

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 64 years in the making.



HEEL & TOE

Race Walking and COVID-19

The word of the week during this worldwide health emergency is **CANCELLED**. The health and wellbeing of all our athletes, coaches, volunteers, family and friends comes before our love of the sport. The situation is changing rapidly and new and more stringent measures are implemented daily so please keep up to date with Government and health authority alerts.

They say that a week is a long time in politics. It certainly is in athletics; Less than a week ago our young walkers were all primed to compete in the Queensland Little Athletics State Championships at QSAC on Friday evening before the announcement was made that the Championships were cancelled. In quick succession other athletics championships and meets followed the Government directives and announced they would be cancelled. These include the Australian Junior Track Championships scheduled for Sydney at the end of the month and the Australian Masters Athletics Championships that were to be held in Brisbane over the Easter weekend. I wish to thank those members who had put in a lot of work behind the scenes to put on the 10km road walk at these Championships and to those that had generously offered their time to help out on the day. The annual LBG carnival in Canberra in June is the latest casualty and has now been cancelled. With so much risk and uncertainty the winter race walk season has been postponed and as nobody knows how far this virus will spread and how long the danger will last, we cannot make any predictions of when the season might commence. All we can ask is that you follow advice, stay safe but keep up your fitness training .

Queensland Athletics

Guidelines for Athletics – Bulletin 1 March 18th 2020

Queensland Athletics and Athletics North Queensland continue to take the health and safety of

athletics participants including athletes, coaches, officials, staff, volunteers and fans, across all levels of the sport very seriously.

As you are no doubt aware, COVID-19 is a quickly evolving global situation. The Boards of Queensland Athletics and Athletics North Queensland will continue to monitor advice from Federal and State Governments along with Health experts and Venues. We will update our Members as required.

All Athletics organizers and participants must play a role if we are to help slow the spread of COVID-19, including people organizing, attending or supporting attendance at athletics activities.

In this unprecedented time, we also need to plan ahead, be ahead of the curve, where possible be proactive and postpone events and activities that may be at risk of cancellation. It is certain

that guidelines will tighten further, it's also certain that we will eventually get on top of this virus and at some stage need to return to normal business. It is in that environment that we are advising Clubs to plan now and possibly look at postponing and rescheduling rather than cancel.

Effective 18 March 2020, the following guidelines should be adhered to for all Athletics activities

in Queensland, including competition, training, clinics and educational activities.

- Clubs should postpone or cancel all competitions, including Track & Field, Cross Country and Organized Road Running until 31 May.
- Clubs should cancel all coaching, officiating, clinics and educational activities of more than 10 persons until 31 May.
- Clubs should cancel all regular training sessions where more than 10 individuals are involved. Where small groups (less than 10) training is organized strict social distancing. In addition to the sanitization of equipment being used by the athletes and coaching, shall be implemented.

NOTE: advice can and will change over the next few days and weeks so any document / advice we give will need to be reviewed and potentially modified on a regular basis.

*Social Distancing

Participants should not present at any Cub or Athletics activity if they:

1. Have any flu-like symptoms;
2. Have been in direct contact with a known case of COVID-19 in the past 14 days;
3. Have travelled internationally or been exposed to a person with COVID-19 in the preceding 14 days; or
4. Are at a high risk from a health perspective, including the elderly and those with preexisting medical health conditions.

3.

- Athletes, Coaches or officials do not touch each other, e.g. no shaking hands
- Ensure you keep a distance of 1.5 metres between yourself and others;
- Restrict access to changeroom areas

4.

- Ensure spaces at each facility, surfaces and objects are regularly cleaned with Disinfectant stating high alcohol content (90%) or antiviral properties
- Ensure spaces at each facility, any implements cleaned with Disinfectant stating high alcohol content (90%) or antiviral properties
- Provide hand washing guidance (http://www.who.int/gpsc/clean_hands_protection/en/);
- Promote regular and thorough hand washing by staff and participants;
- Provide sanitizing hand rub dispensers, stating high alcohol content (90%) or antiviral properties in prominent places around the event venue
- Make sure hand rub dispensers are regularly refilled.

