

## COVID-19 ATHLETICS AND RUNNING GUIDANCE AND BEST PRACTICE

### Introduction

To ensure that it is safe to progress 'Beyond Level 0', guidance is being linked to the 'Gateway condition'. This relates the amount of vaccine coverage to the Scottish Government's new strategic intent to 'suppress the virus at a level consistent with alleviating its harms'.

Most legal restrictions relating to Covid-19 will be lifted on the 9<sup>th</sup> August 2021 when Scotland moves to 'Beyond Level 0'. This includes restrictions on physical distancing and the size of social gatherings. Additionally, no businesses will have to legally remain closed.

Whilst these changes will signal the end of most restrictions for sport and physical activity it will not however signal the end of the epidemic. Covid-19 is a disease that will need to be managed for the foreseeable future and to maintain progress in returning to more normality, it is important that people continue to abide by a set of baseline measures covered by Scottish Government guidance and where relevant legislation. This includes:

- Good hand hygiene and surface cleaning.
- Continued promotion of good ventilation.
- Requirement for face coverings in certain settings (e.g., public transport, retail).
- Continued compliance with Test and Protect, including self-isolation when necessary.
- Ongoing need for outbreak management capability, including active surveillance.
- Continue to encourage a greater degree of working from home than pre-COVID-19. Where this is possible and appropriate, it will not only assist with controlling transmission of the virus, but also promote wellbeing more generally.

### 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.

### Bookings and Registration

- 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.
- It is **mandatory** to maintain a register of training sessions, who attended, where and when.
- Clubs/coaches should not reveal the Identity of the positive cases to others.

## Training Groups and Sizes

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

**Bubble size – None**

**Total Daily Limit 5000 people**

### Coaching Ratios

#### 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).

## 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 at the conclusion of 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.

## 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.

## Travel Restrictions

- 'Beyond Level 0' no travel restrictions will be applicable, within or between areas in Scotland, which are not categorised under the protection level system. Please refer to the [Travel Guidance](#) section within Return to Sport for further information on where restrictions will apply should a local area move into protection levels.
- Scottish Government are also continuing to monitor the UK wide and International Covid-19 position. Further information on restrictions applicable between Scotland and other parts of the UK and internationally is available on the Scottish Government website at [Coronavirus \(COVID-19\): travel and transport](#).

## Competition & Events

- 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.

**If we have local outbreaks you should continue to follow guidance laid out in scottishathletics V11 guidance document.**