

scottishathletics

National Officials Conference

Sunday 26th October 2025

Carnegie Conference & Events Centre

BELIEVE, BELONG, ACHIEVE TOGETHER

scottishathletics 

Alistair Aitchison

Chair of Officials Commission

Update from scottishathletics

Ally Love - Head of Competitions
&
David Ovens - Chair

Measurements

Contacts:

2025 Outdoors 849

2024 Outdoors 834

2023 Outdoors 757

Individuals:

2025 Outdoors 220

2024 Outdoors 219

2023 Outdoors 226

Average at each championship day:

Level 1 – 10 (2024 10 2023 10)

Level 2 – 09 (2024 13 2023 10)

Level 3 – 10 (2024 09 2023 09)

Level 4 – 24 (2024 27 2023 25)

Level 1 Officials supporting championships – 69 (2024 64 2023 33)

Measurements

Investment

| Amount | Season |
|---------|-------------------|
| £5,700 | 2022/23 Off Track |
| £8,600 | 2023 Indoor |
| £12,600 | 2023 Summer |
| £6,900 | 2023/24 Off Track |
| £6,300 | 2024 Indoor |
| £11,800 | 2024 Summer |
| £6,000 | 2024/25 Off Track |
| £8,350 | 2025 Indoor |
| £14,105 | 2025 Outdoor |