4. Behaviour:

- Cover mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze;
- Provide bins and put used tissues in the bin straight away;
- Wash hands with soap and water often;
- Use hand sanitizer gel if soap and water are not available;
- Try to avoid close contact with people who are unwell;
- Do not touch your eyes, nose or mouth if your hands are not clean.

The above Bulletin generated a big reaction among athletics clubs, athletes and coaches and QA CEO, David Gynther, released this statement this afternoon to address these conv

It is a challenging time for all in our community and indeed worldwide. For many within the athletics community there is a feeling of loss, disappointment, frustration and emptiness. Athletes and coaches have worked hard, aspired to achieved and dreamed on success. This unprecedented, in recent times, COVID 19 epidemic has temporally taken much of that away from us. Our first concern must be the health and wellbeing of all in our community and that not only means containing COVID 19 but also looking after the mental health of all that are affected. We have been inundated with information, some of it confusing, contradictory and changing on an almost daily basis, the ground under our feet has been far from solid. Many sports are interpreting these in different ways, some are taking making the minimum change under law to maintain income streams, other are working to get ahead of the curve. All change is stressful, constant change on a regular basis, combined with emotions such as fear and disappointment can be devastating.

I mention the above as providing some stability to our community was central to come of the advice given in COVID 19 Bulletin1 -18 March.

I would like to take the answer some of the questions arising from that Bulletin.

- 1.The Bulletin provided Guidelines, these are ultimately to assist you in implement safe practices at your Club and to give you some support and a firm position when dealing with you members in this difficult and complex situation.
- 2.We have chosen the 31 May as the expected close date as all the information we have is that it will be at least that long. We are monitoring the situation daily and, in the event, that the situation improves early we will be very quick to change the guidelines as we will if the situation gets worse. Athletics Australia have decided to say May 1 or later, primarily as they have a remote hope that some form selection might be possible in May, in a very restricted format.
- 3.We want to position the sport to recover from this as quickly as possible, moving events to a later date rather than cancelling is a big part of that. Again, all the information is that it will be at least June, perhaps July of later before we will have ability to again conduct larger events. We keen to help you with this if that is of interest.
- 4.Our guidelines are only to Member Clubs and their Members, we have no judgement over Schools, universities or Clubs and Groups that are not Members.
- 5.Our recommendation in the Guidelines is for groups, training or otherwise to be no more than ten.
 - a. Yes you can have several separate groups of ten at a training session, there should be as minimal interaction between the groups as possible.
 - b. Strict social distancing, hygiene at groups activity and ensuring no infected or potentially infected persons attend group activity is much more important than the number. Again, we provide Guidelines if your group is 12 and they are very strict with all the above that is better than 8 and being sloppy with social distancing and hygiene. It is your Club and you're best placed to understand your abilities to implement the Guidelines. It is simple maths that groups of 10 are 50% less risk that groups of 20.

I hope it helps, if you have any more questions please feel free to contact me directly on david.gynther@qldathletics.org.au or on 0437004983

We will endeavour to keep you up to date as things change.

Regards

David Gynther

CEO Queensland Athletics

Athletics Australia Release

Athletics Australia wishes to advise that we, along with our State Member Associations have decided and agree to the postponement of all competitions and events until May 1 2020 at the earliest. This includes local and state cross-country, track and field and road events.

Having regard to the advice of their State Governments and Health Departments, this decision is supported by all of our Member Associations.

Competitions have already commenced in some states, so for the latest information and updates the relevant Member Associations should be contacted.

With the current threat of COVID-19 impacting the health and welfare of Australians, Athletics Australia continues to take guidance from National and State health authorities. This decision is in line with recommendations that non-essential gatherings of more than 500 people outdoors and 100 people indoors should not proceed, and social distancing measures be put in place.

Athletics Australia also encourages clubs, athletes, coaches and officials continue to exercise the appropriate hygiene measures and implement self-exclusion if displaying flu-like symptoms. Any member with flu-like symptoms should self-exclude from training and coaching at the first sign of the symptoms and seek medical advice. When training we strongly recommend that you practice social distancing and other measures at the levels advised by Australian Government Department of Health.

