

COVID-19 Protection Levels

CLUB UPDATE AND Q&A

2 & 3 November 2020

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scottishathletics 

Local COVID protection levels

- Changes from 6am on Monday 2 November
- What local protection level are you?

<https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/>

- Check your protection level

<https://www.gov.scot/check-local-covid-level/>

SCOTLAND'S FIVE TIERS	
LEVEL 0	<ul style="list-style-type: none">• Indoor socialising permitted (8 people, 3 households)• No non-essential travel to level 3 areas or above• Shops, hairdressers, pubs and restaurants open• Schools open
LEVEL 1	<ul style="list-style-type: none">• Indoor socialising permitted (6 people, 2 households)• No non-essential travel to level 3 areas or above• Shops, hairdressers, pubs and restaurants open• Schools open
LEVEL 2	<ul style="list-style-type: none">• No in-home socialising, outdoors: 6 people, 2 households• No non-essential travel to level 3 areas or above• Shops, hairdressers, pubs and restaurants open• Schools open
LEVEL 3	<ul style="list-style-type: none">• No in-home socialising, outdoors: 6 people, 2 households• No non-essential travel in or out of level 3 areas• Shops, hairdressers, pubs and restaurants open (food only, no alcohol)• Schools open
LEVEL 4	<ul style="list-style-type: none">• No in-home socialising outdoors: 6 people, 2 households• No non-essential travel in or out of level 4 areas, travel limits, stay at home message• Shops, hairdressers, pubs and restaurants closed• Schools open

scottishathletics Framework & Practical Guide

	Level 0	Level 1	Level 2	Level 3	Level 4
Organised club/group activity and coaching in covid-secure environments	All outdoor athletics and running activity permitted following group size and physical distancing guidance below.				
Training Groups & Sizes	<p>Age 11 and under a maximum group size (bubble) of 30 athletes following the UKA recommended coaching ratio of 1 coach to 8 athletes (1:8).</p> <p>Age 12 – 17 years a maximum group size (bubble) of 15 athletes following the UKA recommended coaching ratio of 1 coach to 10 athletes (1:10).</p> <p>Age 18+ a maximum group size (bubble) of 15 athletes following the UKA recommended coaching ratio of 1 coach to 12 athletes (1:12).</p> <p><i>*Performance Sport is exempt from all restrictions. Follow the performance guidance issued by the performance team.</i></p>			<p>Age 11 and Under a maximum group size (bubble) of 15 athletes.</p> <p>Age 12 – 17 years a maximum group size (bubble) of 8 athletes.</p> <p>Age 18+ a maximum group size of 8 athletes.</p>	
Physical Distancing	Field of play bubbles are permitted with no physical distancing required during the activity.		Field of play bubbles are permitted with no physical distancing required during the activity.		Field of play bubbles suspended for those aged 18+ they must follow 2m side by side & 5m single file.
Event Specific	Follow the additional guidance laid out in scottishathletics practical guide for athletics and running .				
Outdoor Competition	Competition is permitted, please adhere to scottishathletics event guidance . Multiple bubbles allowed, each with up to 30 people, ensuring all measures outlined in scottishathletics event guidance are in place (200 max per day).			No Events	
Travel to training or competition	Travel is permitted within and outside your LA area for athletics activity. Avoid any unnecessary travel to areas in Level 3 or Level 4.		Travel is permitted within and around 5miles outside your own LA for athletics activity. Avoid any un[...]		No non-essential travel into or out of the level 4 area.
	Travel for under 18s sport is exempt (to and from Level 3 areas but not Level 4).		Exemption for travel for under 18s sport is exempt		Coaches can continue to travel to coach in all areas.
<i>*This section will be further updated with specific detail on how the restrictions</i>	Coaches can continue to travel to coach (both paid & voluntary) across local authority boundaries.				



A practical guide for Athletics and Running following the strategic framework for Scotland’s COVID-19 restrictions.

This practical **guide**, prepared by our team in consultation with **sportscotland** and in line with government guidelines, outlines the specific measures **scottishathletics** recommends athletes, runners, clubs, groups and coaches take to continue safely participating.