Average Age

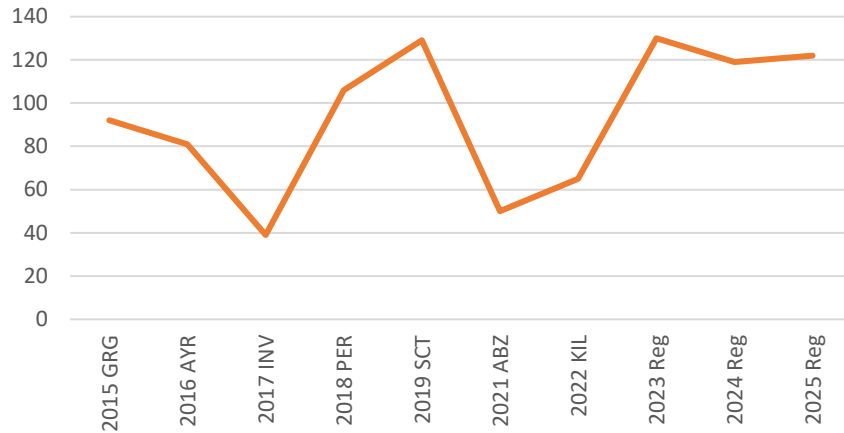
2019 58.9

2024 59.2

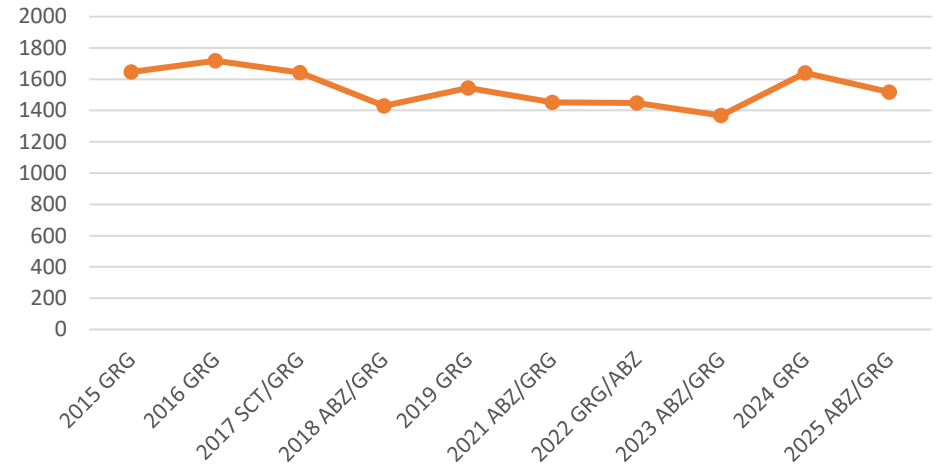
2025 59.3

Measurements

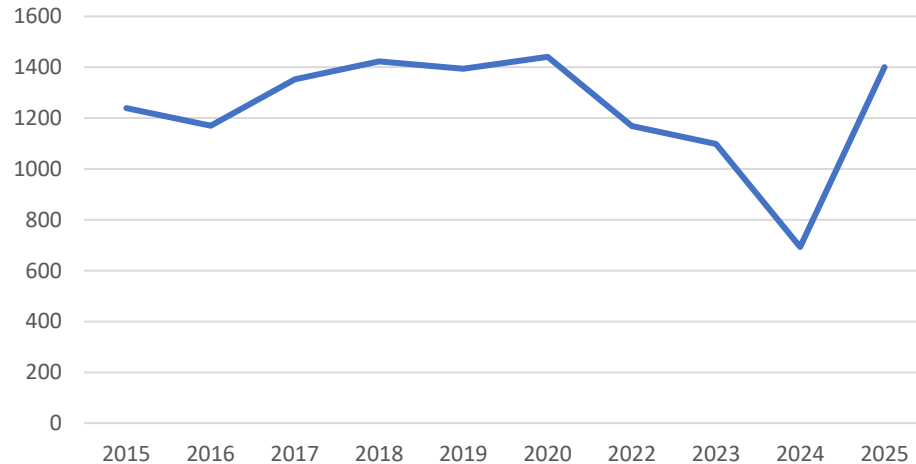
SUPERteams (No. of Teams Entered)



Outdoor Total Entries



Indoor Total Entries



Measurements

Education

April 2024 – March 2025

Training Day 88 attendees, 14 courses 110 attendees
(2024 158 2023 255)

April 2025 – October 2025

Training Day Cancelled, 4 courses 42 attendees

Age Groups

1st January 2026

| Sprint Hurdles | Age Group | Event | Hurdle Height | Number of Hurdles Per Race | Colour Marking on the Track | Distance to First Hurdle | Distance Between Hurdles | Distance from Last Hurdle to Finish Line | Weight for Hurdles |
|-----------------|--------------------|-------|---------------|----------------------------|-----------------------------|--------------------------|--------------------------|--|--------------------|
| Outdoors Male | Senior Men | 110H | 106.7cm | 10 | Blue | 13.72m | 9.14m | 14.02m | 3.6kg |
| | | 400H | 91.4cm | 10 | Green | 45m | 35m | 40m | 3.6kg |
| | U20 Men | 110H | 99.1cm | 10 | Blue | 13.72m | 9.14m | 14.02m | 3.6kg |
| | | 400H | 91.4cm | 10 | Green | 45m | 35m | 40m | 3.6kg |
| | U18 Men | 110H | 91.4cm | 10 | Blue | 13.72m | 9.14m | 14.02m | 3.6kg |
| | | 400H | 84.0cm | 10 | Green | 45m | 35m | 40m | 3.6kg |
| | U16 Boys | 100H | 84.0cm | 10 | Yellow | 13m | 8.5m | 10.5m | 2.7kg |
| | | 300mH | 76.2cm | 7 | Green | 50m | 35m | 40m | 2.7kg |
| | U14 Boys | 80H | 76.2cm | 8 | Black | 12m | 8m | 12m | 2.7kg |
| | | 200mH | 76.2cm | 5 | Green | 20m | 35m | 40m | 2.7kg |
| | U12 Boys | 75H | 68.5cm | 8 | Orange | 11.5m | 7.5m | 11m | 2.7kg |
| Outdoors Female | Senior & U20 Women | 100H | 84.0cm | 10 | Yellow | 13m | 8.5m | 10.5m | 3.6kg |
| | | 400H | 76.2cm | 10 | Green | 45m | 35m | 40m | 3.6kg |
| | U18 Women | 100H | 76.2cm | 10 | Yellow | 13m | 8.5m | 10.5m | 3.6kg |
| | | 400H | 76.2cm | 10 | Green | 45m | 35m | 40m | 3.6kg |
| | U16 Girls | 80H | 76.2cm | 8 | Black | 12m | 8m | 12m | 2.7kg |
| | | 300H | 76.2cm | 7 | Green | 50m | 35m | 40m | 2.7kg |
| | U14 Girls | 75H | 68.5cm | 8 | Orange | 11.5m | 7.5m | 11m | 2.7kg |
| | | 200H | 68.5cm | 5 | Green | 20m | 35m | 40m | 2.7kg |
| | U12 Girls | 70H | 68.5cm | 8 | Pink | 11m | 7m | 10m | 2.7kg |
| | | | | | | | | | |
| Indoors Male | Senior Men | 60H | 106.7cm | 5 | Blue | 13.72m | 9.14m | 9.72m | 3.6kg |
| | U20 Men | 60H | 99.1cm | 5 | Blue | 13.72m | 9.14m | 9.72m | 3.6kg |
| | U18 Men | 60H | 91.4cm | 5 | Blue | 13.72m | 9.14m | 9.72m | 3.6kg |
| | U16 Boys | 60H | 84.0cm | 5 | Yellow | 13m | 8.5m | 13m | 2.7kg |
| | U14 Boys | 60H | 76.2cm | 5 | Black | 12m | 8m | 16m | 2.7kg |
| | U12 Boys | 60H | 68.5cm | 5 | Orange | 11.5m | 7.5m | 18.5m | 2.7kg |
| | | | | | | | | | |
| Indoors Female | Senior & U20 Women | 60H | 84.0cm | 5 | Yellow | 13m | 8.5m | 13m | 3.6kg |
| | U18 Women | 60H | 76.2cm | 5 | Yellow | 13m | 8.5m | 13m | 3.6kg |
| | | | | | | | | | |
| | U16 Girls | 60H | 76.2cm | 5 | Black | 12m | 8m | 16m | 2.7kg |
| | U14 Girls | 60H | 68.5cm | 5 | Orange | 11.5m | 7.5m | 18.5m | 2.7kg |
| | U12 Girls | 60H | 68.5cm | 5 | Pink | 11m | 7m | 21m | 2.7kg |
| Unisex | U10 | 60H | 45-60cm* | 5 | No Marking | 10m | 6.5m | 24m | N/a |

