

# COVID-19 Phase 3

CLUB UPDATE AND Q&A

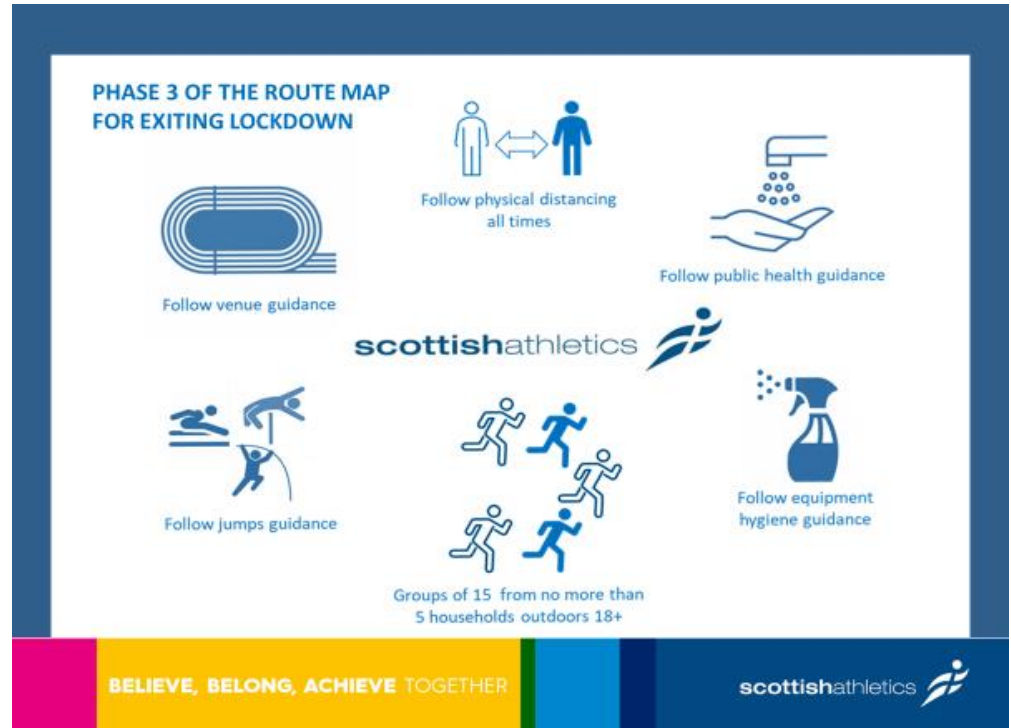
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# scottishathletics

## Phase 3

- Guidance developed based on Scottish Government and **sportscotland** advice.
- Further guides published for clubs, athletes, coaches and facilities.
- Guidance can be changed at any point. Any updates will be communicated by SA.
- Local restrictions may be imposed.



# Phase 3 – Scottish Government key points

- Permits the resumption of sport in line with sports specific guidance and public health advice.
- Organised outdoor contact sports, play and physical activity can resume for children and young people under 18 (subject to guidance).
- A household can meet up to 4 other households at a time – up to 15 people in total.
- A house can meet up to 4 other households per day in total.
- The limit on the number of other households you can meet per day (indoors or outdoors) does not apply to young people who are under 18.
- Children aged 11 or under no longer need to physically distance. Young people aged 12-17 must continue to physically distance.
- Those shielding can meet up to 8 people outdoors, from 2 other households, in a single day.
- Certain household types can form an ‘extended household’.
- Gyms (including indoor sports spaces) will not open before 31<sup>st</sup> July.



# Phase 3 – Athletics

- Organised athletics activity can be undertaken by children and young people (u18) from 13<sup>th</sup> July with no physical distancing on the field of play.
- The focus of activity at this stage is a return to training.
- Coaching of people who are shielding is now permitted, providing it takes place outdoors and physical distancing is observed.
- Internal competitions are permitted if they are at your own training venue, and household, group size, physical distancing and hygiene measures are adhered to.
- All licensed athletics events are cancelled until 31<sup>st</sup> July.
- All clubs providing children's activity must have a named Covid Coordinator.
- Additional safeguarding measures outlined within our guidance should be read and shared.
- No spectating should take place other than where a parent is supervising a child or vulnerable adult. Physical distancing guidance should always be followed.
- Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household.

# Phase 3 – Training groups & sizes

## **Age 11 and under**

- Not required to physically distance as set out in the Scottish Government guidance.
- Coaches and adults must continue to physically distance.
- SA recommend a maximum group size of 8.

## **Age 12-17 years**

- A 'field of play bubble' can be created during organised sports activity that allows contact when the activity is taking place.
- Normal physical distancing guidelines apply before and after the activity.
- Coaches and adults must continue to physically distance.
- SA recommend a maximum group size of 10.

## **Age 18+**

- 5 households can meet outdoors in a maximum group size of 15.
- Physical distancing must be maintained at all times.