Athletics Australia Chief Executive Officer Darren Gocher said; "The community's health and well-being was our major concern, and athletics has a responsibility to assist authorities in limiting the spread and impact of COVID-19,"

"We have an obligation to assist in slowing the peak of the pandemic and to minimise the workload of our health care professionals," Mr. Gocher said.

"This decision is consistent with the recent measures taken to safeguard our high-performance athletes with the postponement of the Australian Track & Field Championships and is supported by our Member Associations.

"While athletics is a non-contact sport there are considerable measures that need to be in place to adhere to expert advice around reducing the risk of spreading the virus. We focused specifically on minimising the risk and impact on the athletics communities that we support, as well as their families. We appreciate your understanding through this difficult time."

Athletics Australia acknowledges the uncertainty of the current situation and that this advice can rapidly change as the situation evolves. As such, Athletics Australia will continue to monitor, and act accordingly, in response to statements and policies enacted by both Federal and State Health authorities.

Further advice on the Coronavirus COVID-19 can be found from the Australian Government Department of Health (www.health.gov.au) or for general advice regarding COVID-19, call the Australian Government's Coronavirus Health Information Line on 1800 020 080.

Tokyo Olympic Games 2020?

International Olympic Committee member Hayley Wickenheiser says that plans for the Tokyo Games to go ahead are "insensitive and irresponsible".

On Tuesday, Japan's Olympic minister said the nation is still planning for a "complete" staging of the Games, despite the coronavirus pandemic.

"This crisis is bigger than even the Olympics," said Wickenheiser.

"We don't know what's happening in the next 24 hours, let alone the next three months."

Wickenheiser was part of the Canada team that won four successive ice hockey golds at the Winter Olympics.

Writing on Twitter, she added: "From an athlete perspective, I can only imagine and try to empathize with the anxiety and heartbreak athletes are feeling right now."

"Athletes can't train, attendees can't travel pan. Sponsors and marketers can't market with any degree of sensitivity.

"I think the IOC insisting this will move ahead, with such conviction, is insensitive and irresponsible given the state of humanity."

On Saturday, Japan's Prime Minister Shinzo Abe claimed the Games would still go ahead and on Tuesday that was followed by Olympic minister Seiko Hashimoto saying: "We will do our utmost to prepare [to hold the Olympics] as scheduled so that the International Olympic Committee will be convinced we are capable of hosting the Games."

She added that a "complete" Olympics meant that the Games would start on time and with spectators in attendance.

The International Olympic Committee (IOC) says it does not plan any "drastic" decisions and remains fully committed the Games.

However, Spain's Olympic Committee president Alejandro Blanco has said he would prefer the Games to be postponed in order to give athletes the opportunity to prepare fully.

"The news that we get every day is uncomfortable for all countries in the world, but for us the most important thing is that our sportspeople cannot train and to celebrate the Games as planned would result in unequal conditions," he said.

"We want the Olympics to take place, but with security. We're an important country in the world and four months before the games, our athletes can't arrive in equal conditions."

This Week

The QMA Brisbane competition scheduled for this Saturday (Tom Gould Handicap Day) is now **cancelled**.

It may be rescheduled at a very future date. Apologies to all disappointed athletes. QMA Management Team.

LBG Canberra Federation Meet Cancelled

The ACT Fitness and Race Walking Club have determined that in the interest of public health they do not wish to conduct the Annual Race Walking Carnival on the long weekend in June. The decision of the ACT Committee is supported by the Executive of Race Walking Australia and consequently the 2020 Canberra Race Walking Carnival is cancelled.

The AGM of RWA which is normally conducted on the June long weekend will now be scheduled for the Saturday evening preceding the AA/RWA Winter Race Walking Championships currently proposed for August 30 in Melbourne.'

QRWC 2020 Winter Road Walk Season



Queensland Race Walk

Queensland Race Walking Club season [2020](#).

After the cancellation of the State Little Athletics Championships last [Friday](#), Members of the current committee started discussions relating to the up coming season and moving forward.

As we are a club of less then [100](#) members there was thoughts of continuing on as was programmed.

These conversations were not taken lightly. There are members that would like to get out and have a race. Try and look for a bright light with enjoyment in these current trying times. This is why we, in general have waited a few days before making a final decision.