*Adapted hurdles, such as Sportshall Hurdles can be used. Focus should be on fun and progressive introduction

| | | |
|----------|-------------------|------|
| 300/400m | Senior, U20 & U18 | 400m |
| | U16 & U14 | 300m |
| | U12 | x |

All other standard track distances remain, although shorter distances may be considered for U12 and U14, eg. 75m, 150m, 600m in some competitions.

| | Age Group | Event | Hurdle Height | Number of Barriers | Number of Water Barriers |
|------------|--------------------|--------|---------------|--------------------|--------------------------|
| Steepchase | Senior & U20 Men | 3000m | 91.4cm | 28 | 7 |
| | U18 Women | 2000m | 83.8cm | 18 | 5 |
| | U16 Boys | 1500m | 76.2cm | 13 | 3 |
| | U14 Boys | 1200m* | 76.2cm | 10 | 3 |
| | Senior & U20 Women | 3000m | 76.2cm | 28 | 7 |
| | U18 Women | 2000m | 76.2cm | 18 | 5 |
| | U16 Girls | 1500m | 76.2cm | 13 | 3 |
| | U14 Girls | 1200m* | 76.2cm | 10 | 3 |

* Potential new event long term

| Event | Age Group | Implement Weight | Min Diameter | Max Diameter |
|----------|--------------------|------------------|--------------|--------------|
| SHOT PUT | Senior Men | 7.26kg | 110mm | 130mm |
| | U20 Men | 6.00kg | 105mm | 125mm |
| | U18 Men | 5.00kg | 100mm | 120mm |
| | U16 Boys | 4.00kg | 95mm | 110mm |
| | U14 Boys | 3.00kg | 85mm | 110mm |
| | U12 Boys | 2-2.72kg | 80mm | 110mm |
| | Senior & U20 Women | 4.00kg | 95mm | 110mm |
| | U18 Women | 3.00kg | 85mm | 110mm |
| | U16 Girls | 3.00kg | 85mm | 110mm |
| | U14 Girls | 2.72kg | 85mm | 110mm |
| | U12 Girls | 2-2.72kg | 85mm | 110mm |

