** Maintain physical distancing of 1.5m when you're not playing or training (including team huddles and team photos)
- 4** If you're sick stay home and get tested

Taking extra steps will make a difference nsw.gov.au

➤ HELP US STAY COVID SAFE

NSW GOVERNMENT

What's On Next week?

As the presentation had to be cancelled, Bobs passing and then our planned collection nights being against changing COVID restrictions we still have last season's awards / trophies to be given out.

We will be handing them out next week (19/10/20) at the completion of 200m at end of night.

Full results have been listed on the website (see [Centre Information -> General Information -> Presentation Day](#))

Please also stay up to date with latest announcements on Wallsend Athletics Club facebook page.