

# Competitor Instructions for Traffic Light Settings

## RED

### BEFORE EVENT DAY

- **Online Entries Only** - entries must be accompanied by a separate email with proof of Vaccine Status. Please keep in mind we will need to see your Vaccine Pass **AGAIN on the day** in order to enter the Group Area
- **Race Numbers** – updated lists for new competitors will be uploaded before 8pm every Wednesday nights which you can check on [this page](#). You **MUST** write this on your L-hand **BEFORE** getting to the beach on race day, otherwise you will not be allowed to race
- **Age** – Under 12 years and 4months do not currently require proof of vaccination and can enter online. They may however need a signed Special Dispensation Form for Under 12s completed and emailed to us and this can be found on our website under “Info/Entry”
- **Group Areas (GA)** – based on your distance, you will need to congregate on the beach for briefing in separate Group Areas... please refer to the following diagram which gives the likely layout but please note that depending on actual entry numbers, there may only be 1x 2000m group area, plus the 250m, 500m and 1000m could possibly also be combined into 1 area as well. This will be obvious on the day based on signage and announcements at the beach

### ON EVENT DAY

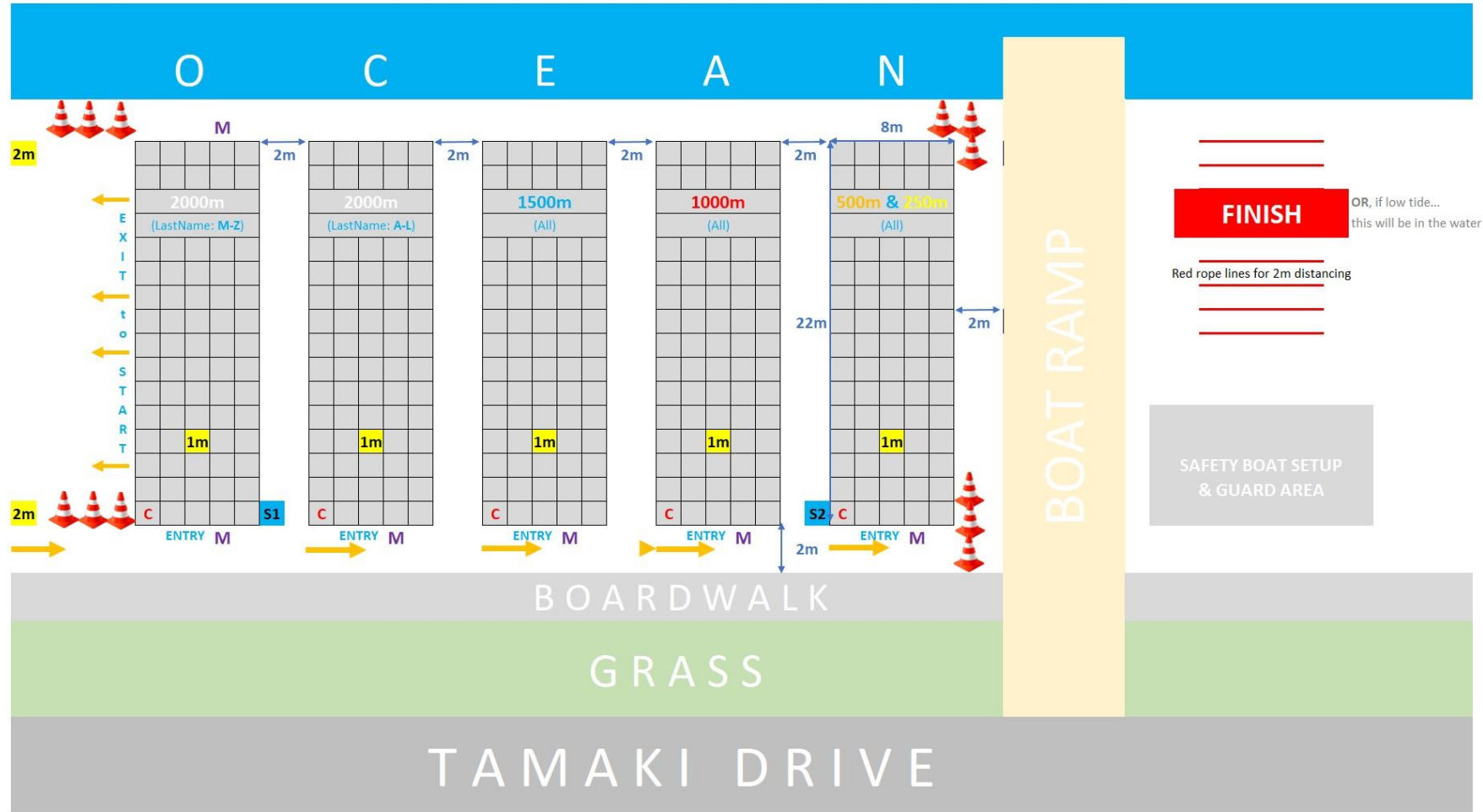
- **Late Entries** – no entries allowed on the day at the beach
- **Vaccine Pass** – will be scanned / checked **AGAIN** before admission into your GA
- **Race Number** – you must write your Race Number on your L-hand **BEFORE** you get to the beach (no markers at the beach). No Race Number on hand = no entry to GA
- **Group Areas(GA)** – swimmers must go immediately into their GA, where a Marshall will scan your Vaccine Pass again and check you have a Race Number on your hand before allowing entry into the Group Area. Once you are in, you cannot leave until after both briefing **AND** the race start
- **Toilets** – public toilets must not be used. Also, Portaloos cannot be placed on the sand hence will not be provided. Swimmers are therefore advised to use toilets before they get to the venue.
- **Swim Caps** – the correct swim cap colour **MUST** be worn, and a box of caps will be provided for you in each group area.
- **Tracing** – swimmers encouraged to sign in using **QR Code** provided
- **Spectators** – should not attend
- **Warm Up** – strongly discouraged
- **4-5x Socially Distanced Group Areas** - of under 100 swimmers each. Please check the likely layout on the diagram following
  - Defined areas may be as described below...
    - Group 1 : 250m & 500m entrants (All)
    - Group 2 : 1000m entrants (All)
    - Group 3 : 1500m entrants (All)

