

A practical guide for athletes returning to track & field athletics competition following the COVID-19 restrictions during phase 3 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 athletes take to ensure a safe return to track and field athletics competition.

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PHASE 3

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

The guidelines in this document relate to phase 3 of the Scottish Government's COVID-19 route map through and out of the crisis.

This phase:

1. Permits the resumption of sport in line with sports specific guidance and public health advice.
2. Organised outdoor non-contact sporting activity can be undertaken by all ages with no physical distancing required on the field of play.
3. Live events can create a competition bubble of maximum 30 athletes, with a total of 200 attendees at the event. This means up to 30 athletes can compete together, either in a wave start or small race, but physical distancing must be maintained before and after competition.
4. Gyms (including indoor sport spaces) will not open before 31st August.
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 guidance outlined by the Scottish Government should always be adhered to. Guidance is available at [Staying Safe and Protecting Others: Travel](#)



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

1. Before you Compete

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 to a country on the quarantine list or exposed to someone with COVID-19 in the last 14 days.
- Have COVID-19 symptoms (self-isolate for 10 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 the event organiser, the facility operator or your club prior to taking part in any competition.

2. Physical Distancing & Good Hygiene Behaviours

- Follow Scottish Government advice on physical distancing 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 tissues in your own bag and take them 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.

3. Safeguarding

Children and young people:

- Clubs should ensure their [Child Wellbeing and Protection Policy](#) and their Welfare Officer contact details are both up to date and easily accessible on the club website and social media pages.
- Clubs should circulate their [Codes of Conduct](#) for coaches, athletes, and parents/carers so that everyone is reminded about the expectations of them and their roles.
- Athletes aged under 18 may be accompanied by one responsible adult whilst attending a competition. This should be a parent/guardian from within the same household where possible.
- Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance at all times. Groups of parents from different households should not congregate before, during or after the event.
- Coaches attending any **scottishathletics** event will be asked to register in advance. A designated coach may supervise a young athlete on the day on an event, if agreed with the athlete's parent/guardian, but could also attend an event in addition to the one parent/guardian accompanying an under 18.
- Further advice 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 the event to provide any direct support. Please inform the event organiser of the carer's attendance in advance by completing an assistance request form (available from the event organiser by e-mail).

4. Attending a **scottishathletics** track & field event

Arrival

- To minimise the number of people within the event venue, no spectators will be allowed within the facility. Athletes under the age of 18 are allowed one chaperone only.
- Coaches attending a **scottishathletics** event will be asked to register in advance. They must also check in at declarations on arrival.
- Athletes should arrive as close as possible to the scheduled declaration time for your event.
- All event attendees must follow the one-way system around the venue, including entry and exit routes.
- A limited number of toilets will be available at the venue with hygiene measures in place. They should be accessed by following the one-way system to ensure that physical distancing can be maintained in indoor areas at all times.

Declarations

- Timed declaration windows will be published online in advance, and athletes must declare for their event during their slot. These will be 45-75 minutes before the event start time.
- All attendees (athletes, coaches and chaperones) are required to report to the declarations area, and only at the time specified for the athlete's event.
- Bib numbers and safety pins will not be available at declarations. If required, numbers will be distributed at assembly.

Warm Up

- Indoor warm up facilities will not be available
- Warm ups must be completed outdoors, within the dedicated Warm Up Area whilst maintaining physical distancing
- No hurdles, nor any other equipment, will be available for warming up

Call Room

- Call rooms will not be in operation. A call up schedule will be published online detailing when athletes are expected to report the assembly area. Any changes on the day will be clearly communicated.
- Athletes should not report early. This is to ensure that distance is maintained between each heat/band/group.
- Athletes participating in races over 800m will collect an adhesive number from assembly officials to be worn on the front of the LEFT shoulder during their race.

Start Lists

- Start lists will not be posted within the facility, but will be available online.
- It is the athlete's responsibility to be aware of which band, lane or group they are in, and they must check this in advance.

