

COVID-19 Phase 2

CLUB UPDATE AND Q&A

BELIEVE, BELONG, ACHIEVE TOGETHER

scottishathletics 

scottishathletics Exit Plan Framework

- Based on Scottish Government and **sportscotland** advice
- Help SA and the sport to prepare for the next phases
- Guides published for clubs, athletes, coaches and facilities
- Looking ahead to potential steps in phase 2 and 3



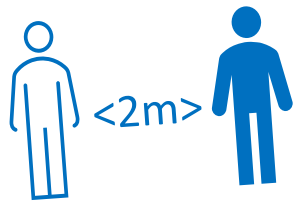
Framework for the safe return to activity via the Scottish Government's route map

*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 cancelled. 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 outside with physical distancing.</p> <p>Meet people from another household indoors 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>

Phase 2 – key points

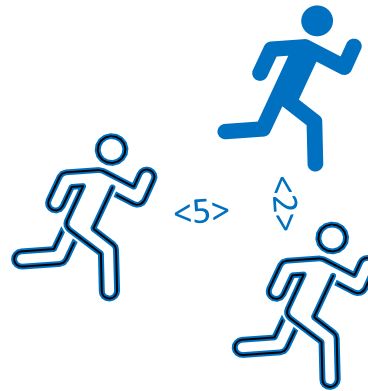
- Public health and wellbeing remains the most pressing priority
- This is not a return to sport but a further extension of exercise guidelines
- People should continue to stay in their local area (broadly within 5 miles) as much as possible and should not travel further for leisure & recreation
- 3 households can meet at the same time whilst maintaining physical distancing. The group size cannot exceed 8
- One household cannot meet more than two other households per day
- People who were shielding can leave their home for exercise and meet with one other household
- Certain household types can now meet others indoor in an 'extended household'
- Permits the reopening of playgrounds and sports courts (including athletics tracks - outdoor) from 29th June



Maintain 2 metres at all times



Outdoor exercise only



No more than 3 households



Follow public health guidance



Follow venue guidance



Follow equipment hygiene guidance

Phase 2 – athletics

- It is at each facility operator's discretion when they will reopen depending on their circumstances
- Clubs can now start to implement parts of their reopening plan using outdoor spaces.
- Always follow government guidance including for safety, hygiene & cleaning
- Further extension to exercise not a return to sport
- At this point in time coached activity in athletics and running can take place in groups of up to 8 from 3 households.
- A coach should not deliver training to more than 2 household at any one time or provide training to more than 2 (other) household per day.
- Risk assessments must be conducted and recorded
- Follow **scottishathletics** welfare & safeguarding policies

Facilities

- Track activity can resume, maintaining physical distancing
- Field activity can resume, maintaining physical distancing
- Signage should be displayed in the athletics track and field areas to reinforce hygiene & safety protocols
- Indoor training facilities should remain closed including toilets, locker rooms, storage and indoor activity areas
- Clubhouses can be opened in a limited way for operational reasons e.g. switching on floodlights
- Liaise regularly and support your facility operator. scottishathletics can assist where required
- Risk assessments in place for all activity areas. Facilities discretion to review capacity

Event Specific

Track

- One lane gap is not suitable for maintaining physical distancing. Use lane 1, 4 & 7 or 2, 5 & 8
- Hurdles & barriers can be used – clarify procedures with facility operator
- 2 metres side-by-side; 5 metres in single file

Jumps

- Only one household jumping per session
- Follow facility setup, cleaning and hygiene procedures
- Cleaning and drying of pits and beds between sessions

Throws

- Follow facility setup, cleaning and hygiene procedures
- Update risk assessments for all activities
- Shared equipment only used by one athlete per session

Event Specific (cont)

Off-track

- Adhere to restrictions of land owners
- Risk assessments in place for all routes
- Safety procedures & first aid kits
- Be respectful of other users

Disabled athletes

- Should use own personal equipment
- Wheelchair, race running & seated throws athletes should be supported in chairs/frames by parent or carer
- Guide runners must be part of the same (or extended) household

Phase 3

- Seeking advice from Scottish Government, **sportscotland**, UKA, insurance brokers & facility operators
- Indoor gyms and facilities may be open (likely to be varied approaches across Scotland)
- Physical distancing will be required
- Able to meet with more than one household indoors with physical distancing and hygiene measures
- Can drive beyond local area for leisure and exercise purposes
- May be geographical differences depending on circumstances
- Gyms open subject to physical distancing and hygiene measures
- Live events permitted with restricted numbers and physical distancing required
- SA events will start to be delivered in a together apart approach and virtually during this phase

FAQ's

FAQ's

Q.

- The 3 households? Is that restricted to one session per day? Or can you meet 2 households in the morning, and 2 in the afternoon, for example?

A.

- You can only meet with up to 2 other households per day. This can be at one time or you could meet one in the morning and one in the afternoon.

FAQ's

Q.

- No race permits have been issued beyond the end of July. Our club is currently considering our position on our annual 10k race at the end of September. Can you clarify the position re. race permits?

A.