However now following the announcements of Athletics Australia relating to not hosting any sanctioned events, we have to stay in line with their recommendations.

The start of our season will now be postponed until further notice. At this point it is recommended no competitions will be held until [May 31](#)st. This may change depending on further guidelines from the government and our governing body.

As for the upcoming AGM scheduled for [April 5](#)th.

This is still in discussion.

There are a few items to be considered.

Once a decision is finalised the information

World Athletics Race Walking Team Championships Minsk Postponed

It is with regret that we have agreed with the Belarus Athletic Federation and the Ministry of Sports and Tourism of the Republic of Belarus to postpone the World Athletics Race Walking Team Championships Minsk 2020 (May 2-3), due to the ongoing challenges created by the spread of new Coronavirus (COVID-19) internationally.

The Belarus Government announced today that it was cancelling all mass events until at least early April.

The current global situation would have seriously compromised the event at this time as many countries are now restricting international travel, invoking quarantines and advising citizens and event organisers to avoid mass gatherings.

First and foremost we had to consider the health and well-being of our athletes, officials and spectators in making this decision.

The advice from our medical team, who are in contact with the World Health Organisation, is that the spread of the Coronavirus is at a concerning level in many countries and all major gatherings should be reviewed.

We are working with the Local Organizing Committee to identify an appropriate alternative date for both the host city and for the elite competitors. We thank the local authorities in Minsk for all the work they have done to prepare for this event and we hope to be able to announce a new date in the coming weeks.



Coming Up

March 21st Qld Masters SAC 3,000 metres 8.00am **CANCELLED**

March 21-29th Australian Junior Track Championships, Sydney **CANCELLED**

Australian Open Championships Sydney **POSTPONED** to a date or dates to be determined.

March 29th QMA Gold Coast Championships Runaway Bay Sunday **CANCELLED**

April 5th QRWC Sign On Day Kalinga Park 8.00am **POSTPONED**
April 10th Australian Masters Championships 1,500 metres QSAC **CANCELLED**
April 11th Australian Masters Championships 5,000 metres QSAC **CANCELLED**
April 12th Australian Masters Championships 10km Road Walk West End **CANCELLED**
April 18-19th Australian Little Athletics Track Championships, Canberra **CANCELLED**
April 19th QRWC Handicap Meet Beenleigh Logan River Parklands 8.00am **POSTPONED**
April 26th QRWC Handicap Meet Date & Venue TBC **POSTPONED**

Looking further ahead

May 2-3rd IAAF World Race Walking Team Championships, Minsk, Belarus **CANCELLED**
May 3rd QRWC Handicap Meet Date & Venue TBC **POSTPONED**
May 17th QRWC Handicap Meet Date & Venue TBC **POSTPONED**
May 24th QRWC Handicap Meet Date & Venue TBC **POSTPONED**
May 31st Gold Coast RW Championships Mudgeeraba **POSTPONED**
June 5th Qld Masters State Championships Townsville **No decision**
June 7th LBG Federation Meet Mt Stromlo Canberra **CANCELLED**
July 17-20th World U20 Track Championships, Nairobi, Kenya **No decision**
July 24th-Aug 9th Olympic Games, Tokyo, Japan **WISHFUL THINKING**
July 20th-Aug 1st World Masters Track Championships, Toronto, Canada
July 26th QA Road Walk Championships Venue Murarrie
August 30th AA Winter Road Walk Championships / AFRWC Carnival Melbourne TBC
August 30th Australian Masters 20km Championships Adelaide
November 15th Pan Pacific Masters Games 10km Road Walk Runaway Bay Gold Coast