| Event | Age Group | Implement Weight | Outer diameter of metal rim | | Diameter of metal plates | | Thickness of centre | | Thickness of Rim at 6mm from edge | |
|--------|--------------------|------------------|-----------------------------|-------|--------------------------|------|---------------------|------|-----------------------------------|------|
| | | | Min | Max | Min | Max | Min | Max | Min | Max |
| DISCUS | Senior Men | 2.00kg | 219mm | 221mm | 50mm | 57mm | 41mm | 43mm | 12mm | 13mm |
| | U20 Men | 1.75kg | 210mm | 212mm | 50mm | 57mm | 41mm | 43mm | 12mm | 13mm |
| | U18 Men | 1.50kg | 200mm | 202mm | 50mm | 57mm | 38mm | 40mm | 12mm | 13mm |
| | U16 Boys | 1.25kg | 180mm | 182mm | 50mm | 57mm | 37mm | 39mm | 12mm | 13mm |
| | U14 Boys | 1.00kg | 180mm | 182mm | 50mm | 57mm | 37mm | 39mm | 12mm | 13mm |
| | U12 Boys | 0.75kg | 145mm | 170mm | 50mm | 57mm | 25mm | 35mm | 10mm | 11mm |
| | Senior & U20 Women | 1.00kg | 180mm | 182mm | 50mm | 57mm | 37mm | 39mm | 12mm | 13mm |
| | U18 Women | 1.00kg | 180mm | 182mm | 50mm | 50m | 37mm | 39mm | 12mm | 13mm |
| | U16 Girls | 1.00kg | 180mm | 182mm | 50mm | 57mm | 37mm | 39mm | 12mm | 13mm |
| | U14 Girls | 0.75kg | 145mm | 170mm | 50mm | 57mm | 25mm | 35mm | 10mm | 11mm |
| | U12 Girls | 0.75kg | 145mm | 170mm | 50mm | 57mm | 25mm | 35mm | 10mm | 11mm |

| Event | Age Group | Implement Weight | Hammer Cable Length | Min Diameter | Max Diameter |
|--------|--------------------|------------------|---------------------|--------------|--------------|
| HAMMER | Senior Men | 7.26kg | 121.5cm | 110mm | 130mm |
| | U20 Men | 6kg | 121.5cm | 105mm | 125mm |
| | U18 Men | 5kg | 120cm | 100mm | 120mm |
| | U16 Boys | 4kg | 119.5cm | 95mm | 110mm |
| | U14 Boys | 3kg | 119.5cm | 85mm | 100mm |
| | U12 Boys | 2kg | 119.5cm | 80mm | 90mm |
| | Senior & U20 Women | 4kg | 119.5cm | 95mm | 110mm |
| | U18 Women | 3kg | 119.5cm | 85mm | 100mm |
| | U16 Girls | 3kg | 119.5cm | 85mm | 100mm |
| | U14 Girls | 2kg | 119.5cm | 80mm | 90mm |
| | U12 Girls | 2kg | 119.5cm | 80mm | 90mm |

| Event | Age Group | Implement Weight | Length of Javelin | | Length of metal head | | Distance from tip of metal head to CoG | | Diameter of thickest point | | Whipcord Width | |
|---------|--------------------|------------------|-------------------|--------|----------------------|-------|--|--------|----------------------------|------|----------------|-------|
| | | | Min | Max | Min | Max | Min | Max | Min | Max | Min | Max |
| JAVELIN | Senior Men | 800grams | 2600mm | 2700mm | 250mm | 330mm | 900mm | 1060mm | 25mm | 30mm | 150mm | 160mm |
| | U20 Men | 800grams | 2600mm | 2700mm | 250mm | 330mm | 900mm | 1060mm | 25mm | 30mm | 150mm | 160mm |
| | U18 Men | 700grams | 2400mm | 2500mm | 250mm | 330mm | 850mm | 990mm | 23mm | 28mm | 150mm | 160mm |
| | U16 Boys | 600grams | 2200mm | 2300mm | 250mm | 330mm | 800mm | 920mm | 20mm | 25mm | 140mm | 150mm |
| | U14 Boys | 500grams | 2000mm | 2100mm | 220mm | 270mm | 780mm | 880mm | 20mm | 24mm | 135mm | 145mm |
| | U12 Boys | 400grams | 1700mm | 1950mm | 200mm | 300mm | 700mm | 850mm | 19mm | 24mm | 130mm | 140mm |
| | Senior & U20 Women | 600grams | 2200mm | 2300mm | 250mm | 330mm | 800mm | 920mm | 20mm | 25mm | 140mm | 150mm |
| | U18 Women | 500grams | 2000mm | 2100mm | 220mm | 270mm | 780mm | 880mm | 20mm | 24mm | 135mm | 145mm |
| | U16 Girls | 500grams | 2000mm | 2100mm | 220mm | 270mm | 780mm | 880mm | 20mm | 24mm | 135mm | 145mm |
| | U14 Girls | 400grams | 1700mm | 1950mm | 200mm | 300mm | 700mm | 850mm | 19mm | 24mm | 130mm | 140mm |
| | U12 Girls | 400grams | 1700mm | 1950mm | 200mm | 300mm | 700mm | 850mm | 19mm | 24mm | 130mm | 140mm |

