



IRENE NEWS

9 November 2020

No 44 - 2020



ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 10 November at 18:30.

No nominations for the committee can be accepted anymore.

TUESDAY MENU

On Tuesday evening there will be macaroni and mince for sale at the bar for only R25 per portion. Please support Buks and save yourself the trouble to cook at home.

PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week:

Elna	Botes	09 Nov
Marinda	de Beer	10 Nov
Vaughn	Hills	11 Nov
Pierre	Koch	12 Nov
Leo	Erlank	13 Nov
Themeka	Sibulela	13 Nov
Mike	du Bruto	14 Nov
Nadia	Saayman	14 Nov
Uida	Enslin	15 Nov
Letha	Kotze	15 Nov



Website: www.csi-euf.co.za

Tel: 011 805 6316



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

Members: GJ Cillie B.Sc (QS) UP, PrQS, PMAQS, MRICS | Guillaume Cillie B.Sc (QS) Hons UP, PrQS

GAUTENG HEAD OFFICE
10 Lenchen Park
2029 Lenchen Ave South
Zwartkops x 4
Centurion
0157

PO Box 7838, Centurion, 0046 R.S.A
m: +27 (0)83 655 7010
t: +27 (0)12 663 3300
f: +27 (0)86 670 2124
e: info@caqs.co.za
www.caqs.co.za

WESTERN CAPE OFFICE
Niagara Road
Tyger Waterfront, Suite 713
The Cliffs, Bellville, 7530
m: +27 (0) 83 655 4754

PROTOCOLS AT MEETINGS (FYI)

TuksAthletics

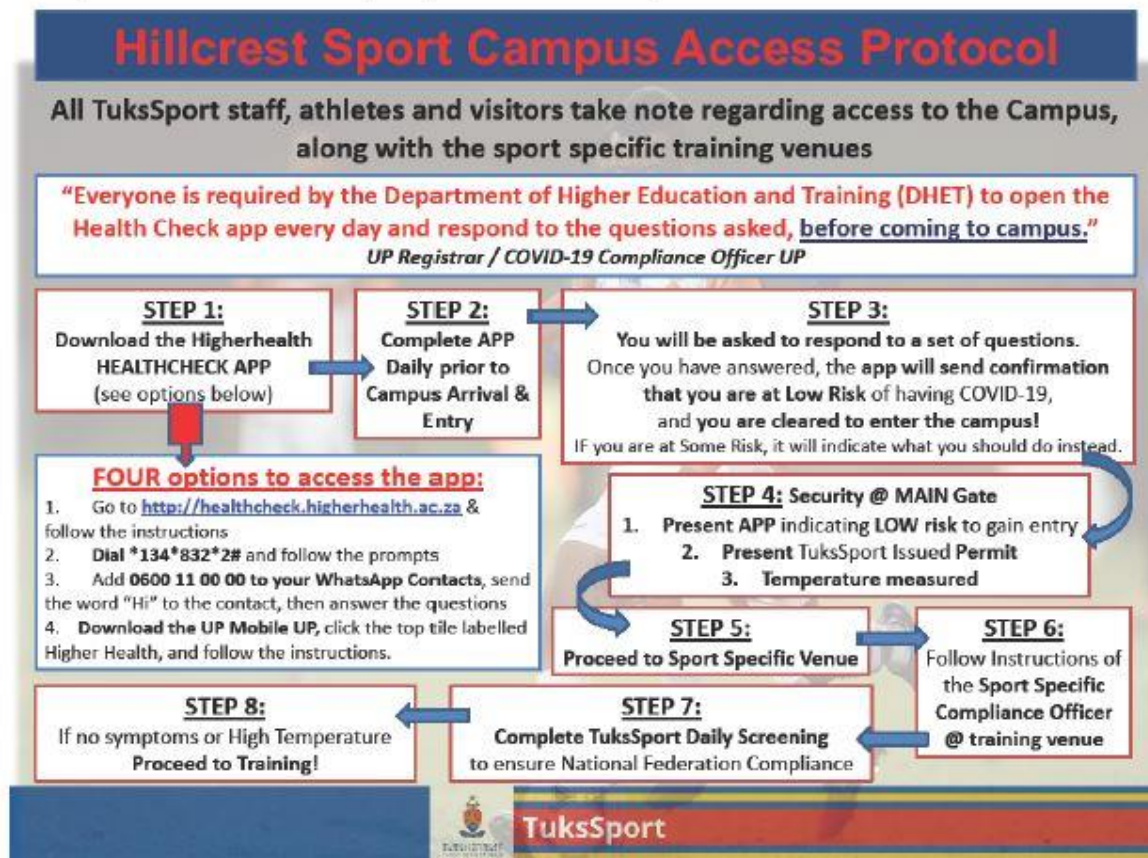
PROTOCOL: AGN MEETINGS 2020

ACCESS TO HILLCREST SPORT CAMPUS

As the University of Pretoria is also bound by regulations as published by the Department of Higher Education, certain procedures will need to be followed to enter any of the UP campuses, including the Sport Campus.