Version 1 – Produced on 30 October 2020



scottishathletics Framework & Practical Guide

GENERAL POINTS TO NOTE

- Continue to follow health, safety, hygiene and booking protocols outlined in the practical guide for athletics and running.
- Safeguarding – continue reinforcing good practice.
- Test and Protect
- Facilities
- Athletics and running activity is permitted at all levels outdoor and up to Level 4 indoor following group size & physical distancing guidance.
- Follow UKA recommended coaching ratios.
- Coaches should wear face coverings indoor except where an exemption applies.
- Participants and visitors to indoor sports facilities should wear face coverings before and after activity and when in non-playing areas of the facility.
- Performance sport is exempt from all restrictions. Performance Athlete means an individual who is:

Currently supported on the performance pathway

- *Supported by UKSport through the current world class performance program*
- *Supported by SIS through the current performance foundations program*

Aged 16 or above and on a performance development pathway

- *A current member of the National Academy*
- *Commonwealth Games long list*

Group sizes

OUTDOOR

- From Level 0 to Level 3 existing group size guidance for all age groups remains the same.
- In level 4 group sizes are reduced as follows:
 - Aged 11 and under – groups of 15
 - Age 12-17 – groups of 8
 - Aged 18+ - groups of 8

INDOOR

- From level 0 to level 2 the maximum group size for all age groups is 8.
- In level 3:
 - those aged 17 and under can continue in groups of 8
 - Aged 18+ - “Individual exercise only” = following household guidance e.g. 2 households, up to 6 people
- In level 4 all indoor facilities will be closed.

Physical Distancing - Outdoor

LEVEL 0 – LEVEL 2

- Field of play bubbles are permitted with no physical distancing required during the activity.
- Whilst the guidelines have been relaxed on the field of play, **scottishathletics** strongly recommends that physical distancing should be adhered to on the field of play whenever possible, thus reducing the risk of virus transmission.

LEVEL 3

- Field of play bubbles are permitted with no physical distancing required during the activity.
- Where athletes aged 18+ may be in close contact for an extended period of time (e.g. longer than 15 minutes) we strongly recommend enforcing physical distancing.

LEVEL 4

- Age 17 and under - field of play bubbles are permitted with no physical distancing required during the activity.
- Age 18+ - field of play bubbles are suspended, and physical distancing guidelines must be followed.

Physical Distancing - Indoor

LEVEL 0 – LEVEL 2

- Field of play bubbles are permitted with no physical distancing required during the activity.
- Whilst the guidelines have been relaxed on the field of play, **scottishathletics** strongly recommends that physical distancing should be adhered to on the field of play whenever possible, thus reducing the risk of virus transmission.

LEVEL 3

- Age 17 and under - field of play bubbles are permitted with no physical distancing required during the activity.
- Age 18+ - “Individual exercise only” = following household guidance e.g. 2 households, up to 6 people and physical distancing.

LEVEL 4

- All indoor facilities will be closed.

Event Specific – points to note

JUMPS

- Maximum group size of 8 both indoor and outdoor.

THROWS

- Outdoor – groups sizes in line with SA Framework.
- Indoor – maximum groups of 8.

PARA-ATHLETES

- Where a disabled participant requires functional support to help them participate coaches or carers can provide this without maintaining physical distancing.

OFF-TRACK

- Standard processes in place e.g. risk assessments and safety procedures.
- Be aware of other members of the public using the same space you are training in.

Travel

- Participants under 18 years of age can travel to and from Level 0-3 areas (not Level 4) to take part in athletics activity.
- Participants aged 18 years of age and over should, where possible minimise unnecessary travel between areas. You can travel into a Level 3 area for athletics activity if it is within 5 miles from your local authority boundary.
- For participants 18+ in a Level 3 area travel is permitted within and around 5 miles from your local authority boundary for athletics activity.
- In Level 4 travel is only permitted within your own local authority area.
- You should avoid any unnecessary travel to a Level 4 area.
- Running that crosses boundaries is permitted but must start and finish at the same place.
- Local outdoor informal exercise (including running) in line with household guidance and starting and finishing at the same place.
- Avoid any unnecessary travel to the rest of the U.K.
- Coaches can continue to travel to coach (both paid & voluntary) across local authority boundaries.