Post-Event and Results

- Results will be available online only, and will not be posted within the facility.
- Cool downs must be conducted within the Cool Down Zone – athletes may will not be permitted to re-access the warm up area after their event.
- Athletes must leave the facility as soon as possible following the conclusion of their event

5. Event specific guidance for **scottishathletics** events

General safety & hygiene

- Athletes are encouraged to bring and use their personal equipment wherever possible (e.g. throws implements and starting blocks) and should follow hygiene guidance.
- If any personal equipment is to be shared, measures will be put in place to reduce the risk of contamination. Athletes are expected to make themselves aware of and to follow these measures.
- Athletes should clean all equipment they have used with suitable antiviral wipes/spray at the conclusion of their event. This includes throws implements and markers.
- All athletes should be aware of which surfaces other athletes and officials may touch during an event, and should minimise the risk of contamination by not touching the same surfaces themselves unless necessary.
- Any hand sanitiser use should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on.

Track

- Athletes will arrive at the event site as per the scheduled call up time **READY TO RACE**.
- It is the athlete's responsibility to be aware of which lane they have been allocated in advance.
- Sprint events can be conducted using all available lanes – ie. no requirement for blank lanes between athletes.
- A maximum of 4 athletes will be in each heat, using lanes 1/2/3/4, 2/3/4/5, 3/4/5/6 etc. If required, heats of younger athletes may feature 5 runners.
- Athletes using Starting blocks must sanitise their hands before use.
- Races 800m and over can be conducted as normal with athletes breaking into lane 1 at the appropriate point.
- A maximum of 5 athletes will be in each 800m heat and a maximum of 8 athletes in each 1500m heat.
- Athletes must not shake hands or physically congratulate other participants.

Field (General)

- Field athletes will be seeded in bands of a maximum of 5 athletes. Bands will not be displayed within the facility, but will instead be published in advance and available online.
- Athletes must report to the event site as per the published call up schedule ready to compete. At the conclusion of their bands event, they must leave the site immediately and the event venue as soon as practical.
- Groups will be allocated 40 minutes to complete all trials (60 minutes for pole vault). Trials will be taken as per the seeded band information i.e. athlete 1, followed by athlete 2, followed by athlete 3, etc. to complete the round.
- Run ups can be marked from a tape measure beside the runway, but runway markers will not be provided.
- Athletes must not shake hands or physically congratulate other participants or officials.

Horizontal Jumps

- Horizontal jumps athletes will receive a maximum of 2 warm up trials and a minimum of 4 competition trials.
- All valid jumps will be measured by an official wearing personal protective equipment.

Vertical Jumps

- Vertical jumps athletes will be permitted 2 warm up heights and 6 competition trials only.
- The starting height and available subsequent heights will be published in advance for athletes to choose from.
- Heights will progress in 5cm increments (HJ) and 10cm increments (PV)
- Height failures will count as 1 competition trial and will be deducted from the total number of trials available.
- As in standard competition, three consecutive failures will result in the athlete exiting the competition.

Example

1m20	1m25	1m30	1m35	1m45	1m50	
0	xxx					Three consecutive failures - athlete eliminated
0	0	0	0	0	0	6 attempts completed
0	xx	0	x0			6 attempts completed
P	xx0	0	xx			6 attempts completed

Throws

- Throws athletes will be permitted a maximum of 2 warm up trials and minimum of 4 competition trials.
- Athletes are encouraged to supply their own implement and inform officials of its weight. It may not be possible to check the weight and specifications of implements at the event. This may mean that results are unsuitable for ranking and record purposes.
- Athletes are not required to collect their own implement after each throw.

Para-athletes

- Ambulant athletes will be seeded by performance alongside mainstream athletes in order to offer a competitive opportunity against athletes of a comparative performance-level.
- Seated throwers, wheelchair users and race runners must only use their own personal equipment. All equipment should be cleaned before and after an event following the hygiene guidance.
- Wheelchair, race running, and seated throws athletes should be helped and supported into any equipment by the guardian/carer only, if assistance is required.
- In phase 3, guide runners may now be supported by someone from outside their household, but physical distancing must be adhered to both BEFORE and AFTER competition.
- Athlete assistance forms can be downloaded from the **scottishathletics** fixture page and should be submitted in advance of the event day.

6. Attending other Licensed Track & Field Events

The guidance above applies specifically to **scottishathletics** events. When attending other track & field events such as club championships or open graded meetings, athletes and other attendees must make themselves familiar with guidance specific to that event, issued in advance by the event organiser. **scottishathletics** will support other event organisers to adopt these guidelines, or a variation of these, to ensure the safe participation of all athletes, officials, coaches and spectators.

7. Contacts

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