

# A practical guide for Athletics and Running Beyond Level 0

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 11 – Updated 09 August 2021



Be mindful of others



Use a face covering when required



Follow equipment hygiene and cleaning guidance

N.B. Our guidance has been developed with affiliated **scottishathletics** clubs and **jogscotland** groups in mind. Non-affiliated clubs and groups delivering organised athletics or running activity may also follow this sport-specific guidance and benefit from the exemptions that are in place for the sport. To qualify for these exemptions, they must appoint a COVID Coordinator, ensure risk assessments are in place for all sessions, record attendance at all sessions, and ensure a UKA licensed coach or leader leads or sets all training sessions. Independent licensed coaches should also follow the **scottishathletics** guidance.

# 1. General Guidance

## Before you participate

You must stay at home if you:

- Have tested positive for Covid-19.
- Have Covid-19 symptoms.
- 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.

## Good hygiene & Physical Distancing behaviours

- Clean your hands and equipment frequently.
- Participants must practice good respiratory hygiene during the activity (i.e. coughing, sneezing into a tissue or the crook of an elbow).
- Avoid spitting.
- Avoid touching your face.
- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on.
- When a local area is operating 'Beyond Level 0' it is recommended that 'Give people space' messaging should be promoted.

## Safeguarding

Children and young people:

- Regardless of the level applicable in a particular area: -
  - 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.
  - Clubs should make the [Responding to Concerns Procedure](#) widely available so that everyone knows what to do and who to contact with any worries or concerns.
- Outwith normal club sessions, coaches must have the express permission of the parent/carer of an athlete who is under the age of 18 to coach that athlete. If the session is 1:1 the parent must be in attendance. Where a group of children are being coached out with club sessions then at least one of the parents must be present.
- Consider the needs of participants returning after recovering from COVID-19. Participants should be able to confidentially disclose this, in a similar way to any other personal matter relevant to coached activity, so the coach can make suitable adjustments and allowances to the planned activity for the individual and check that input from a medical professional has been sought where appropriate.

## Competition

- Organised sporting competition and events can take place 'Beyond Level 0' but should continue to follow the events guidance outlined by **scottishathletics**.
- Participant and Spectator numbers remain restricted, but now with up to 5000 allowed at outdoor events and 2000 at indoor events. (seeking clarification on this point)
- Any event organiser wishing to increase spectator numbers must seek an exemption from the relevant Local Authority and obtain permission from other relevant bodies from which the organiser would normally require agreement to run the competition/event.

## COVID Officer/Coordinator

- It is the responsibility of each club/group committee to appoint a responsible person/s, referred to as the COVID Officer/Coordinator, to act as the point of contact on all things related to COVID-19. An [e-learning module for COVID officers](#) is available to support those undertaking the role.

## Local outbreaks or clusters of coronavirus cases

- Where a local outbreak has been reported, sports facility operators and deliverers within this locality should review Scottish Government 'local measures' guidance, their facility/operational risk assessment and consider if additional mitigating actions should be put in place to reduce risk. This may, for example, include; suspending activity, enhancing hygiene and physical distancing measures or introducing additional activity restrictions.

## Workforce

- Clubs and venue operators must ensure that relevant workplace guidance is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.
- Where an employee is providing an activity, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken. See the Businesses, workplaces and self-employed people section at [Scottish Govt: Covid-19](#).

## Travel

- Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).
- Information for each local government area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.
- [Specific information on car sharing is available from Transport Scotland: advice on how to travel safely](#).

## Coaches/Jog Leaders

- Coaches and Jog leaders can travel across local authority boundaries at all levels to coach/lead. However, please remember to minimise travel where possible.

### Children & Young People (17 years or under)

- Participants aged **17 years or under** can travel to and from Level 0, 1, 2 and 3 areas to take part in organised sport, training, and competition.
- Children and young people can also travel to and from a Level 4 area, if for example, they belong to a club which is outside their own local government area. This flexibility is to allow children and young people to take part in sport or organised activity, but they should travel no further than they need to. If attending a sport/activity in a Level 3 area or below, Level 4 guidance will apply to the whole activity e.g. 12 to 17-year-old outdoor activity should be restricted to non-contact and include a maximum of 15 participants.
- Children and young people living in a Level 3 or 4 area can also travel out with their local government area to take part in informal exercise such as walking, running or cycling. Such activity should follow [Scottish Government 'local protection levels' guidance](#).

### Adults (18 years or over)

- Adults can travel to and from Level 0, 1 and 2 areas (but not Level 3 or 4) to take part in organised sport, physical activity, training and competition.
- Adults living in a Level 3 area should only travel locally or to another Level 3 area to take part in organised sport or physical activity.
- Adults living in a Level 4 area should only travel locally (within their own local authority area) to take to take part in organised sport or physical activity.
- Adults living in a Level 4 area can also travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, cycling, golf or running that starts and finishes at the same place. Such activity should follow [Scottish Government 'Stay Local' guidance](#).

