

# Athletics Ontario

## Sanction & Safety Checklist



### I) Traffic Management Plan Execution

- A well-thought-out traffic management and diversion plan needs to be developed for every road race to ensure participants are protected while running on a closed public roadway.
- The Traffic Management Plan must follow the Ontario Traffic Manual Book 7 of Temporary Conditions to meet the safety requirements, and the plan should be executed on the road by a Book 7 certified traffic control company.

In an on-road assessment, a road race organization must demonstrate the following conditions:

#### A. General Course Safety

- Is the runner occupied lane free of parked vehicles?
  - This ensures runners would not have to contend with a moving vehicle when a driver wishes to leave in the middle of the race.
- Do road closures have adequate traffic control products to prohibit vehicles from entering? (Barricades, Road Closed signs, Orange & Black Barrels)
- Do all signalized intersections (with traffic lights) that were observed have a police officer assigned to enforce the road closure?
- Do all non-signalized side streets (without traffic lights) have barricades and a volunteer marshal to monitor the closure?
- Are runners given the right-of-way priority on the road?
- Are vehicles being stopped at the intersection right at the point of where the runners are crossing, or are vehicles being diverted a block back to avoid potential vehicle-runner interaction?
- Is the road reopening done only after volunteers and water station equipment are off the road?

#### B. Specific Areas of Concern.

- At [ ] are runner lanes clearly marked with pylons coupled with clear direction from marshals on which way runners should be turning?
- At [ ] was the runner lane adequately protected from live traffic?
- At [ ], was the turnaround clearly marked and the paths leading up to it well-marshalled?

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### II) Medical Support

- Is there medical support and first-aid available from certified mobile medics for participants that require medical attention?
- Do the medics carry an AED to be trauma equipped?

### III) Runner Safety

#### A. Oversight

- Are there event staff mobile on the course to monitor runner safety and coordinate incident response with medics and police?

#### B. Hydration Stations

- How regular are hydration (water) stations?
- Were there adequate volunteers to staff the station? (at least 1 per table)
- Were cups of water ready by the time runners arrived?
- Were volunteers wearing gloves when pouring water and handing out cups?
- Were all procedures hygienically executed?
- Were there enough cups to serve all runners? Did the station run out of water or cups by the latter part of the race.
- Were there enough tables? (1 level = 150 cups    3 levels = 450 cups    10 tables serve 4500)
- Were tables spread out by 2 metres to prevent runners from crowding when stopping?

### IV) Crowd Safety

#### A. Finish Zone

- Were there medics stationed just past the Finish Line to attend to medical needs?
- Past the Finish Line, was there an adequate runway for slowdown and dispersal to prevent a back-up before the Finish Line?
- Were there volunteers in the landing zone past the Finish Line to direct runners to “keep moving”?
- Were there barricades or other channeling devices present to direct the finish crowd to the services available?
- Was there a large medical tent that could treat a large number of patients?

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- Was there an ambulance available standing by?
- Was the medical tent staffed with medical professionals?
- Were there an adequate number of volunteers staffing the water and post-race nourishment stations to efficiently hand out items and to keep the finishers flowing?
- Were adequate amounts of drinks and snacks still available for the latter waves of runners finishing? Did they run out of supplies?
- Were service stations (tents/tables) placed in a way to provide an orderly crowd flow?
- Were there several exit points to allow crowds to disperse, especially in case of an evacuation?
- Was there a family reunification area?