

# COVID-19 Phase 1

CLUB UPDATE AND Q&A


**BELIEVE, BELONG, ACHIEVE** TOGETHER

# Overview

- Scottish Government – Scotland's route map through and out of the crisis
- Variations in UK and Scottish guidance
- Seeking expert advice at all times to provide the best possible guidance to the sport
- Interpreting national advice, and seeking clarity, to ensure communications to the sport are clear

# scottishathletics Exit Plan Framework

- Based on Scottish Government advice
- Help SA and the sport to prepare for the next phases
- Further clarity required on what will be possible in future phases
- Guides published for clubs, athletes and coaches

scottishathletics 

**Framework for the safe return to activity via the Scottish Government's route map**

This updated framework is based on current advice from the Scottish Government. Clubs, coaches, athletes, facilities, event organisers and participants should be ready to adapt to further changes at short notice.

	Phase 1	Phase 2	Phase 3	Phase 4
Club/Group	<p>All face-to-face club activity <b>cancelled</b>. All clubs should maintain engagement with members.</p> <p>Club should start to plan for the return of some activities in Phase 2.</p>	<p>Club activity can start to return as outlined in the club plan and following the guidance from the government.</p> <p>Able to meet with larger groups including family and friends <b>outside</b> with physical distancing.</p> <p>Meet people from another household <b>indoors</b> with physical distancing and hygiene measures.</p> <p>Liaise with local facility providers for updates and guidance.</p>	<p>Club activities can start to progress as outlined in the club plan. People can meet in extended groups subject to physical distancing.</p> <p>Liaise with local facility providers for updates and guidance.</p>	<p>Further relaxation on restrictions on gatherings.</p> <p>Continued importance of hygiene and public health emphasised.</p> <p>Club activities can increase to a new normal.</p>
Facilities	<p>Facilities remain closed and clubs should continue to engage with relevant facility providers.</p>	<p>Reopening of outdoor sports courts are permitted.</p> <p>Engage with the local facilities to see what plans are in place, particularly around athletics track and field facilities.</p>	<p>Facilities/gyms are now open subject to physical distancing and hygiene measures.</p> <p>Maintain regular contact, and feedback to, relevant facility providers.</p>	<p>Further relaxation of restrictions in line with public health advice.</p> <p>Maintain regular contact, and feedback to, relevant facility providers.</p>
Athletes	<p>Train with members of own household and/or members of <b>one</b> other household in an <b>outside</b> space with physical distancing.</p> <p>More outdoor activity permitted – such as being able to train in a park or open spaces with one other household.</p> <p>Engage in virtual events.</p> <p>Adhere to scottishathletics safeguarding guidance / policies.</p>	<p>Training on own or able to meet with larger groups <b>outside</b> with physical distancing.</p> <p>Familiarise with facility and club guidance and maintain physical distancing.</p> <p>Adhere to guidance on outdoor physical activity and maintaining physical distancing.</p> <p>Engage in virtual events.</p> <p>Adhere to scottishathletics safeguarding guidance / policies.</p>	<p>Training at local club / group and facility following physical distancing.</p> <p>Gyms open subject to physical distancing and hygiene measures.</p> <p>Engage in competition (see note below on events).</p> <p>Adhere to scottishathletics safeguarding guidance / policies.</p>	<p>Training at local club / group and facility following physical distancing.</p> <p>Continued importance of hygiene and public health emphasised.</p> <p>Training activities can increase to a new normal.</p>

## Phase 1 – key points

- Allows unrestricted outdoor exercise adhering to distancing measures and non contact outdoor activities in the local area
- Permits people to use outdoor spaces for recreational purposes
- Allows one household to meet with another household outdoors, in small numbers, but with physical distancing required
- U18s attending coached sessions must be accompanied by a parent or guardian

# Phase 1 – athletics

- Club activities remain cancelled in phase 1
- Follow government guidance at all times including for safety, hygiene & cleaning
- Extension to exercise not a return to sport
- 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 (other) household per day
- Workplace guidance applies to coaches (safe environments; infection control; travel)
- Risk assessments must be conducted and recorded
- Follow **scottish**athletics welfare & safeguarding policies

# COVID-19 Coordinator

- Be aware of, and communicate to members Scottish Government & **scottishathletics** advice
- Ensure guidance is being followed
- Plan for the clubs safe return to operation including communications
- Liaise with facility operators at training venues
- Prepare to use a booking system for all training sessions
- Consider how the club will maintain accurate record for attendance at training
- Ensure that contact details for all members are up to date

