



ATHLETICS ONTARIO ROAD/TRAIL RUNNING SANCTIONING KIT

The cost for an Athletics Ontario Sanction is \$50 per year. Use of our logo on your website and marketing along with your unique AO Sanction code on your website indicates to your participants that you successfully meet the following Sanction Criteria.

Note:

*= Necessary

**= Recommended

Heat season races = April 21 - Oct 21

See {Race Director Guide} for clarification on any of the following.

1. Safety

- a) *A St Johns Ambulance personnel, or equivalent must be in attendance.
**A qualified physician supervising a finish line First Aid Station.
- 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)
- 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 (EPA) must be in action, involving a basic plan in case of inclement weather or any other natural disaster. The EPA should also include 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) **Traffic cones along the entire route, except where the entire roadway is closed to traffic.
- g) **A Lead vehicle with a race official on board
- h) **At least one lane of the entire course completely closed to ALL traffic
- i) *Aid station volunteers must be instructed on how to safely and cleanly hand out water and other aid to participants

2. Course Measurement, Transparency & Accuracy

- a) *Measured by car, bicycle odometer or GPS (find most accurate form of GPS measurement, or Jones Wheel Counter)
- b) **Measured by Jones Wheel Counter
- c) **Measurement Certified as accurate by Athletics Canada via a graded course measurer, or by a Land Surveyor
- d) *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)
- e) **At least 1 additional significant split for races longer than 5Km, one of which must be 1Km, plus every 5Km
- f) *Clearly visible digital display clock at finish line

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

ATHLETICS ONTARIO INSURANCE

1. The cost for Athletics Ontario insurance is 50\$ administration fee and \$1.50 for each non-Athletics Ontario Member participant for a day fee). This, along with your \$50 sanction fee will be invoiced after your race is complete.
2. If you are applying also for Athletics Ontario insurance for your event please indicate on your REGISTRATION page a question whether or not your participants are currently members of Athletics Ontario. After your race is complete please provide a final start-list participant and any of the participants who are Athletics Ontario members will be waived the \$1.50 day invoiced to the race director after the race is complete.