

COVID-19 Phase 3

CLUB UPDATE AND Q&A

24/25 August 2020

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scottishathletics Phase 3

- Guidance updated following Scottish Government announcement on Thursday 20 August.
- Further dialogue held with Scottish Government and sportscotland to determine guidance for athletics.
- Updated guidance 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.



Follow physical distancing
at all times



Follow public health guidance



Follow facility guidance



Follow jumps guidance
at all times

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Follow the group size guidance
laid out by scottishathletics



Follow equipment hygiene
and cleaning guidance

Phase 3 update – Scottish Government key points

GENERAL POINTS

- Permits the resumption of sport in line with sports specific guidance and public health advice.
- 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.

SPORT SPECIFIC POINTS (relevant to athletics)

From Monday 24 August

- Organised outdoor contact sports – all ages – following the guidance of relevant sports bodies.
- Certain outdoor live events (involving open space or organised seating) with physical distancing and restricted numbers – subject to guidance.
- Permits adult outdoor sports training and competition in maximum groups of 30.

From Monday 31 August

- Indoor sports courts – including athletics – subject to relevant guidance:
 - Children (under 12): All activity
 - Adults and Young People (12+): Non-contact only
- Indoor activities for children and young people (unregulated) – following guidance which will vary by activity.

Phase 3 update – Scottish Government key points

From Monday 14 September (indicative dates only)

- Certain indoor live events – subject to guidance – with physical distancing, enhanced hygiene and restricted numbers.
- Indoor sports courts – can be used by adults and young people for contact sports – subject to guidance.
- Stadia (limited re-opening) – following guidance (e.g. physical distancing, restricted numbers) – with option for testing on earlier dates subject to agreement.
- Certain outdoor live events (involving focused standing) with physical distancing and restricted numbers – subject to guidance.

Phase 3 update – Athletics

- Organised athletics activity can resume for all ages with no physical distancing on the field of play.
- A 'field of play' bubble can be created when athletics activity is taking place, in effect suspending Scottish Government household number guidelines for the duration of the activity.
- Coaches and volunteers must still adhere to physical distancing guidelines.
- Indoor athletics spaces can open from 31 August.
- All clubs delivering activity must have a named Covid Coordinator/ lead for their response.
- 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.
- We will liaise with clubs in any area where a local lockdown is imposed.
- Continue encouraging physical distancing when practical.
- Reinforcing health & safety measures and good hygiene will be critical to help us to continue to progress safely.

Phase 3 – Training groups & sizes

Group size considerations

- Scottish Government and **sportscotland** guidance permits adult outdoor sports training and competition in maximum groups of 30 – facilitating team sports.
- Whilst this applies across sport and fitness, governing bodies must agree maximum numbers with **sportscotland**.
- Balance between opening the sport within the parameters of the guidance whilst minimising the risk of infection/transmission.
- The health, safety and contact time of the athletes, coaches and volunteers.
- What are the appropriate steps for athletics in Scotland at this stage.
- Good practice from a coaching perspective. Need to be working to recommended ratios.
- Clubs and coaching groups can set their own limits as long as they are within the parameters we have set out.

Phase 3 – Training groups & sizes

scottishathletics strongly recommends that the group sizes outlined below are adhered to during all athletics coaching sessions.

For the purposes of track & field, the field of play is defined as the track and infield (including any external throws specific areas). For off track activity the field of play rules apply from the start of your warm-up to the end of your session.

Age 11 and under

- Maximum group size (bubble) of 30 athletes following the UKA recommended coaching ratio of 1 coach to 8 athletes.
- Not required to physically distance as set out in the Scottish Government guidance.
- Coaches and adults assisting must continue to physically distance.

Group size considerations

- Back in full-time education.
- No physical distancing is required at any time.
- Enables clubs to resume normal coaching activity.

Phase 3 – Training groups & sizes

scottishathletics strongly recommends that the group sizes outlined below are adhered to during all athletics coaching sessions.