Competition & Events

OUTDOOR

- Competition is permitted from Level 0 to Level 3.
 - Maximum of 200 people per day
 - Bubbles of up to 30 athletes
 - Implementing measures from SA event guidance
- In Level 4 no competition is permitted.
- Virtual events can be delivered in line with guidance.

INDOOR

- Competition is permitted in Level 0 to Level 2.
- In Level 3 competition is permitted for ages 17 and under.
- In Level 4 no competition is permitted.

COVID-19 Event Guidance

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

FAQ's

General

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FAQ's

Q.

- Have the 'Special Measures/Local Restrictions' been removed that applied to Lanarkshire, Glasgow City, Renfrewshire etc?

A.

- Yes, you should now follow the **scottishathletics** guidance for the level protection level that your local authority has been placed in.

FAQ's

Q.

- Can indoor areas be used for dropping bags, changing and taking shelter between sessions?

A.

- Indoor sports facilities can open between Level 0-3 following **sportscotland's** 'Getting your facilities fit for sport' guidance. What is permissible will be determined by the operator, however the use of changing rooms is still discouraged at this time.

FAQ's

Q.

- I would like to know if SA have any objections to clubs' coaches (adding a precaution) taking a temperature of athletes prior to the session using an infra-red thermometer?

A.

- Clubs can of course implement additional measures if they deem them necessary. Any such decisions should be taken by the club board/committee working with the Covid Coordinator to ensure consistency across all coaching groups.

FAQ's

Q.

- We have a coach who travels from a L3 area but also takes part in the activity is this ok?

A.

- As long as the individual is coaching during the session they can travel freely between local authority areas.

FAQ's

Q.

- If Clubs are having difficulty accessing indoor facilities for training. Is there any specific support SAL offer Clubs?

A.

- Yes, please contact your National Club Manager.

FAQ's

Q.

- Is there a documented case of COVID spreading in an athletics setting and if so what kind of setting: indoor, outdoor?

A.

- There are now examples of athletes and coaches in clubs that have tested positive for COVID-19 but no evidence of COVID spreading in an athletics setting. From what we have been told the level of transmission in sports settings is very low.

FAQ's

Q.

- If a coach is aware of an athlete who has tested positive but the coach/club has not yet been contacted by Test/Trace, should the coach or Covid Coordinator take any action? eg advise other athletes from the same bubble?

A.

- Firstly, it is important that the identity of the individual that has tested positive is protected. It will be the responsibility of the contact tracer to identify any individual that must self-isolate. It would be advisable to inform your Covid Coordinator and for them to inform scottishathletics. Some clubs have chosen to cancel sessions in this situation but that is entirely at the clubs discretion unless the contact tracers tell them otherwise.

Group Sizes

FAQ's

Q.

- Can club members (18+) from three different houses meet up for a run together, and none of them is a level 2 or above coach?

A.

- Unless they are running as part of organised club activity they must follow Scottish Government household and group size guidance.

FAQ's

Q.

- Are coaches included in the bubble numbers?

A.

- For ages 11 and under – outdoor – coaches are included in groups of 30.
- All other age groups and for indoor athletics the coaches are not included in the group size.

FAQ's

Q.

- Can I confirm that group size for level 3 adults is one coach to 12 participants and 2 coaches to 15 participants and would that be the same for 12 to 17yrs?

A.

- For adults the recommended coaching ratio is 1:12 and for ages 12-17 1:10. In outdoor athletics the maximum groups size for both is 15. So if you have 13, 14 or 15 athletes in the group it is recommended you have two coaches.

Physical Distancing

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FAQ's

Q.

- There has been surprise at the physical distancing guidelines being relaxed when things are tightening up in the population generally. It would be helpful if you could provide the clinical rationale for this change please?

A.

- The guidance for sport is agreed by Scottish Government and sportscotland with input from Public Health Scotland so the boundaries for NGB guidance is set at that level. From there we will determine what we feel is appropriate for athletics in Scotland taking into account the environments clubs and groups operate in. As outlined in our updated guidance there has been some changes from the initial publication that tightens up some physical distancing guidance.

FAQ's

Q.

- In Level 3, is no physical distancing required at all (outdoors) within the field of play bubbles, even for 18+? This is an easing off and a big change for us (we were using the 2m/5m guidelines).

A.

- Where athletes aged 18+ may be in close contact for an extended period of time (e.g. longer than 15 minutes) we strongly recommend continuing to enforce physical distancing.