## Phase 2

- Seeking advice from Scottish Government, **sportscotland**, UKA, insurance brokers & facility operators
- Club activity can resume. Level 2 coaches must set session plans but Level 1 coaches can lead sessions (within the scope of their qualification)
- Outdoor track facilities may be open (likely to be varied approaches across Scotland)
- Working with partners to develop guidance specific to event groups
- Clubs to develop guidance for their members prior to returning to training
- Coaching possible with larger groups where physical distancing is maintained
- Staggered start times for training
- SA events still delivered virtually during this phase
- Follow **scottishathletics** safeguarding policies and guidelines

# Scams

- Impersonations of club office bearers
- Redirection of payments
- Testing links
- Covid-19 tax returns
- False advice posing as legitimate organisations e.g. WHO

# FAQ's

# FAQ's

Q.

- Does the guidance only apply to individual members of **scottishathletics**?

A.

- Our guidance covers all athletes, coaches and officials within member clubs and/or licensed with UK Athletics.

# FAQ's

Q.

- Will **scottish**athletics issue a framework that covers more than just phase 1?

A.

- The framework we have issued shows the steps we plan to take in line with the Scottish Government's phased approach. As we move towards each new phase, **scottish**athletics will issue detailed guidance documents aligned to our overall framework.

# FAQ's

Q.

- What are the consequences if people break the rules?

A.

- Anyone contravening the rules set out by Scottish Government will be dealt with in accordance with the powers given to Police Scotland.
- Anyone not adhering to the guidance issued by **scottishathletics** or subsequently your club can be dealt with in accordance with your Disciplinary Policy. They should also be aware that not acting within these guidelines may invalidate potential insurance claims.

# FAQ's

Q.

- Is there a chance of getting any sort of competition this summer? What will it look like?

A.

- Yes, we still have plans for competitions this season, however this is obviously dependent on the lifting of restrictions from government. If we can use facilities for competition we will do it. We're considering different options and structures for events. We'll be looking for support from clubs where possible.

# FAQ's

Q.

- Will throwers need their own implements? If not, will there be guidance on shared use, sanitising, etc?

A.

- Where possible, we would encourage throwers to use their own implements. We are working with partners to provide advice on cleaning of implements.

# FAQ's

Q.

- Will multiple athletes be able to use jumps mats during a session?

A.

- We are working with partners to provide event specific advice. This will include advice on cleaning. Procedures outlined in guidance are likely to need approved by Health Protection Scotland before we can issue.

# FAQ's

Q.

- A coach has 2 athletes. One is their son/daughter who lives with them (same household). Can they coach another athlete at the same time following the physical distancing guidance?

A.

- Yes, the guide states that one 2 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 once per day.

# FAQ's

Q.

- Is there a schedule for tracks being opened for international standard athletes?

A.

- Our performance team are working with individual coaches, athletes and facilities around this.

# FAQ's

Q.

- I noticed a COVID-19 specific Risk Assessment on other athletics websites. Do we have an equivalent?

A.

- We have issued some risk assessment resources to club secretaries on 3<sup>rd</sup> June.

# FAQ's

Q.

- What do coaches do about renewal of licences during the lockdown?

A.

- We have put in place an online renewal process for existing coaches and officials who already have a PVG registered with us. In the first instance direct queries to [coaching@scottishathletics.org.uk](mailto:coaching@scottishathletics.org.uk)

# FAQ's

Q.

- Are there any insurance implications that we need to be aware of?

A.

- We are in contact with the brokers of the UKA insurance policies. Their advice is to continue taking steps to minimise risk as you would normally. Risk assessments should reflect steps required to reduce the spread of COVID-19. Clubs should ensure they are following government, governing body and facility advice.

# FAQ's

Q.

- A number of our coaches are over 70 so classed as "vulnerable" but feel in a position that they wish to resume 1 to 1 coaching in Phase 1. Is this ok?

A.

- They can coach, if they wish, and should follow strictly the physical distancing and hygiene guidance. If they have any underlying health conditions they should seek advice from their GP before returning to coaching.

# FAQ's

Q.

- What will group numbers be for club training in phase 2?

A.

- At this stage we don't have any clarity on group size and/or number of households meeting together. In phase 1 sports weren't aware of the group sizes until the announcement was made. We'd advice clubs to scenario plan so you have a number of options available.

# FAQ's

Q.

- Athletes and coaches may be safer training at a facility rather than a public park. Should the club take forward discussions with facility operators?

A.

- Yes, we would advise all clubs to make contact with their facility operators at this stage. Many will be planning for some operations in phase 2 so important to discuss with them how athletics facilities may become operational. The approach to this is likely to vary across the country.

