



A practical guide for coaches & leaders returning to athletics following the COVID-19 restrictions and during phase 2 of the route map for exiting lockdown.

This practical **guide**, prepared by our team in consultation with **sportscotland** and in line with government guidelines, outlines the specific measures **scottishathletics** recommend coaches take to ensure a safe return to athletics activity.



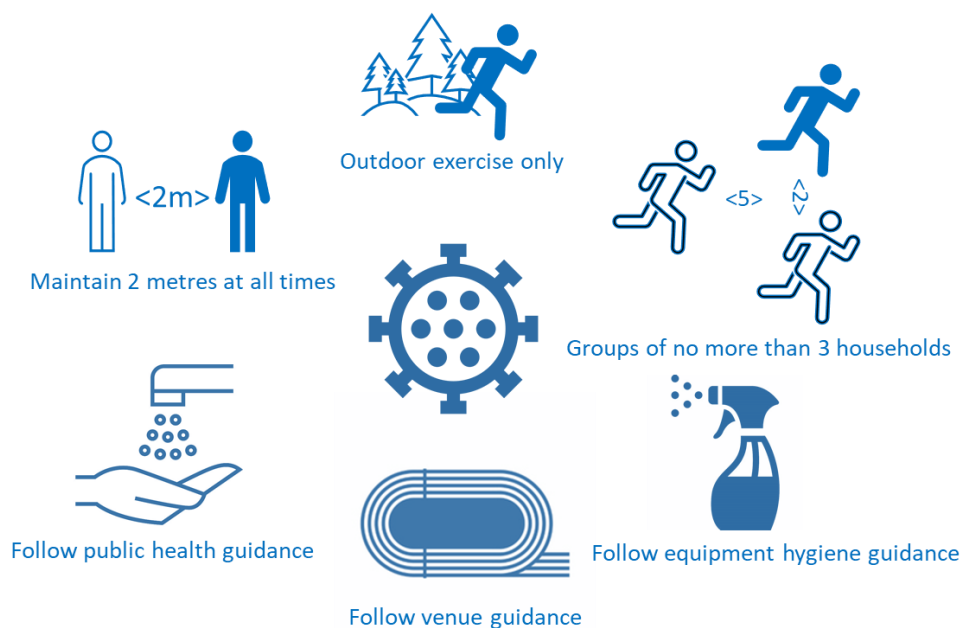
PHASE 2

Be aware guidance can change quickly and more restrictive rules may be applied in the future, so please refer to the [scottishathletics website](https://www.scottishathletics.gov.scot) regularly.

The guidelines in this document relate to phase 2 of the Scottish Government's COVID-19 route map through and out of the crisis.

This phase:

1. Permits the reopening of playgrounds and sports courts from the 29th June.
2. Permits the resumption of professional sport in line with public health advice.
3. Allows unrestricted outdoors exercise adhering to distancing measures and non-contact outdoor activities in the local area.
4. Enables groups of 8 from 3 households, including family and friends, to meet outside with physical distancing.
5. These guidelines should be read in conjunction with any updated Scottish Government guidance Information on the Scottish Government's approach to managing COVID-19 is available at www.gov.scot/coronavirus-covid-19/
6. Travel restrictions outlined by the Scottish Government should always be adhered to. Further information is available at: [Staying safe and protecting others](#)



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 (self-isolate for 7 days) or are feeling unwell.
- Have been told to self-isolate as part of the contact tracing measures in place.
- You may be subject to a symptom check by your facility provider or club prior to training.

This list should be used by clubs and coaches to conduct and record a symptoms check with athletes prior to and/or on arrival at training.

2. Physical 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. Wash your hands for 20 seconds or sanitise afterwards.
- Avoid spitting unless into a tissue which you should take home and dispose of.
- Avoid touching your face.
- Remain apart from other athletes and other members of the public when taking a break.
- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards

Further health, safety & hygiene guidance:

[Health Protection Scotland: General guidance for non-healthcare settings](#)

[UK Government / HPE: Cleaning in a non-healthcare setting](#)

[Health Protection Scotland: Hand hygiene techniques](#)

3. Safeguarding

Children and young people:

- Coaches must have the permission of the parent/carer of an athlete who is under the age of 18 to coach that athlete whether in person or via phone/social media.
- In line with our child wellbeing & protection policy, athletes under 18 years of age should always be accompanied by a parent/carer throughout the training session where it takes place on a 1:1 basis.
- Preferably only one parent/carer from the family should accompany an athlete aged under 18.
- Parents/carers, where possible, should assist an under 18 in the event they require first aid. The first aider can assist at a safe distance as much as they can and should minimise the time that they share a breathing zone. Further advice available at <https://www.hse.gov.uk/news/first-aid-certificate-coronavirus.htm>
- Further considerations on the safe return of children and young people to sport can be found [here](#).

Para-athletes:

- General Assistance: para-athletes requiring personal support should bring a carer with them to training to provide any support.

