

A practical guide for athletes returning to indoor track & field athletics competition 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** recommend athletes take to ensure a safe return to track and field athletics competition.

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FRAMEWORK GUIDANCE

Be aware of what level your local authority is in and follow the guidance. Please note the level may change quickly and more restrictive rules may be applied in the future, so please refer to the [scottishathletics website](https://www.scottishathletics.gov.uk) regularly.

Following the introduction of [Scotland's Strategic Framework](#), **scottishathletics** have updated our guidance in consultation with **sportscotland** and the government. We have produced the overall **scottishathletics** framework and this supporting document for all areas of athletics and running in Scotland.

Protection levels for local authorities are reviewed on a weekly basis and the level applicable to your local authority can be found [here](#)

Outlined below is what you can expect at each area of the restrictions for the government's overall strategy.

Level	What you can expect
Baseline and Level 1	Within these levels, we would expect to see low incidence of the virus with isolated clusters, and low community transmission. Broadly, these levels are the closest we can get to normality, without a vaccine or effective treatment in place, before conditions will allow us to move to Phase 4 of the Route Map. They would be similar to the measures in place during the summer, once we reached Phase 3. The Baseline and Level 1 are designed to be sustainable for longer periods.
Levels 2-3	Within Levels 2 and 3, we would expect to see increased incidence of the virus, with multiple clusters and increased community transmission. There would be a graduated series of protective measures to tackle the virus, focusing on key areas of risk – broadly, indoor settings where household mixing takes place with less, or less well-observed, physical distancing and mitigations. The measures would be intended to be in place for relatively short periods (2-4 weeks), and only for as long as required to get the virus down to a low, sustainable level.
Level 4	Within this level we would expect to see very high or rapidly increasing incidence, and widespread community transmission which may pose a threat to the NHS to cope. It is likely that this level would see the introduction of measures close to a return to full lockdown. Measures would be designed to be in place for a short period, to provide a short, sharp response to quickly suppress the virus.

1. Before you Compete

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.
- Athletes must not shake hands or physically congratulate other participants.

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. Due to limited numbers coaches will **not** be provided access to the warm up area. All athletes must warm up individually.
- Athletes should arrive as per the scheduled declaration time for your event.
- All event attendees must follow the one-way system around the venue including entry/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.
- Once declared athletes will be placed within their competition bubble and will be escorted around the arena by designated athlete stewards to warm up zone, competition site and cool down area.
- Bib and hip numbers will be distributed once the athletes are in their competition bubble. Safety pins will **not** be provided.
- 60m and 60m Hurdles athletes will have two rounds. Results from round 1 will be used to seed round 2.

Warm Up

- Competition bubbles will be escorted from declarations to their designated warm up area as per the published schedule.
- Warm ups must be completed individually. Coaches will not have access to the warm up area.
- Limited Hurdles will only be available within the warm up areas when Hurdles are timetabled within the main programme.

Call Room

- Call rooms will not be in operation. A call up schedule will be published online detailing when athletes will be escorted to the event site. Any changes on the day will be clearly communicated.
- Athletes will be escorted directly from warm up to the event site ready to compete.
- 60m/60m Hurdles – on the conclusion of their first run, athletes will be escorted back to the warm up area to rest. After their second run, they will be escorted to their designated cool down zone.
- 200m/300m/400m/800m/1500m – on the conclusion of their run athletes will be escorted to their designated cool down area.
- Field Events – at the conclusion of their competition, athletes will be allocated cool down time at the event site.
- Once the competition bubble has left the warm up area for the final time it will not be possible to return, all bags must be removed and left in a bag drop area for collection when entering the cool down zone.

- At the conclusion of their designated cool down time all competition bubbles will be escorted to the facility exit for departure.
- Athletes should not report early. This is to ensure that distance is maintained between each heat/band/group.

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 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

- Participants and visitors to indoor sports facilities should wear face coverings before and after activity or when in non-playing areas of the facility (e.g. reception, locker rooms and storage areas). Officials must have a face covering on for the duration of the indoor activity.
- 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 be escorted from the warm up area 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.
- 60m/60mH/800m/1500m: A maximum of 8 athletes will be in each heat, using all lanes.
- 200m/300m/400m: A maximum of 6 athletes will be in each heat, using all lanes.
- Athletes using Starting blocks must sanitise their hands before use.
- Races 300m and over can be conducted as normal with athletes breaking into lane 1 at the appropriate point.
- Athletes must not shake hands or physically congratulate other participants.

Field (General)

- Field athletes will be seeded in bands of a maximum of 8 athletes. Bands will not be displayed within the facility but will instead be published in advance and available online.

- Athletes will be escorted to event site as per the published call up schedule. At the conclusion of their event, they will be provided cool down time. At the end of this time they will be escorted to the facility exit.
- Groups will be allocated 60 minutes to complete all trials. 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 jump athletes will be permitted 2 warm up heights and 8 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	x0	0	x0	0	0	8 attempts completed
0	xx	x0	xx0			8 attempts completed
P	xx0	xx0	xx			8 attempts completed

Throws

- Throwers 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.
- Guide runners may 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 events 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 all others involved in the delivery of events.

7. Contacts

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