

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

Version 4 – updated on 12 January 2022

### Introduction

On Tuesday 11 January, the First Minister provided an update to the Scottish Parliament on COVID-19 and related restrictions. This update confirmed that the restrictions in place for indoor contact sport will continue until at least **Monday 24<sup>th</sup> January 2022**. As intimated by the First Minister, we expect all restrictions on indoor contact sport to be lifted at that point.

Whilst the enhanced measures are in place, the restrictions outlined in this supplement supersede the respective sections of our most **up-to-date covid guidance (V11 issued on 9<sup>th</sup> August 2021) and event guidance (issued on 28<sup>th</sup> October 2021)**.

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, indoor venues).
- 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.

### General Information

#### 1. Stay Home, Stay Safe

For the four-week period, Scottish Government advises that people stay at home as much as possible and keep contact to a minimum.

#### 2. Self-isolation

Anyone who tests positive for Covid-19, regardless of vaccination status, must still self-isolate for 10 days. However, from 6 January, new cases will be advised they can end self-isolation if they don't have a fever and test negative on a Lateral Flow Device (LFD) on Day 6 and again at least 24 hours later.

#### 3. Physical Distancing

Follow current Scottish Government advice on physical distancing. Adults must maintain 1m physical distancing at all times in indoor settings.

### Resumption of Performance Sport

Training and competition exemptions remain in place from Scottish Government for performance athletes. There is currently no change to these exemptions.

## Before you participate

You must stay at home if you:

- Have tested positive for Covid-19.
- You are a household contact of a positive Covid-19 case.
- 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.
- If the club has any positive cases, they should inform **scottishathletics** Covid Coordinator by emailing [development@scottishathletics.org.uk](mailto:development@scottishathletics.org.uk)
- 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**

**Session limit – unlimited (outdoor and indoor)**

### 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).

### Outdoor Training

- There is currently no change to outdoor training for any age group. All participants should be encouraged to maintain physical distancing when possible.

## Indoor Training

- There is currently no change to indoor training for those aged under 18. Adults can still train indoors but must maintain 1m physical distancing at all times.

## Competition & Events

- Organised sporting competition and events can take place 'Beyond Level 0' but should continue to follow the events guidance outlined by **scottishathletics**.  
<https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>
- The number of athletes competing in an event is unlimited both outdoor and indoor.
- Restrictions have been placed on spectator numbers at indoor events between Sunday 26 December 2021 and Monday 24 January 2022 (inclusive). The limit for spectators at indoor events is 200.
- The restrictions on spectator numbers for live outdoor events will be lifted from Monday 17 January 2022
- Indoor contact sport for adults should not take place between 26 December 2021 and 24 January 2022 (inclusive). Within athletics, field events are permitted during this period and laned track events. Any adult track event where athletes break during the race should not take place.
- Exemptions remain in place for races where performance athletes are competing. Please seek further advice from **scottishathletics** if this applies to your event between 26 December 2021 and 24 January 2022 (inclusive).
- 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. **Please note – any such request is unlikely to be granted between 26 December 2021 and 24 January 2022.**

## 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.

## 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 are applicable, within or between areas in Scotland, which are not categorised under the protection level system.
- 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](#).

**If there is a local outbreak in your area please follow Scottish Government advice and refer to [scottishathletics V11 guidance document](#) for further information.**