

## Appendix 1 – Local Measures & Restrictions

Updated on 8 October 2020

The local measures and restrictions outlined in this Appendix 1 will supersede the corresponding guidance within **scottishathletics** guidance for phase 3 of the route map for exiting lockdown.

All restrictions outlined below will apply from 00:01 on Saturday 10 October 2020 until midnight on Sunday 25 October 2020.

The restrictions currently apply to the following NHS Health Boards and local authorities, but be aware these may change if infection rates increase in other parts of Scotland; NHS Ayrshire & Arran (North, South and East Ayrshire), NHS Greater Glasgow & Clyde (Glasgow, East and West Dunbartonshire, Renfrewshire and East Renfrewshire, and Inverclyde), NHS Lanarkshire (North and South Lanarkshire), NHS Forth Valley (Clackmannanshire, Stirling and Falkirk) and NHS Lothian (Edinburgh, East, West and Mid-Lothian).

### General Information

1. Avoid public transport unless necessary.
2. Travel to or from an area with Scottish Government local measures or restrictions in place to undertake sport or physical activity should where possible be avoided.
3. Recognised **scottishathletics** performance athletes should be aware of the guidance issued for performance sport and contact their respective performance manager.

### Outdoor Athletics Activity

4. Facility operators in areas subject to local measures and restrictions may continue to open all outdoor athletics areas if documented risk assessments are undertaken and all appropriate mitigating actions included in this guidance are put in place to ensure the safety of participants, staff and volunteers. Please also refer to additional guidance produced by **sportscotland** at: [Getting Your Facilities Fit for Sport](#).
5. Children and young people under 18 years of age can continue to take part in organised outdoor athletics and running training, competition or events if all relevant guidance is followed.
6. Adults (18 years of age or older) can take part in organised outdoor athletics and running training, competition or events if all relevant guidance is followed. However, adults must maintain physical distancing at all times.
7. Continue to follow existing guidance on training groups and sizes.

### Indoor Athletics Activity

8. Indoor sport and leisure facilities can remain open if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented.
9. Children and young people under 18 years of age can continue to take part in organised indoor athletics training, activity and competition following the existing guidance.
10. Adults (18 years of age or older) can take part in indoor athletics training and activity with one other household and in a group size of no more than six (including the coach).
11. Coaches can take multiple sessions per day, but each session should not include more than one other household if adults are involved (maximum of 6 people in total).

### Athletics event's organisers specific guidance

12. Clubs can continue to hold internal events following the existing guidance.
13. Adults should not travel to or from an area with Scottish Government local measures or restrictions in place for an event.
14. Open endurance events for adults should not take place in an area with Scottish Government local measures or restrictions in place. These are to be cancelled or postponed until after 25th October 2020
15. Non Endurance (Track & Field) Events: These events may be delivered, however the previous allowance of a competition bubble of up to 30 athletes is suspended for athletes aged 18+ and physical distancing must be adhered to at all times. Consideration should be paid to attendees (including officials and parents) travelling to the restricted areas.
16. All event organisers in non-targeted health boards should review their Event Management Plans to address possible attendees (including officials and volunteers) from restricted NHS health board areas.