# Phase 3 – Event Specific

## General points to note

- Athletes are advised to use their own personal equipment where possible.
- Where shared equipment is necessary for an activity, appropriate hygiene measures must be put in place to ensure the equipment is thoroughly cleaned before, during and after use.
- Clubs should ensure access to first aid and emergency equipment is maintained.

## Para-athletes

- Where possible, para-athletes should use their own personal equipment. All equipment should be cleaned before and after a 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 3, unless the guide is from the same household/extended household then guide running should not be carried out.

## Track

- For the purposes of track & field, the 'field of play' is defined as the track and infield (including external throws areas).
- Where physical distancing requirements are 2m a one lane gap is not sufficient.
- Athletes over 18 should ideally run side-by-side leaving a 2m gap between them. When running single file a 5m gap must be maintained.

# Phase 3 – Event Specific

## Field

- For the purposes of track & field, the 'field of play' is defined as the track and infield (including external throws areas).
- Opening jumps areas is a decision for the facility operator based on their risk assessment of the activities.

## Vertical Jumps

- Permitted in line with training groups & sizes guidelines.
- Operators should contact mats manufacturers to confirm what products can be used for cleaning.
- Coaches should check with athletes if they have any skin conditions that may react to cleaning products used.
- After each session cleaning of the bed must be completed, and a minimum of 15 minutes drying time before the next session starts.

## Horizontal Jumps

- Permitted in line with training groups & sizes guidelines.
- During each session, one adult, either a coach or athlete, should be responsible for the raking of the pit. Cleaning the rake before and after use.
- After each session cleaning of the pit must be completed, and a minimum of 15 minutes drying time before the next session starts.

# Phase 3 – Event Specific

## Throws

- Permitted in line with training groups & sizes guidelines.
- Ensure physical distancing guidelines are followed before, during and after each throw.
- Any surfaces touched during the session should be cleaned with suitable antiviral wipes/spray before and after use.

## Off Track

- Permitted in line with training groups & sizes guidelines.
- Follow standard protocols for health & safety, risk assessing, and access to land.
- Be aware of other members of the public using the space you are training in.
- Athletes over 18 should ideally run side-by-side leaving a 2m gap between them. When running single file a 5m gap must be maintained.



# Phase 3 – Facilities

- As communicated during phase 2 athletics track & field facilities can open.
- All indoor exercise and training areas remain closed. However, measures to access outdoor facilities through an indoor space can be put in place.
- It is at the facility operators discretion when their facilities reopen.
- Sports facility operators and clubs may open toilets for public use if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#) (communicated late in phase 2).
- Risk assessments, appropriate health & safety measures and signage must all be in place before athletics activity resumes.
- Facility guidance has been sent to all facility operators.



# FAQ's

# Households

# FAQ's

Q.

- Do extended households count as one household when we're talking about groups of 5 households?

A.

- Yes, an extended household would count as one.

# FAQ's

Q.

- If a coach delivers a session to four households can they then socialise with another X households in the same day?

A.

- When it comes to adults, household limits apply so no.
- If working with U18s then those children do not count as other households so yes you could meet other households that day.
- Any other adult coach in your group would count as you meeting another household.

# FAQ's

Q.

- What if any household has been in at work?

A.

- Work does not count towards the quota of four other households that you can meet in a day.

# FAQ's

Q.

- For children, I presume the 5 household rule still applies.

A.

- No, under 18s can now meet as many households as they like in a day.

# FAQ's

Q.

- If the household rule doesn't apply for under 18s can we have a session with 30 children.

A.

- You could have 30 children within a facility as long as this is within the capacity, and operational guidelines agreed with the operator. Each group however should not exceed 8 (11 and under) or 10 (12+).



# FAQ's

Q.

- If we risk assess that we can have 4 small groups on the FoP at the same time, does that mean that the coach has met three other households (given coaches aren't U18 and taking part in sport?), or can we deem that the distance between the groups is sufficient to class them as separate meetings?

A.

- If as a facility operator you determine that 4 groups can safely train in your facility and they are distanced enough this would be classed as 4 different groups.

# Group sizes and composition

# FAQ's

Q.

- In the group size numbers for 11 and under (8) and 12-17 years (10) does the coach count as part of the recommended group size?

A.

- No, you can have 8 children in a group for those 11 and under and 10 children for those aged 12-17.

# FAQ's

Q.

- It says one coach per 8 or 10 children. We have always assumed that two coaches should be present?

A.

- At least two adults should always be present when working with children. However, each adult coach (as long as they are qualified) may have their own group of 8 or 10 athletes in the same training environment. If a coach is working with a group outside a club session they must ensure a second adult is present.

# FAQ's

Q.

- There seems to be no mention of requirement of parents to be at the coaching session within sight of their child. What is revised requirement under Covid requirements? Who would have the first aid requirements?

A.

- The phase 1 and 2 guidance was written for circumstances when normal club activity was suspended. As highlighted in the previous question at least two adults must be present during a session. The qualified first aider present would be responsible for carrying out any first aid. They should adhere to the first aid protocols set out in the links we shared in phase 2 and in the guidance.