- Race licences for August and beyond are being issued as normal. This is to aid event organisers by populating the calendar with events that are scheduled to help identify possible fixture clashes and to illustrate what other events are planned in the coming months. Applications are open for any event up to the end of March 2021. We intend to open applications for Summer 2021 around the end of October/early November.
- The current suspension of competition lasts to the 31st July which will mean physical events can be planned from the 1st of August onwards, but these will need to be arranged in line with government guidelines on physical distancing, hygiene measures and limited numbers of attendees.
- However it is impossible to confirm if events will be able to happen, this will depend on the Scottish Government framework and Phase information.

FAQ's

Q.

- The Scottish Athletics framework refers to "Together Apart" events in Phase 3. Could you define/explain this further?

A.

- Together Apart is the idea of competition being held in different locations across Scotland at differing times but feeding into one national result and leaderboard. If facilities are available to us we will encourage clubs and other event organisers to hold small formal or informal competitions that can be recognised with a national leaderboard.
- e.g. Long Jump opportunities in Inverness, Aberdeen, Kilmarnock and Dundee all feeding into one national leaderboard for that competition window. Similarly 200m races at different venues feeding into a single results service and national virtual leader boards.
- It is recognised that some events may struggle to gather the correct number of officials and Photofinish etc, but the priority is to give competition opportunities to athletes rather than for ranking or record purposes.

FAQ's

Q.

- Will Together Apart also include road racing?

A.

- For events **scottish**athletics deliver we expect to have limited numbers in a venue. If you can't attend physical you can compete virtually in the event. We don't have any national road events scheduled but are discussing with other event organisers how they might be able to be part of Together Apart.

FAQ's

Q.

- We have a number of individuals from at risk groups. Can they train in phase 2?

A.

- Yes, even those that were shielding can now meet one other household per day and go outside for exercise. Consider and talk to these individuals about their needs and where appropriate record any measures in your risk assessments.

FAQ's

Q.

- If coaching ratio is 1 coach to 2 or more U18 athletes, irrespective of the number of households, am I correct in interpreting that there is no need for a parent to be present?

A.

- There should be at least two adults present. This could include a parent who has the group in their line of sight.

FAQ's

Q.

- Can you provide more technical details around “high mist spray of Milton dilution should be sprayed over sand after use..”? What type of equipment would deliver a ‘high mist spray’? What concentration of Milton, or minimum concentration, would be necessary?

A.

- In the first instance speak to the facility operator. They will have staff trained to use sprays and procedures for doing so. For those operating their own facility contact **scottishathletics** for advice.

FAQ's

Q.

- If a coach is coaching a session for athletes from the same household at long jump, there would be no necessity to clean between athletes, just between sessions i.e. before another athlete or household?

A.

- The cleaning is between sessions. It is based on one household jumping at a time. (This could include 2 or 3 from the one household or extended household).

FAQ's

Q.

- In throws, if the athletes are from the same household, would there still be a requirement for “shared equipment to be used by only one athlete at a time”? Or could they use the same kit then clean after the session before use by another athlete?

A.

- There would be no requirement to use separate equipment for the same household. However, we would recommend for good practice that each athlete uses the same shot, and retrieves their own shot, for the entire session.

FAQ's

Q.

- My partner and I live in the same house. Can we both coach two separate households per day?

A.

- No, your household can only meet with two other households per day if you are a volunteer coach. We have asked for clarification of the position for paid coaches.

FAQ's

Q.

- The athletes I coach live 30 miles away from me. Can I travel to coach them?

A.

- The guidance states that people should continue to stay in their local area (broadly within 5 miles) as much as possible and should not travel further for leisure & recreation. Paid coaches can travel beyond 5 miles to work.

FAQ's

Q.

- What should we do if the operator doesn't put up the signage and have cleaning procedures as stringent as those recommended?

A.

- In the first instance please raise any concerns with the facility operator and refer them to our guidance. The **sport**scotland guidance for facilities also has clear protocols they should be following so hopefully it is unlikely you'll have issues.

FAQ's

Q.

- What rules should there be on track etiquette e.g. spitting or lying on track?

A.

- We have referred to spitting within the guidance and would also discourage athletes from lying on the track. These are things that can be included by the club in athlete guidance before they return to activity.

FAQ's

Q.

- Are multiple groups of 3 acceptable on a larger circuit e.g. half mile, mile loops?

A.

- Yes, but there are number of things that should be considered. This isn't yet a return to normal club activity so shouldn't feel that way. Consider how people will arrive and depart. Will each group meet in a different area for example? What will they be doing in the session? How will the groups be kept apart? Are there likely to be other users in the space?

FAQ's

Q.

- From the 29th, can a facility, e.g. ASV, exceed the group size of 8 from up to 3 households, training on the outdoor track at one time?

A.

- No group can exceed the maximum group size of 8. However, multiple groups may be able to train in the venue at the same time. The number of groups permitted will depend on capacity and procedures for training in the venue.

FAQ's

Q.

- Can you define paid coaches?

A.

- Any coach that is employed to deliver coaching or has their services engaged as a self-employed coach. This would not for example include a volunteer coach that receives travel expenses.

FAQ's

Q.

