

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.

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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.
- Out with 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**.
- From Monday 24 January 2022 attendance limits at indoor events will be removed.
- Organisers of all events with more than 1,000 spectators will be expected to check a minimum of 50% of attendees (or 1,000 people, whichever is higher) for certification of vaccination, exemption, or negative test.
- All event organisers should continue to liaise with their LA during event planning.

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

- There are currently no travel restrictions within Scotland or the UK.
- Further information on international travel is available on the Scottish Government website at [Coronavirus \(COVID-19\): travel and transport](#).

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** and Scottish Government.
- Clubs using an athletics facility should agree with the facility operator the maximum capacity and booking process prior to resuming training.
- 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.
- If the club has any positive cases, they should inform **scottishathletics** Covid Coordinator by emailing development@scottishathletics.org.uk
- Clubs/coaches should not reveal the identity of the positive cases to other club members.

4. Spectating

Organisers of all events with more than 1,000 spectators will be expected to check a minimum of 50% of attendees (or 1,000 people, whichever is higher) for certification of vaccination, exemption, or negative test.

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, **scottishathletics** recommends that we give athletes enough space to feel safe.

There are currently no Covid-19 related restrictions on training groups and sizes in indoor and outdoor settings. UKA recommended coaching ratios, as outlined below, should continue to be followed.

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

- 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 are 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 **scottish**athletics 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 using an athletics facility **independently from a club** should agree with the facility operator the maximum capacity and booking process for 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](#).
- 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

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