# FAQ's

Q.

- Your guidance talks about booking systems and registers for training sessions. Can you elaborate on why this is required?

A.

- Many clubs will already operate systems for this, especially registers. We're expecting that clubs will be required to ensure contacts details are up to date and registers taken to assist with test and trace. Sports that are allowed to operate in phase 1 must have a booking system. Although we can't guarantee it will be a requirement in phase 2 clubs should plan for it. Booking systems will enable you to manage numbers and plan accordingly.

# FAQ's

Q.

- Will athletes and coaches be required to wear face coverings when they return to training?

A.

- Current advice is for use in enclosed spaces. There has been no indication that it will be a requirement for outdoor sports. Indeed those that have partially returned in phase 1 have no requirement to wear face coverings. Physical distancing and hygiene are highlighted as the most effective measures for preventing the spread of the virus.

# FAQ's

Q.

- Why are you advising a space of 5 metres between athletes when running single file?

A.

- Based on current research our colleagues at the Institute of Sport are suggesting that a gap of 5 metres may be required when running. This is because the exhaled droplets may travel further potentially increasing risk of transmission.

# FAQ's

Q.

- There were a number of events rescheduled from April and May into August and beyond. What is the likelihood of these events happening in that time frame? And, when are you likely to update the calendar to reflect the phased plan?

A.

- As many events are not organised directly by **scottishathletics** it is a decision for the individual event organiser on whether to postpone and at what time they will make that decision.
- To aid the planning process for event organisers we are keeping the calendar as up to date as possible to enable potential alternative dates to be identified. We are also still issuing licences for August to also highlight what is currently planned.
- It is impossible for us to say whether August events will go ahead and if so under what restrictions they will need to be conducted under, but we will continue to monitor the situation and provide event organisers with as much information and guidance as possible.

# FAQ's

Q.

- If our club is having problems engaging with a facility operator are **scottishathletics** able to offer support?

A.

- Yes, we would be happy to support clubs in any of these discussions. Many operators have furloughed staff so we might be able to provide other contacts for the authority or trust operating the facility.

# FAQ's

Q.

- Some of our athletes train with independent coaches. Will they also be sent your guidance?

A.

- All clubs, athletes, coach members and officials members have been sent the updated documents. We will continue to do this at each phase.

# FAQ's

Q.

- Can you offer some advice on booking systems?

A.

- Yes, if you're looking for a simple, free system there are numerous online or you may be able to use a shared folder with members. If you want to look at a paid, longer term solution get in touch with us.

# FAQ's

Q.

- You mentioned about producing guidance for jumps mats and pits. Will this be available for phase 2 or 3?

A.

- We are working towards producing this guidance for phase 2. It requires input from medical professionals who we are already in contact with, but it is likely it will also need approved by Health Protection Scotland before we can publish.

# FAQ's

Q.

- Regarding changes to the insurance for Level 1 coaches. Is that for all disciplines including throws?

A.

- Level 1 coaches can now lead sessions that have been set by a Level 2 coach. However, they can only coach sessions appropriate for the level to which they are trained (further clarification on this will be provided in phase 2 guidance).

# FAQ's

Q.

- Thinking of younger athletes to keep them engaged are there any plans to allow the U11 age group that would have moved up to U13 at the start of the track season to participate in the virtual running sessions that are taking place if they are running with a family member?

A.

- SUPERteams caters for this age group, we will continue to roll out virtual Track and Field / Sportshall Opportunities for this age group and others.

# FAQ's

Q.

- Are there any plans to run virtual events to get jumpers involved?

A.

Yes – we are working with our performance team to identify suitable challenges – Standing Long Jump, Standing Triple Jump and Vertical Jump etc.

# FAQ's

Q.

- The advice and general content through later phases is still valid so should we start to look at later phases even though they are subject to change?

A.

- Yes, we would encourage all clubs to put together a similar route map to what **scottishathletics** have produced. We have provided all secretaries with a template that can be used.

# FAQ's

Q.

- What is the latest advice in regard to events licenses?

A.

- Applications are open for events up to the end of March 2021, with Summer 2021 applications opening around December 2020. Dependent on the pandemic situation we may open applications earlier. This will be communicated through the website and our regular bulletin to Event Organisers.

# FAQ's

Q.

- What are the plans for the cross country season?

A.

- The Road and Cross Country Commission are actively scenario planning for what might be possible in October, November and December. Some sort of event will happen on the advertised District and National Cross Country dates, whether these are fully virtual, physical or something in between will be decided in due course.