# FAQ's

Q.

- With regards to training groups with a mixture of U18 and O18's - can you do this with the U18's in their own little bubble and the O18's maintaining a 2m distance from the U18 bubble? Again what effect does this have on O18/coach households?

A.

- If they are part of the same training group then the household number would come into effect and only 5 households could train at once.

# FAQ's

Q.

- If a 17 year old becomes 18 during the next period of coaching sessions what do we do?

A.

- There will be unique situations that will arise and we would urge clubs to use common sense when addressing them. If the existing training group is the best place for that athlete to be then keep them in the group. Take appropriate steps where you can to help athletes to continue following the guidelines.

# Training

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# FAQ's

Q.

- For over 18s. Can you have more than 1 group of 5 households meeting off track at the same time but then leaving in organised packs?

A.

- This is not yet a return to organised sport for adults so we should be avoiding situations where a group may gather and exceed household and group size rules. Consider meeting in small groups at different times and in different venues until organised sport for adults is permitted.

# FAQ's

Q.

- We would like to start small group sessions without accredited coaches as we do not have enough coaches to go around. Each small group "led" by a responsible club member. Would this be allowed?

A.

- Each group should be led by a qualified coach and should not exceed the group size limits of 8 (11 and under) and 10 (12-17). In certain circumstances, e.g. coach cancels last minute, a parent helper who has a PVG with the club could take a group under the supervision of the Athletics Coach.

# FAQ's

Q.

- Field of play bubble. Does this mean athletes can touch, play tag and things similar for warm up?

A.

- Yes, contact sport can resume. We would recommend that you still try and reduce any contact time where possible.

# FAQ's

Q.

- Our coaching assistant is 16 does he have to distance from the U11 group he helps?

A.

- It is recommended that u16 coaches should be supervised for insurance purposes. If they are coaching and do not need to be within 2m of the athlete then they should still maintain physical distancing.

# FAQ's

Q.

- Is there any indication when organised sport for adults can start?

A.

- In the updated Scottish Government route map they have said it will not be before the 31<sup>st</sup> July.

# Events

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# FAQ's

Q.

- How will the schedule for x country be effected?

A.

- We are currently scenario planning for the winter season, we intend to still have physical events on the dates advertised but with limited numbers in attendance – approx 500 athletes in the current planning phase.
- Initial Virtual Qualifying events spread throughout the season will allow for numbers to be controlled with District level events acting as qualifiers for National Championships in the first instance.
- All events will be accompanied by a virtual challenge for athletes who may not have qualified.

# FAQ's

Q.

- Is there any more information on the events programme - the number of weekends ear marked looks prohibitive to clubs potentially running their own events (if permitted) as part of the fundraising efforts?

A.

- We encourage clubs and event organisers to look hold local Open Graded meetings on any of the dates between 1<sup>st</sup> August and end of September and will support them as much as possible.
- Especially to cater for low key competition opportunities for U13 athletes, we wish to encourage as many competition opportunities during this short window.



# Health & Safety

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# FAQ's

Q.

- Do masks need to be worn when running single file?

A.

- There is no requirement to use a mask when running.

# FAQ's

Q.

- Can you confirm that a booking system is not mandatory for adults who meet in open spaces? The issues are athletes will book and not turn up, and athletes will not book and turn up. Easier to manage a registration on the night.

A.

- It is not mandatory, however we would recommend that you use a booking system so that you do not have the issue of more turning up than is allowed. You should still record a register on the night.

# FAQ's

Q.

- Are there any reporting requirements if someone in our club tests positive for Covid-19?

A.

- They should inform the club and we'd still advise the club to inform **scottishathletics** ([welfare@scottishathletics.org.uk](mailto:welfare@scottishathletics.org.uk)) at this stage.

# FAQ's

Q.

- Can you clarify about risk assessments? Coaches should be preparing risk assessments for their own sessions, do these need to be viewed and collected by the club or kept by the coach?

A.

- Yes club coaches should be submitting risk assessments to the clubs. Independent coaches should keep a hold in case the facility requests them.

# FAQ's

Q.

- Are there additional requirements for the first aid kit due to COVID-19 e.g: masks/aprons etc?

A.

- There is some additional advice yes. In short you should have a face mask, gloves and an apron added to the kit. There is a bit more information at this link (7.1 is the relevant section):

<https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov>

# COVID-19 Coordinator

## Support resources

- COVID-19 Coordinator checklist
- Club template for scenario planning
- Club template for communicating key information to members ahead of activity restarting
- COVID-19 risk assessment template
- Example risk assessments from Inverclyde AC
- SA infographics and posters
- Key links for COVID-19 specific first aid information
- Booking system links
- Facebook group
- National Club Managers

## Sharing practice discussion

- Facilities access
- Re-start plan including bookings
- Member communications
- Health & Safety