Queensland Athletics 2019/20 Registration

- Queensland Athletics registrations are due from October 1st. All athletes wishing to compete during the track season must register on line. For information regarding registering with Queensland Athletics, visit
- <http://www.qldathletics.org.au/Membership/Membership-Information>
- To renew your QA registration as a member of QRWC go to
- <https://www.revolutionise.com.au/qldracewalkingclub/registration>
-
- Current financial club memberships are due to expire 31st March 2020. Click on the required Existing QRWC member option if you paid your club membership during the winter road walk season. If you are not a financial member of the QRWC you are required to select the option that includes club membership. All club officials, coaches, volunteers and Committee Members should register. This is a \$ 0 options and ensures that you are covered by insurance.
- **QA / QRWC Registration Fees Structure**
- QA Base Membership / Existing QRWC member \$ 12
- QA Platinum Membership / Existing QRWC member \$ 232
- QA Young Athlete Platinum / Existing QRWC member \$ 182
- QA Seniors Athlete Platinum / Existing QRWC member \$182
- Club Coach, Officials, Volunteers / Existing QRWC member \$ 0

Coaching

If you are looking for coach or would like to be part of a training squad there are a number of qualified coaches in the club: Dave Smith, Steve Langley, Noela McKinven, Shane Pearson, Robyn Wales. To search for a walks coach, see their

qualifications, contact details or where & when the coach go to ;

<http://icoach.athletics.com.au/at/icoach/Search.aspx>

Beginners race walk judging course

AA have developed an on-line Level 1 race walk judging course.

<http://athletics.com.au/Officials/Level-1-Important-Information>

Once you have completed this course ask to stand with one of our qualified judges at a road walk meet to learn practical side of judging.

Calling all First Aiders

The club will require a list of qualified (up to date) First Aiders or medical practitioners before the start on the winter road walk season. Please let me know at peter.bennett@live.com if you wish to be on the club list.

BlueCard: The club recommends that all volunteers and athletes over 18 apply for a Queensland Government BlueCard. Please read the requirements on who needs a card at the following website. <https://www.bluecard.qld.gov.au/volunteers/howdoiapply.html>
An application form can be printed off from this site.

Racewalking Queensland

(Trading as the *Queensland Race Walking Club Inc.* ABN 59065512712)

Racewalking Queensland Management Committee 2019/20

President: S. Pearson

Secretary: N. McKinven

Vice President: P Bennett

Treasurer: R Hamann

Committee: C Goulding, I. Jimenez, S. Langley, T. Norton, S McCure, J. Westlin.

Patrons: Patrick & Maxine Sela

Registrar: T Norton

Delegates to QA: S Pearson, P Bennett

Handicapper/Results: N. McKinven

Social Media/Publicity: C Goulding

Trophy Officer: N. McKinven

Newsletter Editor: P. Bennett

Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

2019/20 Registration Fees

Family \$40

Students & Officials \$15

Others \$25

Note: To register with Queensland Athletics, you must use their On-Line Registration.

Go to www.qldathletics.org.au

Race Day Fees

Students \$ 4 / Others \$6

Club Championships: Road \$8 / Track \$10

Season Ticket \$60/\$30 (for students) per athlete (for entry to all QRWC events for the season including track and road championships. Does not cover QA, AA or RWA championship and other events organised by those organisations). Recommended if you intend doing all the races during the season and it saves the hassle of trying to find coins to pay your race fees each Sunday.

QRWC Website: www.qrwc.com.au

Queensland Athletics Member Protection Policy

As a member of Athletics Australia, Queensland Athletics, an affiliated club or an individual member everyone is required to comply with the Queensland Athletics Member Protection Policy. We are committed to the health, safety and general well-being of all of our members and will work to ensure that everyone associated with our organisation complies with this policy. We would encourage all who are involved in athletics to familiarise themselves and comply with this policy.

You can read the full policy here

<http://www.qldathletics.org.au/Portals/50/General/QA%20Member%20Protection%20Policy%20-%20July%202015.pdf>

Play by the Rules

Lots of good resources and on-line training here.

<https://www.playbytherules.net.au>

Contact emails:

qrwc1@optusnet.com.au Membership, coaching or general enquiries about the club
racewalkqld@outlook.com Articles for the newsletter, to send in results, to join newsletter mailing list.

QRWC race entries qrwc1955@icloud.com

About us

Racewalking Queensland conducts its own winter road walk programme from April until September. Thank you to all our contributors of results & reports to this newsletter. We value your input.

For news and information on the Australian Federation of Race Walking (Racewalking Australia) and the member clubs go to www.rwa.org.au

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>