

	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 <i>*Performance Sport is exempt from all restrictions. Follow the performance guidance issued by the performance team.</i>	<p>Age 11 and under a maximum group size (bubble) of 30 (including athletes and coaches) 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 (not including coach) 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 (not including coach) following the UKA recommended coaching ratio of 1 coach to 12 athletes (1:12).</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. 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.	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	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 or 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. Coaches can continue to travel to coach (both paid & voluntary) across local authority boundaries.		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 18+ - travel is permitted within and around 5 miles from your local authority boundary for athletics	Travel is only permitted within your own local authority area. Coaches can continue to travel to coach (both paid & voluntary) across local authority boundaries.	

		<p>activity.</p> <p>Avoid any unnecessary travel to a Level 4 area.</p> <p>Coaches can continue to travel to coach (both paid & voluntary) across local authority boundaries.</p>	
Transport	<p>Active travel (walk, run, cycle, wheel) where possible.</p> <p>Avoid car sharing with people outside extended household wherever possible.</p> <p>Face coverings compulsory on public transport.</p>	<p>Active travel (walk, run, cycle, wheel) where possible.</p> <p>Avoid car sharing with people outside extended household wherever possible.</p> <p>Avoid non-essential use of public transport.</p> <p>Face coverings compulsory on public transport.</p>	<p>Active travel (walk, run, cycle, wheel) where possible.</p> <p>Avoid car sharing with people outside extended household wherever possible.</p> <p>No use of public transport, except for essential purposes.</p> <p>Face coverings compulsory on public transport.</p>

	Level 0	Level 1	Level 2	Level 3	Level 4
Organised club/group activity and coaching in covid-secure environments	All indoor athletics and running activity permitted following group size guidance below.			Indoor athletics and running activity permitted for ages 17 and under following group size guidance below. Individual exercise only for those aged 18+." Individual exercise' refers to organised sport or physical activity within household rules i.e. 1:1 coaching".	Indoor Gyms, including athletics facilities, closed .
Training Groups & Sizes <i>*Performance Sport is exempt from all restrictions. Follow the performance guidance issued by the performance team.</i>	<p>Age 11 and under a maximum group size (bubble) of 8 athletes (not including coach) 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 8 athletes (not including coach) following the UKA recommended coaching ratio of 1 coach to 10 athletes (1:10).</p> <p>Age 18 + a maximum group size (bubble) of 8 athletes (not including coach) following the UKA recommended coaching ratio of 1 coach to 12 athletes (1:12).</p>			<p>Age 11 and under a maximum group size (bubble) of 8 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 8 athletes following the UKA recommended coaching ratio of 1 coach to 10 athletes (1:10).</p> <p>Age 18+ no group activity. Individual exercise only following household guidance.</p>	No group activity indoors.
Physical Distancing	Field of play bubbles are permitted with no physical distancing required during activity.			Field of play bubbles are permitted with no physical distancing required during activity for 17 and under.	No group activity indoors.
Event Specific	Follow the additional guidance laid out in scottishathletics practical guide for athletics and running.				No group activity indoors.
Indoor Competition	Competition is permitted, please adhere to scottishathletics event guidance.			Permitted for age 17 and under, please adhere to scottishathletics and government event and travel guidance.	No Events