

| | Level 0 | Level 1 | Level 2 | Level 3 | Level 4 (Stay at home) |
|--|---|---------|---------|---|---|
| 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. | | | | Club activity for 12+ is cancelled (Children aged 11 and under can take part in non-contact group activity). |
| Training Groups & Sizes <i>*Performance Sport is exempt from all restrictions. Performance athletes should get in touch with their Performance Team point of contact for further information or e-mail performanceteam@scottishathletics.org.uk</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 8 athletes (no more than 2 adult coaches with the group).</p> <p>Age 12+ Members of an individual household or extended household can meet outdoors for sport or exercise.</p> <p>A maximum of 2 people from up to 2 separate households (12 years or over) can meet outdoors for sport, exercise or recreation purposes.</p> <p>Participants should leave facilities immediately following exercise</p> |
| Physical Distancing | Field of play bubbles are permitted with no physical distancing required during the activity. | | | <p>Field of play bubbles are permitted with no physical distancing required during the activity.</p> <p>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.</p> | <p>Children aged 11 and under do not need to maintain physical distance from others outdoors or indoors.</p> <p>Age 12+ Field of play bubbles suspended. Physical distancing must be maintained, before, during and after the activity.</p> <p>2m physical distancing side-by-side and 5m single file.</p> |
| Event Specific | Follow the additional guidance laid out in scottishathletics practical guide for athletics and running. | | | | Household rules apply |
| 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 |

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| <p>Travel to training or competition</p> | <p>Participants under 18 years of age can travel to and from Level 0-3 areas (not Level 4) to take part in athletics activity.</p> <p>Where a participant is under 18 years of age they may travel/be driven to compete/train for their club in a higher or lower Level area (except Level 4).</p> <p>Participants aged 18 years or over who live in a Level 0, 1 or 2 area should minimise unnecessary journeys and avoid travel to Level 3 or Level 4 areas to take part in sport or physical activity.</p> <p>Coaches/officials can continue to travel to coach/officiate (both paid & voluntary) across local authority boundaries.</p> | <p>Participants aged 18 years or over (adults) living in a Level 3 area should only travel within that local authority area for organised athletics activity.</p> <p>Where a participant is under 18 years of age they may travel/be driven to compete/train for their club in a higher or lower-Level area (except Level 4).</p> <p>At Level 3 and 4 you can travel to a place up to 5 miles outside your local authority area to take part in informal exercise (household rules apply) as long as you start and finish at the same place.</p> <p>Coaches/officials can continue to travel to coach/officiate (both paid & voluntary) across local authority boundaries.</p> <p>Avoid any unnecessary travel out of the area.</p> | <p>Travel no further than you need to reach a safe, non-crowded place to exercise in a physically distanced way.</p> <p>You can travel up to 5 miles from the boundary of your local authority area for sport or exercise that starts and finishes at the same place and abides by the rules on meeting other households.</p> <p>Coaches/officials can continue to travel to coach/officiate (both paid & voluntary) across local authority boundaries, but travel should be minimised where possible.</p> <p>Avoid any unnecessary travel out of the area.</p> |
| <p>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>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. Performance athletes should get in touch with their Performance Team point of contact for further information or e-mail performanceteam@scottishathletics.org.uk</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 |