Age 12-17 years

- Maximum group size (bubble) of 15 athletes following the UKA recommended coaching ratio of 1 coach to 10 athletes.
- A 'field of play bubble' can be created during organised sports activity removing the need to physically distance when the activity is taking place.
- Athletes must stay within their designated bubble for the duration of the session.
- Normal physical distancing guidelines will however apply before and after the activity takes place (see [Scottish Government guidance](#)). We advise that when possible physical distancing is still encouraged during coaching sessions.
- Coaches and other adults assisting must continue to physically distance as per Scottish Government guidance.

Group size considerations

- Back in full-time education
- Physical distancing was already not required in the 'field of play'
- Ensure physical distancing can be maintained before and after the activity.
- Enables clubs to resume normal coaching activity

Phase 3 – Training groups & sizes

scottishathletics strongly recommends that the group sizes outlined below are adhered to during all athletics coaching sessions.

Age 18+

- **scottishathletics** recommend a maximum group size (bubble) of 15 athletes following the UKA recommended coaching ratio of 1 coach to 12 athletes (1:12).
- Athletes must stay within their designated bubble for the duration of the session.
- Normal physical distancing guidelines will however apply before and after the activity takes place (see [Scottish Government guidance](#)).
- Coaches and other adults assisting must continue to physically distance as per Scottish Government guidance.

Group size considerations

- Household and group size limits have been in place to this point.
- Ensure physical distancing can be maintained before and after the activity.
- Enables clubs to restart activity for adults whilst still limited in terms of overall group size.

Phase 3 – Event Specific

Additional points to note

Para-athletes

- Guide Runners: guide running can now take place following hygiene measures including the cleaning of the running tether in between sessions.

Track

- No requirement for 2m or 5m (single file) gap within the bubble.

Field

- Jumps – maximum groups of 8 athletes can jump during a session.
 - Potentially an increased risk of transmission on landing bed and pit.
- After each bubble cleaning of the pit must be completed with a 15-minute drying time before the next bubble starts.

Throws

- No further changes.

Phase 3 – Facilities

- Facility guidance has been sent to all facility operators.
- It is at the facility operators discretion when they open indoor and outdoor athletics facilities.
- Indoor exercise and training areas will not open before 31 August 2020.
- More than 30 people are permitted to be in a facility at one time to participate in athletics. They should work within the group size guidelines set out by **scottishathletics**.
- Facility operators should work with users to determine capacity.
- **scottishathletics** can support clubs in any conversations with facility operators.

FAQ's

Events

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FAQ's

Q.

- Can we host the event we have planned in September?

A.

- Full details for event organisers can be found at the following link:

<https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>

FAQ's

Q.

- 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?

A.

- 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

FAQ's

Q.

- Is the coach included in the maximum group size number?

A.

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

FAQ's

Q.

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

A.

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

FAQ's

Q.

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

A.

- 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.

FAQ's

Q.

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

A.

- 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

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FAQ's

Q.

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

A.

- 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.

FAQ's

Q.

- 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?

A.

- Yes, they can train within separate bubbles.

FAQ's

Q.

- 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?

A.

- 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.

FAQ's

Q.

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

A.

- 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.

FAQ's

Q.

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

A.

- 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.

FAQ's

Q.

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

A.

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

FAQ's

Q.

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

A.

- 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.

FAQ's

Q.

- 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?

A.

- 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.

FAQ's

Q.

- 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?

A.

- 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.

FAQ's

Q.

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

A.

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

Hygiene, health & safety

FAQ's

Q.

- I am struggling to understand how it is 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?

A.

- 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. 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.

FAQ's

Q.

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

A.

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

FAQ's

Q.

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

A.

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

FAQ's

Q.

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

A.

- 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.

FAQ's

Q.

- Are relays using relay batons permitted?

A.

- 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.

FAQ's

Q.

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

A.

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

FAQ's

Q.

- Is a booking system required or just a record of attendance?

A.

- 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.

FAQ's

Q.

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

A.

- 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.

FAQ's

Q.

- 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?

A.

- 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.

COVID-19 Coordinator

- Supporting resources
- E-learning module
- Recording of attendance
- Communicating with members
- Mental health & wellbeing webinar
- Facility access
- Sharing practice