Before accessing to Hillcrest Sport Campus where the Bestmed Athletics Stadium is situated, everyone that will enter the Stadium, will firstly have to complete the HigherHealth Healthcheck questionnaire as per the presentation below. The easiest way to complete this, is to enter the telephone number as per number 3 in WhatsApp of the presentation included in the Four Options to Access the App. Just type in Hi and then type Check and it will take through the whole process. On completion of the all question, you will get a message classifying as a low, medium or high risk. This can be done at home as this is valid for 24 hours.

Anyone classified as medium or high risk, will not be allowed entry



GENERAL RULES

Upon arriving at the parking area of the Bestmed TuksAthletics Stadium, the following will apply:

1. Upon entering the Hillcrest Sport Campus, masks must be worn at all times;

2. You will need to report to the table that corresponds to the surname of the athlete to ensure that the athlete in question, has pre-entered;
3. Once verified that athletes have entered and also proved that you are licensed and have a valid 2020 ASA license number, the athlete will be requested to enter the screening area where his/her temperature will be taken and another questionnaire will have to be completed online via cellphone. This website can be accessed via a QR code that will take the athlete immediately to the website. Once all the questions have been answered and submitted, the athlete will need to show the screening officer that it has been done and will then be allowed access;
4. Coaches will also adhere to the above mentioned and will also need to report the coaches table to ensure that the coach has applied online to have access to the facility via the AGN Google form that was circulated. All other steps as per athletes will be followed before being allowed to enter the Stadium.
5. **NO** athlete or coach that is not on the lists, will be allowed entry without exception;
6. **NO** spectators will be allowed to enter. Anyone bring an athlete to the Stadium, will have to remain in the car in the parking lot or leave the Campus and return later to pick up the athlete/coach;
7. Anyone that has a temperature of 37.5°C or higher, will not be allowed immediate entry but will be placed in an isolation area. The temperature of such a person will again be taken after 15 minutes and if the temperature remains 37.5°C or higher, a medical doctor or ALS paramedic will meet with the person and may advise him/her to immediately visit his/her doctor for a Covid19 Test. Such a person, irrespective if the medical doctor and ALS paramedic does not refer this person to a doctor, will not be allowed entry.
8. Athletes that enters, will be showed to the warming up area which will be situated in the throwers area;
9. The main pavilion on the stadium will be closed for coaches and athletes and will be reserved for technical officials only;
10. Coaches can stand anywhere behind the fence of the Stadium. Caution must be taken not to touch the railing/fence and also to adhere to social distancing;
11. Once the athlete has finished competing, warm down should take place at the warming up area and coaches and athletes must vacate the Stadium as soon as possible;
12. **NO** paper result will be posted and results will be circulated via WhatsApp;
13. Coaches and non-competing athletes must wear masks at all time;
14. In the field events, athletes should adhere to social distancing and wear masks at all-time unless the athlete is required to make an attempt;
15. Track athlete must wear masks until called to start his/her race and then should place the mask in a pocket or any other space so that when done with the race, that the mask can be replaced as soon as possible;
16. In events where the athlete will run in lanes, only lanes 2, 4, 6 and 8 will be used. The other lanes will be left open to adhere to the requirements of social distancing. Other events longer than 400m and not run in lanes, will be limited to 8 athletes per heat;
17. Sanitising station will be placed all over at the track and field events. Sanitising assistants, will spray a sanitiser on the starting blocks and track surface at the starting area where starting blocks are being used. Athlete's hands will also be sanitised before touching the starting blocks and surface at the starting area;
18. In any hurdle event, all hurdles will be sanitised before a race is taking place and will be sanitised between heats after it has been placed on the correct marking and height has been adjusted. If for some reason a hurdle needs to be touched by a volunteer before a race takes place, the hurdle in question will be sanitised again;
19. In the throws, athletes are requested, as far as possible to participate with his/her own implement. However, before and attempt is taken, the hands of the athlete will be sanitised and the implement, after returned to the area where the athletes are and will be sanitised again;
20. **NO** hugging, handshaking or any form of contact between athletes or coaches must take place on completion of an event or heat;
21. **NO** sales will take place and coaches and athletes are encouraged to bring their own drinks and snacks to the Stadium. Drink and snacks should not be shared;
22. The toilet facilities will be open and sanitised and a cleaner will sanitise this facility often;
23. Any person not adhering to any of the Regulations or Rules as mentioned above, may be ask to leave the Stadium

THOUGHT FOR THE WEEK

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.

PHOTO CORNER



Pieter Saayman



Helandie Calaca



The Calaca family with Linley September



Maryke Viljoen with new member Franita Tarr

Carolina van der Westhuizen and her brother in law Michael, took the opportunity to run the Kaapsehoop Marathon in the Tzaneen/Magoebaskloof area over the weekend with husband Markus seconding. Lovely photos of the area.

