



GOAL Mile Covid-19 Framework

OVERVIEW

1. Evidence suggests that outdoor environments are significantly less likely to contribute to the transmission of COVID-19 than indoor environments. All GOAL Mile events take place entirely within areas of open space and do not require any closed environments.
2. Walking and running are non-contact activities that do not require any prolonged face-to-face contact.
3. GOAL Mile events require very little in the way of equipment and have always followed a simple operating model requiring minimal event infrastructure.

DELIVERY DURING COVID 19

1. All participants and volunteers must undergo a self-assessment for any Covid-19- symptoms. No one should attend a GOAL Mile event if they have any of the following:
 - a high temperature (above 37.8°C),
 - a new continuous cough,
 - a loss of, or change to, their sense of smell or taste.This check should be done prior to each GOAL Mile event. Should an individual have demonstrated any such symptoms, they must not participate or volunteer, and should follow relevant guidance in their country of residence.
2. Anyone who has already been instructed to self-isolate by a health care practitioner should continue to follow this advice and not participate or volunteer.
3. Everyone should comply with public health restrictions and avoid high-risk behaviour outside the GOAL Mile setting to reduce the risk to fellow participants and other attendees.
4. The sharing of equipment must be avoided where possible.

GATHERING BEFORE AND SETTING UP

All volunteers must at all times be symptom-free and sanitise hands on arrival at the event.

A single volunteer should assign roles to other volunteers one at a time as they arrive

Any areas used for a pre-event gathering should maximise the available space for each participant and minimise the amount of time participants spend in proximity to each other.

PRE EVENT

Pre-event briefings must be kept to a maximum time of two minutes and ideally, should be scripted in advance in order to keep to time.

Participants must be asked to seed themselves appropriately, with faster participants towards the front, and slower participants towards the back.

DURING EVENT

Participants should walk, jog or run with an aim of making use of all available space and minimising the amount of time in close proximity to each other

FINISH

Finish lines should be in as open an area as possible, can be moved if required and risk assessed appropriately.

