

**scottish**athletics



A practical guide for athletes  
returning to athletics  
following the Covid-19 restrictions during  
Phase 1 of the route map for exiting lockdown



# PHASE 1

The guidelines in this document relate to phase 1 of the Scottish Government's COVID-19 route map through and out of the crisis.

This phase:

1. Allows unrestricted outdoors exercise adhering to distancing measures and non-contact outdoor activities in the local area.
2. Permits people to use outdoor spaces for recreational purposes.
3. Allows one household to meet with another household outdoors, in small numbers, but with physical distancing required.
4. Information on the Scottish Government's approach to managing covid-19 is available at [www.gov.scot/coronavirus-covid-19/](http://www.gov.scot/coronavirus-covid-19/)

This practical guide, prepared by our team in consultation with **sportscotland**, Scottish Government and Children First, outlines the robust measures **scottishathletics** would like athletes to take to maintain their own, and others safety, during phase 1 of the route map through and out of the crisis.

The measures proposed cover each step of the journey from preparation at home to the outdoor area used for exercise and back home again.

These measures should be followed at all times during phase 1. Further advice will be provided for the subsequent phases in due course.

**Informed athletes  
and  
robust procedures**

Our measures and procedures are under constant review and updated as advice from government, health authorities and the national agency for sport evolves in line with the gradual lifting of restrictions.

### 1. Before you train

In this phase you must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas or exposed to someone with COVID-19 in the last 14 days.
- Have COVID-19 symptoms or are feeling unwell.
- Have been told to self-isolate as part of the contact tracing measures in place.

You must check with your GP prior to training if you are in a high-risk health category.

### 2. Coaching, instructing and personal training

One to one coaching is permitted if it is outdoors, physical distancing can be maintained, and it is with members of your household and/or members of 1 other household. A coach should not deliver training to more than 1 household at any one time or provide training to more than 1 household per day. Be aware that this guidance can change quickly so please continue to follow advice on the **scottishathletics** website.

### 3. Athletes training in an outdoor space

Where you do intend to train in an outdoor and public space on your own, or with an athlete or coach from another household, the following should apply:

- Only outdoor exercise is allowed in this phase. Please note your usual local facilities may be closed.
- Face to face training sessions with an athlete or coach from another household should take place only where full physical distancing is possible and once per day.
- Athletes should plan and risk assess the session/outdoor space with their coach online or by phone prior to the session, and confirm particular expectations and requirements.
- Athletes should only train at local outdoor spaces and avoid unnecessary travel.
- Athletes should not travel to and from training in the same vehicle as someone from a different household.
- Athletes should arrive and leave the designated outdoor space as close as possible to when they are due to train.
- Athletes should arrive ready to train as there will be no access to changing rooms or facilities during this stage.
- Athletes should be aware that public toilet facilities will not be available during this phase.
- Athletes should take with them hand sanitizer and/or antiseptic wipes.
- Athletes should **only use own** equipment.

### 4. Social distancing & good hygiene behaviours

- Refrain from handshakes and high fives.
- Keep 2 metres away from other people at all times.
- Do not share food, towels, and drinks.
- Clean your hands and equipment frequently.
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and take it home with you.
- Avoid spitting unless into a tissue which you should take home and dispose of.
- Avoid touching your face.
- Keep your distance from the other public space users.
- When there are 2 or more athletes in your family group, or you are training with someone from another household, run in single file more than 5m apart, unless there is sufficient space where you can leave 2m between each athlete running side by side.
- Remain apart from other athletes and other members of the public when taking a break.

Link to the Health Protection Scotland guidance  
[www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/](https://www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/)

## 5. When training finishes

- Once training has finished leave promptly.
- Hands should be washed as soon as possible.
- Ensure personal kit and equipment is cleaned thoroughly after use.
- If you become unwell after training, you should first contact your GP/NHS 24, update any contact tracing App in use at that time, and then inform your club/**scottishathletics** welfare team.

## 6. Safeguarding

Children and young people

- Coaches must have the permission/agreement of the parent/carer of an athlete who is under the age of 18 to coach that athlete via phone/social media.
- In line with our child wellbeing & protection policy, athletes under 18 years of age should be accompanied by a parent/carer at all times throughout the training session where it takes place in an outdoor and public space.
- Preferably only one parent/carer from the family should accompany an athlete aged under 18.
- Where the athlete is under 18 the parent/carer will have first aid responsibilities as no one else other than a medical professional can be within 2m of the athlete.

Para-athletes

- Higher Risk: athletes in the higher risk groups should follow any medical guidance they have been given about ensuring good health and welfare. If there are further concerns, please consult with your medical or national organisations for support and best practice.
- General Assistance: para-athletes requiring personal support should bring a carer with them to training provided this person is part of their normal family group.
- Guide Runners: in phase 1, unless the guide is from the same household then guide running should not be carried out.
- Equipment: para-athletes must only use their own personal equipment and follow hygiene guidance at all times.

## 7. Contact details

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