## 2. Health, safety & hygiene

**Athletes must be aware of current club and facility first aid procedures. The club/facility will ensure the first aid equipment has been updated appropriately for the COVID-19 pandemic and that first aiders are aware of COVID-19 specific first aid advice <https://www.hse.gov.uk/news/first-aid-certificate-coronavirus.htm>.**

- 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).
- Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance.
- Athletes are advised to use their personal equipment wherever possible and follow hygiene guidance.
- Where there is a requirement for athletes to share equipment, it should be thoroughly cleaned before and after use.
- Clean all equipment with suitable antiviral wipes/spray before and

after your session.

- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on.
- Where a local outbreak has been reported sport and physical activity operators, in all settings, should review their risk assessment and consider if additional mitigating actions should be put in place to reduce risk. This may, for example, include suspending activity, enhancing hygiene and physical distancing measures, or introducing additional activity restrictions.

### 3. Club Activity

- The focus should be on delivering the organised activity responsibly in line with the guidance set out by **scottishathletics**.
- Clubs using an athletics facility should agree with the facility operator the maximum capacity and booking process prior to resuming training. Limits on the number of participants accessing outdoor facilities should be risk assessed to ensure appropriate physical distancing can be maintained outside of the field of play.
- Online bookings should be taken if possible. If not, alternative measures should be put in place.
- In line with Data Protection regulations, a register of users must be kept in case there is a need to track and trace. This should be kept for no longer than 21 days.
- **Clubs/coaches should not reveal the identity of the positive cases to other club members.**

### 4. Spectating

'Beyond Level 0' a maximum of 5000 people outdoors and 2000 people indoors can spectate subject to the organiser following Scottish Government Coronavirus (COVID-19): events sector guidance and obtaining relevant permissions, where they normally would be required Update: 5 August 2021, FINAL 11 to do so. Any increase in these numbers must be agreed directly with the appropriate local authority prior to the competition going ahead.

### 5. Training groups and sizes

All training sessions should be delivered and/or set by a UKA licensed coach (Athletics Coach/Level 2+) or leader and delivered in accordance with the [UKA Coaching Code of Practice](#).

Whilst the physical distancing guidelines have been relaxed during activity at some levels, **scottishathletics** recommends that we give athletes enough space to feel safe.

**Bubble size – None**

**Total Daily Limit 5000 people**

**The rules for training group sizes** and physical distancing are as follows:

#### Age 11 and under

- UKA recommended coaching ratio of 1 coach to 8 athletes (1:8).

### Age 12 – 17 years

- UKA recommended coaching ratio of 1 coach to 10 athletes (1:10).

### Age 18 +

- UKA recommended coaching ratio of 1 coach to 12 athletes (1:12).

For the purposes of track & field, the field of play is defined as the track and infield (including any external throws specific areas). For off track activity the field of play rules apply from the start of your warm-up to the end of your session.

## 6. Athlete Guidance

### Before and during activity

Check directly with your athletics club and facility operator on their access arrangements.

*Recognised **scottishathletics** performance athletes should be aware of the guidance issued by the performance team and contact their respective performance manager.*

- Athletes should be aware that the easing of restrictions does not mean that all facilities will be open in each protection level. Owners and operators will be required to change access restrictions depending on what protection level their local authority. This is a difficult time for everyone so please be patient as changes are implemented.
- If working with an independent coach, athletes should confirm protocols with the coach prior to the session.
- Athletes should follow the club and/or facilities booking protocols.
- Equipment should be cleaned prior to and following training with suitable antiviral wipes.
- Para athletes will be permitted to use their personal throwing frames and straps, RaceRunning Frames and Racing Wheelchairs. Hygiene guidance should always be followed.
- Athletes should remember a face covering to use when required.

### After activity

- Hands should be washed and/or sanitised as soon as possible.
- Ensure personal kit and equipment is cleaned thoroughly after use.
- If you become unwell after training, you should first contact your GP/NHS 24 and then inform your club.

## 7. Coach/Jog Leader Guidance

### Preparing for a coaching session

*Recognised **scottishathletics** performance athletes should be aware of the guidance issued by the performance team and contact their respective performance manager.*

All coaches must plan and prepare with their athletes for each face-to-face training session and the planning must be aimed at minimising the risk of infection/transmission. The following points must

be included:

