



Phase 3 – frequently asked questions

EVENTS

Q1. Can we host the event we have planned in September?

*Full details for event organisers can be found at the following link:
<https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>*

Q2. With the bubbles of 15. Does this mean we can organise a club race with 15 athletes? Or for 11 and under a race of up to 30?

*There is separate advice for event organisers on our website and that is currently being updated to reflect the changes announced last week.
<https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>*

GROUP SIZES

Q3. Is the coach included in the maximum group size number?

No, the numbers we have stated are the number of athletes within each bubble.

Q4. Is there still a limit on the number of households we can have in our group of 15?

During your activity there is no limit on the number of households within each bubble.

Q5. How does the 15 person bubble size apply to running groups led by a Jog Leader rather than a coach?

The same rules apply. If the Jog Leader normally runs as part of the group then count them as part of the 15 person bubble.

Q6. For adults the maximum group size is 15 but the coaching ratio is 1:12. Can you explain this further?

The coaching ratios are set by UKA and have been the recommended coaching ratios since before COVID-19. The maximum group size is set based on our review of the guidance and subsequent conversations with sportscotland. If you have 15 adults together then you should have 2 coaches to adhere to the ratios. You may choose to work in groups of 12 and have one coach with each group.





TRAINING

Q8. Can multiple groups of 15 train at one time if they are in distinct locations?

Yes, as long as the bubbles don't mix and coaching ratios maintained. If you are working outside of an athletics facility consider what is appropriate and safe for the environment you are training in – there may be other users of the space to consider.

Q9. Previously athletes from a household were constrained to meeting 4 other households in a day, so were effectively required to train with the same speed group. Can a couple who would ideally train with separate training groups on the same night now do so again?

Yes, they can train within separate bubbles.

Q10. We have a group that has a mix of 12-17 year olds and 18+. Can they now train again as part of the same group?

Yes, as long as the guidance on bubble size is followed. In this example the ratio should be 1:10 as that is the recommended ratio for 12-17 years.

Q11. Up until now we have limited training sessions to one hour. Do we need to continue to limit session time?

There is no time limit on training sessions within the guidance from Scottish Government, sportscotland or scottishathletics. Clubs should consider local circumstances when planning sessions e.g. training environment, availability of toilets, ensuring bubbles are separated etc.

Q12. Should senior and junior training sessions still be at separate times?

There is no requirement to keep senior and junior training sessions at separate times. The key points to consider are the capacity at your training facility, the steps you will take to maintain physical distancing for athletes 12+ prior to, and following the session, and the measures you will take to keep bubbles separate.

Q13. Can a club have two groups of 15 (adults) training near one another allowing the coach to move between groups.

The coach should always be working within the recommended ratio of 1:12 for adults.

Q14. Do bubbles of athletes start training at the same time or at staggered times?

This will be dependent on your local circumstances, for example, what is your training environment like, where will people park, how many bubbles will be there, is there potential for a bottleneck at the exit/entrance if too many people are trying to enter or exit at the same time? Having staggered times may help to maintain physical distancing prior to, and following, sessions.



- Q15. If a club has just one qualified coach who is setting sessions, does that mean that no more than one group of 12 can train together? Can other groups of 15 run together as a social run with no coach in attendance?**

The coach could only work with 12 adults at a time to maintain the recommended coaching ratio. A group of 15 adult athletes can get together for an organised club run if the session has been set by a L2 coach. If a social run is taking place outside of the club structure they would need to adhere to the 5 household rule as the exemption only applies to organised sport.

- Q16. If we have a group of 30 athletes 11 and under we won't have enough coaches to maintain a 1:8 ratio. Would parent helpers count to help maintain the ratio?**

Yes, as long as the session is set by, and supervised by a level 2 coach the parent helpers can support the delivery of the session. However, where possible we would encourage you to qualified coaches filling these roles. If a parent helper assists on a regular basis they should have a PVG check completed.

- Q17. Can level 1 coaches (Coaching Assistant) lead sessions set by a level 2 coach (Athletics Coach)?**

Yes, but the level 2 coach should be present within the training facility to supervise the session.

HYGIENE, HEALTH & SAFETY

- Q18. How is it that under the new guidance, SA is saying that it is quite acceptable for 12 people to get together without any distancing in a tight cluster out running on the track or roads, to do so for 40-50 minutes, and to engage in an activity which includes much greater exhaling of breath than normal conditions. ALL of these were until last week deemed inappropriate. What has changed to make SA certain this is now appropriate and safe?**

The decision to lift restrictions for sport lies with the Scottish Government. They then agree specific detail with sportscotland to inform governing bodies what is permitted at each phase. The decision to allow 30 people to train in bubbles without physical distancing is made by Scottish Government/SS. We then develop sport specific guidance within the parameters that have been set out. We have taken the decision at this stage to limit the size of bubbles at a lower level.

- Q19. Can bubbles socialise before they enter the field of play?**

No, anyone 12+ should maintain physical distancing prior to, and following, the training session.





Q20. Can the athletes touch e.g. high five etc?

No, in the guidance we are still advising against unnecessary contact.

Q21. Why do coaches have to socially distance during training when athletes don't have to?

The advice for sport asks that coaches physically distance where possible. In athletics this should have little impact on their ability to deliver the session and provide feedback etc so we feel it would be an unnecessary risk at this stage.

Q22. Are relays using relay batons permitted?

The guidance advises against sharing equipment. Where there is a requirement for athletes to share equipment it should be cleaned thoroughly before and after use.

Q23. If just one athlete is using the high jump or long jump do they need to sanitise their hands after each jump?

No, but the landing pit/bed must be cleaned before and after each session.

Q24. Is a booking system required or just a record of attendance?

The booking system is a recommendation to help with your planning of sessions ensuring that physical distancing is maintained before and after and that bubbles are kept separate. The record of attendance is mandatory to assist with Test and Protect.

Q25. Is it better for the club to provide sanitiser or ask people to bring their own?

We would recommend encouraging all athletes, coaches and volunteers to bring their own sanitiser. The club/facility may also provide hand sanitiser at key points e.g. entrance/exit.

Q26. Are SA insuring clubs or coaches against claims made for loss of earnings arising from any athlete having to self-isolate as a result of being in close contact with other athletes in a training session?

No, this is not something covered under the UKA insurance policy for clubs or coaches. We have set out and shared our guidance and expect clubs to do the same with their members. Individuals will then make a personal choice about whether or not they participate.