FAQ's

Q.

- I'm looking for confirmation that physical distancing is not required, during the activity, in an indoor environment for levels 0-2 for all ages?

A.

- Yes, that is correct. Field of play bubbles are permitted indoors between levels 0-2.

FAQ's

Q.

- Specifically for indoor sport in Level 3, is no physical distancing required at all for athletes 17 and under within the field of play bubbles?

A.

- Yes, that is correct athletes 17 and under can operate in field of play bubbles with no physical distancing up to, and including, level 3 indoor.

FAQ's

Q.

- Can you confirm if 18+ can train in level 4 with social distancing reintroduced?

A.

- Yes, those aged 18+ can train outdoors in a level 4 area in groups of 8 with physical distancing.
- All indoor facilities will be closed in level 4.

Events

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FAQ's

Q.

- Can we run an indoor competition with 6 athletes in a sprint race on a 6 lane track? I had been under the impression this was only possible in an area under level 0 restrictions but the SAL framework says otherwise.

A.

- Yes, up to level 2 for all ages and also at level 3 for ages 17 and under following our event guidance.

FAQ's

Q.

- The reduction from 30 to 15 individuals for those aged 12 and over makes a significant change to potential cross country trial runs. I presume there is likely no wiggle room on the rule, but if there is, that could be helpful?

A.

- The group size for 12-17 years was already 15, however in licensed competition you can have bubbles of up to 30 athletes.

FAQ's

Q.

- Can SA support open meets for those athletes in level 1 and 2 rather than go to level 3 areas since the Government does not people to travel to these areas?

A.

- Yes, we are already working with clubs to support local event planning and are constantly reviewing what can be delivered nationally. Once travel guidance for sport is clarified it will be clearer what is realistic to deliver over winter.

FAQ's

Q.

- How likely are national champs to run in winter 2020/2021? And if they do go ahead is it likely that it will still be 1 event per competition?

A.

- A decision on this will be made by the Track & Field Commission on Wednesday 4th November and will be communicated to the sport as quickly as possible. The challenge we have is ensuring competition bubbles do not mix, therefore currently it would be difficult to have athletes in the arena from Heat, to Semi Finals to Finals. An option we are exploring is an open format similar to the summer where athletes will be limited to one event only.

FAQ's

Q.

- As things stand at moment could the short course cc championships go ahead for the under 15 and under 17 age groups?

A.

- We are still in discussions for a suitable venue, however the current guidance would suggest that an event is feasible for U17 and below athletes in waves, providing the venue is within a suitably low level of restrictions.

FAQ's

Q.

- Do we need to licence any events held?

A.

- If you run a local training event that is just for your club then you can do this using the training bubble sizes (if you are using a venue that the public are using then we do recommend licencing).
- If you bring external volunteers and clubs to a local training event, then you must licence the event with the SGB (**scottishathletics**).
- If you want dispensation and to run in bubbles of 30 people you must licence the event with the SGB (**scottishathletics**).
- Only licenced events with qualified officials in place are suitable for ranking, powerof10 and/or Run Britain purposes.

Training

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FAQ's

Q.

- Does a "club organised activity" include "social" runs that are part of a general training schedule issued by a coach?

A.

- Unless the session is part of organised activity the Scottish Government household guidance should be followed.

FAQ's

Q.

- Have local authority facilities been advised of these regulations, allowing coaching to continue if travel between local authorities for U18 and coaches now permitted?

A.

- All local authority facilities will be in receipt of the sportscotland guidance and we will also be sharing our updated guidance with all facility operators.

Travel

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FAQ's

Q.

- If an athlete works in tier 3 but lives in tier 2 can they remain to train in tier 3?

A.

- The guidance we've been given in these situations is that the individual and the club should apply common sense. If they are working in the area and travelling a short distance to training that would seem reasonable.

FAQ's

Q.

- Can Athletes in level 3 travel to a race in level 2?

A.

- Athletes aged 17 and under can travel to and from a Level 3 area to take part in athletics. For those aged 18+ travel would be permitted up to 5 miles from their local authority boundary. However, the government advice to anyone living in a Level 3 area is to avoid any unnecessary travel out of the area so please keep this in mind.