- If a facility opens on the 29th of June will they also be responsible for making sure their customers don't travel more than 5 miles to get there?

A.

- The travel guidance is a recommendation. We're not aware of any facilities that are planning to take those measures.

FAQ's

Q.

- Are there any plans for an SA booking app for clubs? We are looking at this individually but keen to know if SA already taking forward or other clubs have ideas that would help with track and trace?

A.

- There are no plans for a **scottishathletics** booking app. We do have details of a number of companies used by clubs that we will share. If anyone wants to discuss booking systems further please contact your National Club Manager.

FAQ's

Q.

- If anyone has a list (or checklist) of documents/things to do in being a covid co-ordinator that they can share that would also be useful.

A.

- We'll put a checklist together and share it with the Covid Coordinators.

FAQ's

Q.

- If athletes are coached by a non-club coach should the club ask that coach to confirm that they are following guidance?

A.

- Any independent coaches should be following the Scottish Government and **scottishathletics** guidance. You should encourage the athlete (and parent for U18s) to check that the coach is taking appropriate measures. The operator of any facility they are using should also be checking.

FAQ's

Q.

- Will you change your guidance if the Scottish Government reduce to 1 metre for physical distancing?

A.

- We are constantly reviewing our guidance and will continue to update it to reflect any changes that are made.

FAQ's

Q.

- If an Athletics Coach sets a session plan for a Coaching Assistant can the Coaching Assistant lead a session at the same time in the same venue?

A.

- Yes, this is within the existing guidance for coaching practice.

FAQ's

Q.

- If an Athletics Coach sets a session plan for a Coaching Assistant can the Coaching Assistant lead a session in a different venue?

A.

- No, the Coaching Assistant can lead the session but the Athletics Coach (or higher qualified coach) should be in the same venue.

FAQ's

Q.

- Can a parent helper deliver a session set by an Athletics Coach?

A.

- No, only a licensed coach should lead the session.

FAQ's

Q.

- Do you have any guidance on reaching out to members on identifying themselves as shielding? If we are organising sessions/training then we need to ask members to identify themselves as having an underlying health condition.

A.

- We would recommend reinforcing the different guidelines that are in place for people that have been shielding (e.g. meeting only one other household) and ensuring that all attendees are following cleaning and hygiene protocols. If you are aware of someone that has been shielding it is worth reaching out to them to see how they're feeling about returning to activity at this stage.

FAQ's

Q.

- We had a query from a coach on the health implications and guidance for those that have had the virus. Will there be advice on how best to gather appropriate information to inform their return to training?

A.

- If they have completed the recommended period of self-isolation they can now train again. They should follow the same protocols as everyone else for maintaining physical distancing and good hygiene.

FAQ's

Q.

- Will **scottishathletics** offer any guidance to help support planning around club re-start activities with regards to those in higher risk groups?

A.

- We'll continue to follow government guidance for groups more at risk. Our phase 2 guidance is up-to-date at this moment in time and any changes to the advice will be communicated to all clubs.

FAQ's

Q.

- Has **scottishathletics** started conversations with any venues on the plans for competitions and what that might look like?

A.

- Our staff are in contact with a number of operators but at this stage conversations are mostly focussed on groups getting back training. Our Events Team will work with facilities that are open in phase 3 for Together Apart events.

FAQ's

Q.

- If someone has symptoms after a training session, what is the process? i.e. contacting everyone in that group and remind them of possible isolating. - contact trace reporting to other parties?

A.

- Our guidance advises that anyone becoming unwell after training should first contact GP/NHS 24 and then inform the club and **scottishathletics** welfare team.

FAQ's

Q.

- Have you got any indication of the likely size of training groups in phase 3?

A.

- No, we are unlikely to know the number of households or group size until the announcement is made by the Scottish Government.

FAQ's

Q.

- What is the purpose behind advising clubs/coaches to contact **scottishathletics** welfare team if someone displays symptoms of COVID-19 after training?

A.

- This information will help identify potential outbreaks of COVID-19 locally, ensure appropriate measures are being taken to prevent the spread of the virus and potentially help inform other athletics users using the same facilities. We won't be taking personal details of any individual.

FAQ's

Q.

- Whilst I appreciate it will be for the venue operator to decide on the capacity for the facility, do you have any indication as to what the maximum numbers that could safely train at a track at any one time?

A.

- There won't be a one size fits all approach to this as there are a number of mitigating factors that will influence these decisions e.g. age of athletes, training space available at facility. However, our Development Team would be happy to assist any club and/or facility in reviewing the capacity for the venue.

FAQ's

Q.

- Will **scottishathletics** run virtual Athletics Coach courses anytime soon?

A.

- The Coach Assistant qualification is now being delivered virtually and has had a good response. We are working with UKA (they license all qualifications) to look at the possibility of moving other education opportunities online but it will take time for this to happen.

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
- Clubs to develop further guidance for their members prior to returning to training

COVID-19 Coordinator

- Conducting symptoms check
- Safeguarding – liaising with Welfare Officer
- Scenario planning
- Health & Safety practice – Gerry Gaffney
- First aid kit and response procedures
- **scottishathletics** resources
- National Club Manager support