

Athletics Ontario Road and Trail Race Sanctioning Criteria

As stated by Athletics Canada, your receipt of an Athletics Ontario Sanction formalizes the agreement of your race to abide by guidelines relating to safety, the adherence to stipulated racing regulations and other relevant guidelines put forth by the governing body for running in the designated region. The use of your unique Athletics Ontario Sanction logo, and number, is permitted and encouraged to be displayed on any material relevant to your race to illustrate to your participants your race follows the quality and safety guidelines set forth by the governing body. Your sanction logo is valid for one year.

Any race failing the same requirement two years in a row is liable not to receive a sanction the following year.

NOTE:

Heat season races = April 21-Oct 21

See [Race Director Guide](#) for clarification on any of the following.

1. SAFETY

Necessary Requirements

- a) A qualified first aid attendant must be in attendance.
- b) Minimum of one water aid station on course, ½ way for distances 5km or longer and every 3km for heat season races (April 21 to Oct 21). (If deemed improbable clearly educate to
- c) Electrolyte fluid available at least every 10km for races over 30km and every 5km for races over 30km during heat season.
- d) An Emergency Action Plan) must be in action, involving a basic plan in case of medical emergency, inclement weather, or any other natural disaster. The Emergency Action Plan should also include mode of communication between all parties (head aid station attendants, head course marshals, & medical) throughout the race course via walkie-talkie or cellular telephones.
- e) Traffic controlled at all intersections and parking lots in use that have access to the course
- f) Aid station volunteers must be instructed on how to safely, and hygienically, and cleanly hand out water and other aid to participants

Recommended

- A qualified physician supervising a finish line First Aid Station.
- Traffic cones (or other clear markings, if cones deemed improbable just as a narrow trail) along the entire route, except where the entire roadway is closed to traffic.
- A Lead vehicle with a race official on board (for applicable road races)
- At least one lane of the entire course completely closed to ALL traffic
- Traffic cones along the entire route, except where the entire roadway is closed to traffic

2. COURSE MEASUREMENT, TRANSPARENCY & ACCURACY

Necessary Requirements

- a) Measured by car, bicycle odometer or GPS, or Jones Wheel Counter
- b) Distance marked by 1 significant distance (A significant distance is an intermediate distance at which runners might reasonably expect a distance marker placed, depending on the course length)

Recommended

- Measured by Jones Wheel Counter using an Athletics Canada certified measurer
- Measurement Certified as accurate by Athletics Canada via a graded course measurer, or by a Land Surveyor
- At least 1 additional significant split for races longer than 5Km, one of which must be 1Km, plus every 5Km

3. MANDATORY UNTIL FURTHER NOTICE:

- a) [Athletics Ontario Risk Assessment and Safety Protocols](#) must be strictly adhered to in order to minimize any risks of spreading the COVID-19 virus
- b) A COVID-19 participant waiver must be completed by all participants