4. Preparing for a coaching session

In phase 2 coaches can meet with 2 other households as per the instructions from Scottish Government. Please note there is an extended household rule (see [Scottish Government guidance](#)). All coaches must follow the clubs and facility operators' guidance for access to athletics training. Coaches can continue to utilise online coaching measures wherever possible following [scottishathletics social media guidelines](#).

Recognised **scottishathletics** performance athletes and coaches should be aware of the guidance issued by the performance team and contact their respective performance manager.

All coaches must plan and prepare with their athletes for each face to face training session and the planning must be aimed at minimising the risk of infection/transmission. The following points must be included:

- Coaches should be aware that the easing of restrictions does not mean that all facilities/venues will open immediately. Owners and operators will require time to consider all the implications of opening facilities/venues and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers. This is a difficult time for everyone so please be patient.
- Coaches using an athletics facility independently from a club should agree with the facility operator the maximum capacity and booking process prior to resuming training. Limits on the number of participants accessing outdoor facilities should be risk assessed to ensure appropriate physical distancing can be maintained.
- Indoor areas will remain closed including changing rooms, toilets, exercise rooms/halls and social areas.
- Read the separate guidance for clubs, athletes and facilities.
- Prepare a risk assessment based on planned activities/training environment/age etc. of the athlete(s) and additional hygiene and safety measures.
- Please refer to the event specific requirements in this guide when planning jump and throw related sessions.
- Hygiene: Cleaning, hand and respiratory hygiene are core measures and provision should be made for these. Clear guidance and plans must be in place for cleaning of equipment and waste disposal. Detailed guidance is available from [Health Protection Scotland](#).
- Identify and mitigate all circumstances where injuries or other accidents might occur and have agreed procedures and plans in place to manage such an issue while respecting all government guidance.
- Consult beforehand with the athlete (and their parents/carers if u18) on how sessions will be delivered safely.
- Acknowledge that some athletes will still not want to meet face to face at this stage.
- Maintain a register of training sessions, who attended, where and when. This information may be necessary for government contact tracing initiatives (if a club coach, this information should be sent to the clubs Covid-19 Coordinator).
- Communicate the training arrangements in writing beforehand. Parents should be asked to reiterate the advice to their children pre-training.
- Ensure where necessary that you pre-book access to the athletics facility or get permission to carry out your session at the chosen outdoor space.

5. Prior to the session

- Each facility or club may issue separate guidance on accessing and using the specific facilities. Coaches and athletes should be familiar with all guidance.
- Athletes of any age should not travel to and from training with a coach or other athlete unless they are from the same household.
- Athletes should be advised to bring their own technical equipment.
- If the session is a 1:1 with an athlete under 18 years of age it is preferable that only one parent/guardian from the family is in attendance.
- Athletes should be advised to arrive ready to train as changing facilities are not available.
- Athletes and coaches should bring with them hand sanitiser and/or suitable antiviral wipes.

6. During the training session

- At all times, coaches, athletes, and their parents and carers, should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others including when giving feedback and when athletes are resting. Scottish Government guidelines are available at <https://www.gov.scot/coronavirus-covid-19/>.
- Only those who need to be at the training sessions should attend and spectating should be discouraged.
- Where the training group involves 2 or more athletes then ideally, they should run side by side leaving 2m between them. Athletes running in single file must maintain a 5m distance.
- Athletes must run in order of ability with the fastest athlete starting first to minimise overtaking.
- Hygiene: Cleaning, hand and respiratory hygiene measures must be followed at all times.
- When training finishes athletes/coach must leave promptly maintaining physical distancing.

7. Event specific guidance

Opening jump areas is a decision for the facility operator based on their risk assessment of the activity. The following guidance will inform that assessment and applies where the operator allows vertical and horizontal jumps.

General safety & hygiene

All coaches must ensure they are aware of current club and facility first aid procedures. Independent coaches should link with facility operators to ensure usual access to first aid and emergency equipment is maintained. As access to indoor facilities is not permitted, consideration should be made to position first aid equipment outside. Please ensure the first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders are aware of COVID-19 specific first aid advice <https://www.hse.gov.uk/news/first-aid-certificate-coronavirus.htm>.

- Do not let the athletes handle any shared coaching equipment (cones etc.). Only the coach should do this.
- Athletes must always bring and use their personal equipment wherever possible and follow hygiene guidance.
- Personal equipment should not be shared, and measures must be put in place to reduce the risk of contamination.

- Plan the use of shared equipment (such as throwing equipment) so that they are not used between different groups on the same day. All equipment should be thoroughly cleaned before and after use.
- Clean all equipment with suitable antiviral wipes/spray at the conclusion of your session.
- Be aware of what surfaces you or the athlete(s) touch. You must clean all equipment and surfaces thoroughly with suitable antiviral wipes/spray at the conclusion of your session.
- When coaching for a club, coaches should familiarise themselves with the cleaning protocols agreed by the club and facility operator.
- Independent coaches must liaise with the facility operator to familiarise themselves with the facility cleaning protocols.
- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.

