

# NEWQUAY & PAR ATHLETICS CLUB



## LAST DITCH THROWS

SUNDAY 20<sup>th</sup> SEPTEMBER 2020



Hammer



Javelin



Discus



Shot Put

10am till 3pm. Timetable to be announced in due course.

**Athletes must not attend if they are experiencing any symptoms of COVID-19**

To enter please contact Emma Clemo by email: [emma.clemo@btinternet.com](mailto:emma.clemo@btinternet.com) (for additional queries mobile is: 07773452219)

**Please include: name/club/event/age group/best performance/confirmation that you have your own implement/names & contact number for you and your guests for contact track & trace purposes.**

**Entry fee of £4 per event should be sent by inter-bank transfer to the Newquay & Par AC as soon as your entry has been confirmed to sort code: 20-74-20, account number: 23966461, Ref LDT & Surname – no fee, no competition**

**Age U15 to vet. A small number of experienced under 13's may be admitted by arrangement**

**To be held under UK Athletics rules, licence applied for  
6 throws per competitor, per event**

## **IMPORTANT PLEASE READ**

It is everyone's responsibility (athletes / parents / coaches / guests) to NOT attend competition if they have symptoms (or suspect they have symptoms), or tested positive for COVID-19, or have come into contact with someone who has tested positive for COVID-19. Self-assessment of health prior to an event must take place by a prospective attendant and if required reference should be made here:

<https://www.nhs.uk/conditions/coronavirus-Covid-19/>

So that the competition is run with minimal risk to athletes & their guests, officials & volunteers we are restricting the pool sizes to 6. There will be more than one pool per event.

To reduce the risk of virus contamination competitors must bring their own implements or borrow from their own club.

Communication with all participants will be carried out prior to the event, detailing procedures and plans for the day

Athletes will need to be prepared properly before they undertake any competition. Coaches, club managers and parents should ensure any athlete is confident that they are ready to compete.

Athletes are permitted to bring guests. A 'guest' can be a parent, carer, coach, or friend / family who is assisting with transportation to and from the competition.

We will appoint a meeting manager, a COVID-19 coordinator & assistant. Athletes and their accomplices are asked to follow all instructions given by these volunteers or risk being disqualified from the meeting. They will be recognisable by a yellow bib