

scottishathletics Standard COVID-19 Protocols for Event Attendees

Due to the ongoing COVID-19 pandemic there are a number of changes to procedures and protocols for all attendees at **scottishathletics** events. These changes are for everyone's safety, and all attendees must take responsibility for their own hygiene and safe conduct before, during and after attending any event.

COVID-19 Testing and NHS Scotland Test & Protect

You should NOT attend an event if-

- You have COVID-19 symptoms.
- Someone in your household has COVID-19 symptoms.
- If you have been asked to self-isolate at home by the [Scottish Government Test and Protect system](#).
- If you are returning from a country outside the UK you must follow the Scottish Government guidance on quarantine.

scottishathletics supports NHS Scotland's Test & Protect programme. This will require that your contact details be shared with NHS Scotland, if requested in relation to a potential COVID-19 outbreak. We have made this decision to protect all competitors, attendees and volunteers at our events. Details shared will be your name and contact number only.

Spectators

Under current guidance, limited numbers of spectators are permitted to attend events (maximum numbers depend on the level of the local authority at the time and the venue's capacity). Any spectators (including coaches) should apply for accreditation through the **scottishathletics** fixture page for the event they would like to attend.

Physical Distancing

- WARM UP, REST and COOL DOWN areas
All athletes must maintain physical distancing within the warm-up, rest and cool down areas. This is a distance of 2m from anyone else, or 5m if running / jogging behind another athlete.
- FIELD OF PLAY – Field Events and Laned Races
All athletes must also maintain 2m physical distancing on the field of play, wherever possible.
- FIELD OF PLAY – Non Laned Races
2m physical distancing can be suspended from the point athletes assemble or report to call room until the conclusion of their race at which point physical distancing must be adhered to.
- At all events, congratulatory fist or elbow bumps should be avoided.

Face Coverings

All event attendees are reminded to bring suitable face coverings with them when attending events as everyone is expected to wear a face covering whilst moving around the venue. Please be aware that attendees who do not comply with this requirement may be asked to leave, or may be refused entry.

Athletes may remove their face covering once in the warm up area, and are not required to wear it until they have competed and are leaving the cool down area. Should they leave the warm up/cool down or competition areas for any reason (eg. to go to the toilet), they should replace their face covering whilst in public areas.

Officials in specific roles may also remove their face covering for short periods if it could impede with their duties or when they are outdoors in an open space where physical distancing can be maintained.

Toilets, Changing, Storage and Catering

Toilets only will be available within the facility. Athletes and officials must wear a face covering if leaving the field of play to use these facilities.

There will also be no dedicated changing areas. Athletes are encouraged to arrive prepared to compete. There will also be no designated bag drop/storage area, so athletes are asked to bring only what they will need during the competition.

Attendees should bring their own refreshments as required. Any rubbish should be disposed of in the bins provided or taken away with you - do not leave anything in the warm up area, at the competition site or in spectator areas.