Track running

- **ONE lane gap is not suitable for maintaining physical distancing whilst running side-by-side.**
- Equipment such as hurdles and barriers may be used if the facility and the club have both assessed the risk and put in place measures to ensure it is safe to do so.
- The facility should have in place a protocol for the setup and clear-up of hurdles and/or barriers. Facility operators should make it clear to athletes and coaches whether cleaning of hurdles and barriers will be carried out by the facility staff or whether the coach or athlete will be expected to do it.
- Hurdles/barriers must be cleaned using suitable antiviral wipes/spray before and after use.
- It is advised to use personal starting blocks. If you require to use shared blocks all surfaces should be cleaned using suitable antiviral wipes/spray.
- Ideally athletes should run side by side leaving 2m between them. Athletes running in single file must maintain a 5m distance.

Vertical Jumps

- In phase 2 only one athlete/household can jump during a session. Athletes should be supervised by a coach and physical distancing must be maintained.
- An adult, either the athlete, coach or facility operator should perform a wipe down of bars and uprights using suitable antiviral wipes/spray before and after the session. Facility operators should make it clear to athletes and coaches whether cleaning will be carried out by the facility staff or whether the coach or athlete will be expected to do it.
- Athletes should sanitise hands between jumps and maintain good hygiene practices.
- Signage must be prominently positioned at each jump area stating the rules/guidance for use. High mist spray PFC1 grade cleaner to be used on the bed between users. **Operators must contact the manufacturer of the jumps mats in use at their facility to confirm whether the proposed cleaning products can be used safely on their equipment.**
- After each session cleaning of the bed must be completed, and 30-minute drying time must be allowed, before the next session starts.

Horizontal Jumps

- In phase 2 only one athlete/household can jump during a session. Athletes should be supervised by a coach and physical distancing must be maintained.
- Sandpits should be covered when not in use and signs positioned to ensure they are not used.
- Athletes should always sanitise hands between jumps and maintain good hygiene practices.
- Athletes should use their own tape measure.
- Signage must be prominently positioned at each jump area stating the rules/guidance for use.
- During each session, one adult, either a coach or athlete, should be responsible for the raking of the pit. The rake should be cleaned using suitable antiviral wipes/spray before and after use.
- High mist spray of Milton dilution should be sprayed over the sand after use, then turned and raked. Facility operators should risk assess then implement a process for this procedure ensuring correct PPE is worn.
- An adult, either the athlete, coach or facility operator staff must clean the take-off board using suitable antiviral wipes/spray before and after each session. Facility operators should make it clear to athletes and coaches whether cleaning will be carried out by the facility staff or whether the coach or athlete will be expected to do it.
- An adult, either the athlete or coach, should clean any other equipment used.
- After each session cleaning of the pit must be completed, and 30-minute drying time must be allowed, before the next session starts.

Throws

- Athletes can participate in throwing activities in phase 2. Athletes should be supervised by a coach and physical distancing must be maintained.
- Risk assessments must have been completed and shared with all coaches and athletes for both the throws facility and specific training session.
- Athletes are encouraged to use their own equipment which must be cleaned using suitable antiviral wipes/spray before and after use.
- Coaches and athletes should ensure that any shared equipment is used by only one athlete at a time and is thoroughly cleaned before and after each session.
- Athletes and coaches should avoid touching the shared cage/netting.
- Where a cage door requires to be moved, it should be moved by an adult, either athlete, coach or facility operator who is familiar with its operation. The facility operator should make clear to coaches and athletes who can move cage doors. Any surfaces touched in the process of moving the cage door should be cleaned with suitable antiviral wipes/spray before and after use.
- Facility operators should make it clear to athletes and coaches whether cleaning will be carried out by the facility staff or whether the coach or athlete will be expected to do it.

Off track coaching and leading including road running

- Coaches, athletes, and runners running or training in a public space, other than a track and field facility, can take place on a 3 household only basis in a maximum group of 8 people. (i.e. one coach and up to 2 other households or 3 households of athletes with no coach present).

- Coaches, athletes, and runners should adhere to all restrictions that may be placed on a public space by the owner of that space.
- Coaches should ensure they have carried out a standard risk assessment of any training space or route, as they would normally, prior to the session taking place.
- Coaches, athletes, and runners should ensure they carry out standard safety procedures (e.g. phones, route planning etc) when accessing 'wild' public spaces.
- Cognisance must be taken of members of the public using the same public space for recreation. The group should be briefed on how run together in a way that respects physical distancing, and which does not cause unnecessary risk or anxiety to members of the public.

Para-athletes

- Para-athletes must only use their own personal equipment. All equipment should be cleaned before and after a training session following the hygiene guidance.
- Wheelchair, race running, and seated throws athletes should be helped and supported into any equipment by the guardian/carer only.
- Guide Runners: in phase 2, unless the guide is from the same household then guide running should not be carried out.

Further guidance and templates for coaches, leaders, is available at [Getting your coaches ready for sport](#) on the **sportscotland** website.

8. Contacts

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