Group 4 : 2000m entrants A (last name between A & L)

Group 5 : 2000m entrants A (last name between M & Z)

- **Prizegiving** – no spot prize giving on the night
- **Belongings** – we recommend that you leave all unnecessary belongings in your vehicle so minimal gear is left in each your group area. Must be retrieved immediately after you finish your race, and then please leave the venue immediately. We will have 1-2 marshalls watching the group areas while swimming
- **Socially Distanced**
  - 2m from others before you get into your Group Area, then
  - 1m from anyone not in your bubble while in your Group Area
  - 2m from other competitors after the Finish
  - Group Areas will be 2m away from each other and from public walkways
  - Please leave the venue immediately once finished
  - Safety Crew (Guards & Ambo) will be separated by boat ramp unless an emergency
  - In Water when swimming – no distancing required
- **Race/Safety Briefing** – all swimmers briefed at the same time while in group areas
- **Masks** – welcomed but not mandatory
- **Chaperoned from Group-Area to Start-Area** – after briefing in the Group Areas, each group will be chaperoned separately by an Event Marshall to their start point ensuring each distinct group stays a good 20m from any other group (ie 30sec between last & first person while walking)
- **Start Points** – groups to stay at least 2m away from the edge of other groups - monitored by marshalls
- **No Swim Clinics** - if they have been planned by DPA, these will be postponed or cancelled
- **No Food Samples from Sponsors**
- **Same Start Time** – all groups start together on the Hooter in their socially distanced groups
- **Finish** – please stay 2m away from each other while walking through the finish and then please promptly leave the beach
- **Guard Rescues** – if any swimmer is picked up and brought back to shore in an IRB, then we need to know to add you to our tracing register. Please tell the guard your name and Race Number

# COVID PLANNING : Group Areas for <100 Swimmers at RED



**KEY**

- 1.5x1.5m area
- Speaker 1
- Marshall (facemask)
- Swim Caps (box of)
- 2m Distancing Sign
- Walking flow direction
- Traffic Cone

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**Process** - the most left hand Group Area will walk with their Marshall to their start point first. 30secs afterwards the next group will start moving, then the next and the next until all seperated groups are at their Start Points

**Notes**

- Each box represents 1.5m = each Group Area (8x22m) gives space for 75 people to socially distance by 1.5m (requirement is 1m)
- Each Group Area will be seperated by 2m
- All Group Areas will be seperated by 2m from the public, ie the boardwalk
- 6x Group Areas = max of 450 total swimmers
- Each Group Area has their own Marshall to help direct people into the area
- Marshalls Required : 7 (1 to lead each group, + another on beach-side to drop pigtail)

# ORANGE or GREEN

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## BEFORE EVENT DAY

- **Online Entries** – online entries must be accompanied by a separate email with proof of Vaccine Status. Without this, we cannot allocate you a Race Number and you will not be put in our timing or tracing system
- **Race Numbers** – allocated once we have your Vaccine Passport (VP) verified. You only need to do this once for the season if we are in either Orange or Green.
- **Age** – Under 12 years and 4 months do not currently require proof of vaccination and can enter online. They may however need a signed Special Dispensation Form for Under 12s completed and emailed to us and this can be found on our website under “Info/Entry”

## ON EVENT DAY

- **Late Entries** – allowed on the day if a Valid Vaccine Passport is shown and can be scanned successfully by one of our team (we recommend using the phone app, or bringing a high quality laminated print).
- **Tracing** – we encourage you to sign in using one of the multiple **QR Code Signs** on the beach
- **Social Distancing** – please stay 1m apart
- **Body Marking Hand with Race Number** – we recommend doing this PRIOR to coming to the beach to avoid contact points with others (your Race Number can be found on our website if you enter online). We also recommend using hand sanitiser provided if you are using the Vivid markers that we provide at the beach to body-mark
- **Race Finish Timing** – please simply extend your Left-hand to show the timing official your Race Number and also please stay in order until this info has been taken
- **Spectators** – welcomed if double vaccinated
- **Masks** – welcomed but not mandatory
- **Warm Up** – allowed as normal
- **Prizegiving** – at 7.15pm on High Tide nights or randomly awarded as you walk back up the beach on Low Tide nights
- **Toilets** – public toilets can be used as normal.
- **Swim Clinics** – to go ahead as normal if planned
- **Sponsors** – normal operation of sales or sampling
- **Start Time** – all groups start together on the Hooter
- **Guard Rescues** – if any swimmer is picked up by a safety boat, please ensure you let us know so we can add you to our Tracing Register (please email or tell us when back at beach)