

MAAA ROAD RACE STANDARDS

For the issue of an MAAA Road Race Licence the following standards, which are in conformity with the European Athletics one-star standard system, will be adhered to.

1. ADMINISTRATION AND FINANCE

- a. INSURANCE - The Organiser is covered by a public liability insurance policy.
- b. PERMITS - Permits and authorisations (police, transport authority, local council, MAAA) have been obtained.
- c. RACE RULES- The race rules have been published. (The rules include the entry procedure and fees, date, race distance, start time(s), competition categories and age groups, prizes and gifts, and the policy for change/cancellation due to severe weather conditions, safety issues or security problems).
- d. REGISTRATION - There is an appropriate registration system (which can also allow for quick identification of athletes) and a secure entry fee payment system.

2. SAFETY

- a. AMBULANCE - There is a vehicle equipped with medical supplies following the race. This following vehicle is linked to the rest of the organising team through an appropriate communication system. *: bike accepted.
- b. LEAD VEHICLE - There is a lead vehicle preceding the leading participant at all times. This vehicle must contain at least one race official who is fully aware of the course. The lead vehicle is linked to the rest of the organising team through an appropriate communication system. *: bike accepted.
- c. MARSHALS - At least one marshal / police / warden – appropriately clothed so as to be instantly recognisable - with accurate direction and instruction signs - is stationed at each intersection along the course. Marshals / police / wardens are to keep their assigned position until advised by the race official responsible for closing the field. Experienced marshals to assume duties of *check-points*.
- d. MULTI-RACE EVENT - In the case of a multi-race event, the races have been planned so that there are no conflicts in terms of the course or participant flow, human resources, equipment, supplies and logistics.
- e. NUMBER –BIBS - The participants' number bibs do not hinder runners' movements or progression in the race.
- f. NUMBER –BIBS (Distribution) -There is an efficient system for the distribution of the participants' number bibs.
- g. POLICE - The local police and security services have been involved in the planning of the safety and security arrangements and as required athletes are instructed to follow police recommendations.
- h. POST-RACE REPORT - A post-race report form provided by MAAA (including medical and safety issues that occur during the event) - is filled in by the organiser for its own good and used to improve future editions. External reports are taken in account.
- i. START / FINISH LINE -The start line and finish line are properly secured, wide enough for the expected number of participants and clearly identified.
- j. WEATHER-PLAN - There is a severe weather plan including measures related to extreme temperature, humidity, precipitation, wind, lightning and other local dangers. This plan includes a

clear chain of command and takes into account the safety of the participants, race officials, volunteers and spectators.

3. MEDICAL

- a. **MEDICAL EMERGENCY SERVICES** - Local medical emergency services have been consulted prior to the race and been involved in the planning of the emergency arrangements and other medical services at the race.
- b. **HEALTH VOLUNTEERS** - There are sufficient medical professionals and trained health volunteers (first-aiders) - based on the race history, conditions and organisers' guidelines - and they are provided with the appropriate conditions for their work. The professionals and trained health volunteers (first-aiders) along the course are linked through an appropriate communication system.
- c. **FINISH LINE** - There is a first-aid post within 100m of the finish line staffed with sufficient medical professionals and trained health volunteers (first-aiders) and stocked with sufficient supplies to deal with the expected service requests.

4. COURSE

- a. **COURSE DESIGN** - The course design ensures, as far as possible, a smooth, unobstructed run from start to finish for all participants. If it is impossible to cope with space limitations (e.g. through different bloc-start times or different courses) entries should be limited to a number that allows all participants a good-quality race experience.
- b. **SURFACE** - The course is on sealed surface roads, footpaths or hard-clay surfaces but not on a trail course or a cross-country course.
- c. **SIGNAGE** - The course signage gives clear indications and does not confuse participants on the route to follow.
- d. **DISTANCE MARKERS** - There are distance-markers positioned **CLEARLY VISIBLE** at least every 5km (3mi) for the entire course and one kilometre or mile before the finish. It is recommended that there are distance-markers positioned every 1km (or mi) for the entire course.
- e. **DRINKING WATER** - There are stations at which volunteers hand drinking water to all participants positioned at least every 5km along the course. They are indicated and ideally positioned at wide, flat portions of the course.
- f. **RUBBISH** - The course is cleared of all event-related rubbish and the signage is removed as soon as possible after the race.

5. TIMING

- a. **TIMING** - All finishers receive an accurate time. If there are more than 2000 participants or if the expected time before all participants to pass the start line is more than one minute a national federation approved electronic timing system is to be used. Otherwise manual timing (with video-back up) is accepted.

6. MEASUREMENT

- a. SHORTEST ROUTE - The course has been accurately measured along the shortest possible route that a runner could follow within the section of the road permitted for use in the race.
- b. METHOD OF MEASUREMENT – The organiser has ensured that the ‘Calibrated Bicycle Method’ (IAAF Rule 240.3) and described on the MAAA website (<https://athleticsmalta.com/>) under the section Road Running has been used and that an application for certification has been submitted to the MAAA.

7. RACE RESULTS

- a. The race results are made available, free of any additional charge, within **48** hours of the end of the race.

8. SUSTAINABILITY

- a. SUSTAINABILITY - The race organisation has sought to raise awareness among its staff, volunteers, participants and spectators about energy saving, water conservation and waste management and to promote the use of public transport to/from the race site.

9. INDIVIDUALS

- a. RECOGNITION SYSTEM:-There is an appropriate management and recognition system for all volunteers.
- b. GENDER DISCRIMINATION: - There is no discrimination on the basis of gender in terms of facilities, arrangements or actions by the race organisation.
- c. WHEELCHAIR ATHLETES: - If wheelchair athletes are participating, there are appropriate arrangements to ensure their safety and the comfort of all participants.

10. SERVICES

- a. TOILETS - There are sufficient toilets available in the start and finish areas.