- Coaches should be aware that the easing of restrictions does not mean that all facilities will be open in each protection level. Owners and operators will be required to change access restrictions depending on what protection level their local authority. This is a difficult time for everyone so please be patient as changes are implemented.
- Coaches using an athletics facility **independently from a club** should agree with the facility operator the maximum capacity and booking process prior to resuming training.
- Prepare a risk assessment based on planned activities/training environment/age, etc. of the athlete(s), as well as reflecting the safeguarding requirements outlined earlier in this document and additional hygiene and safety measures.
- Hygiene: Cleaning, hand and respiratory hygiene are core measures and provision should be made for these. Clear guidance and plans must be in place for cleaning of equipment and waste disposal. Detailed guidance is available from [Health Protection Scotland](#).
- It is **mandatory** to maintain a register of training sessions, who attended, where and when. This information may be necessary for government contact tracing initiatives (if a club coach, this information should be sent to the clubs Covid-19 Coordinator).
- Ensure where necessary that you pre-book access to the athletics facility or get permission to carry out your session at the chosen outdoor space.
- Coaches should remember a face covering to use when required. Face coverings must be worn by coaches indoors except where an exemption applies.
- Coaches can continue to utilise online coaching measures wherever possible following [scottishathletics social media guidelines](#).

### Before and during the coaching session

- Each facility or club may issue separate guidance on accessing and using the specific facilities. Coaches and athletes should be familiar with all guidance.
- If the session is a 1:1 with an athlete under 18 years of age it is preferable that only one parent/guardian from the family is in attendance.

### After activity

- Hands should be washed and/or sanitised as soon as possible.
- Ensure personal kit and equipment is cleaned thoroughly after use.
- If you become unwell after training, you should first contact your GP/NHS 24 and then inform your club.

## 8. Event specific guidance outdoor & indoor

### Track

- Equipment such as hurdles and barriers may be used if the facility and the club have both assessed the risk and put in place measures to ensure it is safe to do so.
- Hurdles and barriers should be cleaned using antiviral wipes/spray before and after use.

## Field Events

### Vertical Jumps

- Athletes should be supervised by a coach.
- It is recommended that between jumps athletes 12+ should wear a face covering when indoors.
- Athletes should sanitise hands Intermittently throughout the session.
- High mist spray of an antiviral disinfectant cleaner to be used on the bed between sessions. Operators **must** contact the manufacturer of the jumps mats in use at their facility to confirm whether the proposed cleaning products can be used safely on their equipment.

### Horizontal Jumps

- Athletes should be supervised by a coach.
- It is recommended that between jumps athletes 12+ should wear a face covering when indoors.
- Athletes should sanitise hands Intermittently throughout the session.
- High mist spray or watering can of sterilising fluid should be sprayed over the sand after use, turned and raked. Facility operators should implement a process for this procedure ensuring correct PPE is used for spraying.

### Throws

- It is recommended that between throws athletes 12+ should wear a face covering when indoors.
- Athletes should be supervised by a coach.
- Risk assessments must have been completed and shared with all coaches and athletes for both the throws facility and specific training session.
- Where a cage door requires to be moved, it should be moved by an adult, either athlete, coach or facility operator who is familiar with its operation. The facility operator should make clear to coaches and athletes who can move cage doors. Any surfaces touched in the process of moving the cage door should be cleaned with suitable antiviral wipes/spray before and after use.
- Implements should be cleaned at the start and the end of the session.
- Facility operators should make it clear to athletes and coaches whether cleaning will be carried out by the facility staff or whether the coach or athlete will be expected to do it.

### Off track coaching and leading including road running

- Coaches, athletes, and runners should adhere to all restrictions that may be placed on a public space by the owner of that space.
- Coaches should ensure they have carried out a standard risk assessment of any training space or route, as they would normally, prior to the session taking place.
- Coaches, athletes, and runners should ensure they carry out standard safety procedures (e.g. phones, route planning etc) when accessing 'wild' public spaces.
- Be aware of other members of the public using the same space you are training in. The group should be briefed on how they run together in a way that respects physical distancing, and which does not cause unnecessary risk or anxiety to members of the public.



## 9. Contacts

Colin Hutchison  
Chef Executive Officer  
· 07983 080 925

[colin.hutchison@scottishathletics.org.uk](mailto:colin.hutchison@scottishathletics.org.uk)

Jamie McDonald  
National Club Manager  
· 07776 370 199

[jamie.mcdonald@scottishathletics.org.uk](mailto:jamie.mcdonald@scottishathletics.org.uk)

Pamela Robson  
National Disability Pathway Officer  
· 07827 343 410

[pamela.robson@scottishathletics.org.uk](mailto:pamela.robson@scottishathletics.org.uk)

Francis Smith  
National Club Manager/Covid Coordinator  
· 07508 317 606

[francis.smith@scottishathletics.org.uk](mailto:francis.smith@scottishathletics.org.uk)

Lindsay McMahan  
National Club Manager  
· 07918796648

[lindsay.mcmahan@scottishathletics.org.uk](mailto:lindsay.mcmahan@scottishathletics.org.uk)

David Fallon  
Head of Development  
· 07960582838

[david.fallon@scottishathletics.org.uk](mailto:david.fallon@scottishathletics.org.uk)