Competition Changes

Road & Cross Country

Recognise more than the top 3

U14 4th-12th

U16 4th-9th

U18 4th-6th

Competition Changes

Indoor SUPERteams

- Flexible club based entry – no longer must be a team of 4
- Non scoring relay only
- Teams identified from best 4 individual scores over 3 events
- Indoor Events – 200m, Long Jump, Shot Put
(Outdoor Events remain – 75m, Long Jump, Turbo Javelin)

Outdoor SUPERteams

- Intend to incorporate three of the five regional heats within district weekend timetables

Competition Changes

District Weekend

- Traditional Championship for U16s only
- Regional SUPERteams at this time of year for U12s
- U18s to compete in Outdoor Open – at another venue weekend before, and some open events included in North timetable as time allows
- Main format changes affect U14s

Competition Changes

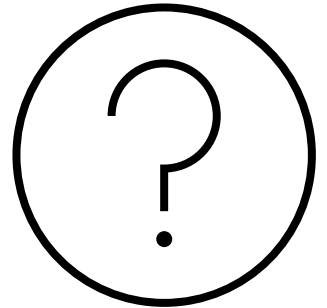
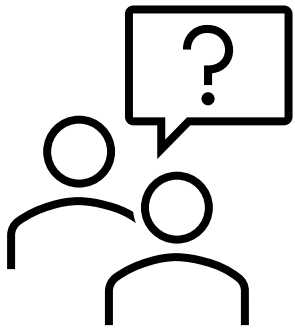
District Weekend

- U14s focus on multi discipline approach
 - Encouraged to enter 3 events – max 2 track or 2 field
 - Timed finals and 4 rounds in field events only
 - Results scored using SATS tables to create a total score
 - Athletes banded in Gold, Silver or Bronze levels and rewarded and recognised individually
 - Introduction of team element – e.g. best 4 or 6 per club to be rewarded as a team

An Athletes Journey

Cara Murphy

An Athletes Journey Any Questions?



Comfort Break

Back in the room at 11.40am

Please take your seats...

| Table 1 |
|-----------------|
| Andy Law |
| Brenda Stephen |
| Catriona Bruce |
| Craig Armstrong |
| Evelyn Roxburgh |
| Jan Gammage |
| Janine Simpson |
| Moirá Nisbet |

| Table 2 |
|-----------------|
| Avril Pearson |
| Brian Brown |
| Brian Nisbet |
| David Cairns |
| Donna Wallace |
| Norma Bruce |
| Pauline Pearson |
| Sharon Taylor |

| Table 3 |
|--------------------|
| Carol Rose |
| Duncan Ball |
| Evong Evong |
| Gordon Baird |
| Isabel Baird |
| Keith Plenderleith |
| Morna Fleming |
| Tracey Lamont |

| Table 4 |
|--------------------|
| Alistair Aitchison |
| Caroline Johnston |
| Gary Gammage |
| Gary Woods |
| Linzie Marsh |
| Peter Ramsay |
| Sandra Hardacre |
| Valerie Murdoch |

| Table 9 |
|----------------|
| Ally Love |
| David Rose |
| Jason Pender |
| Margaret Baird |
| Pam Auckland |
| Rene Rogers |
| Rona Sneddon |
| Susan Miller |
| Tracey Hendry |

| Table 5 |
|-------------------|
| Amparo Ruiz-Prado |
| Chris Tod |
| George Sneddon |
| Grant Wooler |
| Heather Cherrie |
| Lorna Rogers |
| Mark Stringer |
| Mike Belch |

| Table 6 |
|-----------------|
| Angela Lorimer |
| Catlin Watt |
| Claire McIntosh |
| Heather Stewart |
| Joyce Wighton |
| Lynne Belch |
| Mark Crawford |
| Moirá Logan |

| Table 7 |
|---------------------|
| Barbara Knox |
| Christine Stevenson |
| David Fleming |
| Ian Douglas |
| Kira Mourao |
| Lorna Sangrar |
| Moirá Maguire |
| Ngeme Ntuli |

| Table 8 |
|----------------|
| Bob Auckland |
| David Hoole |
| Frank Coyle |
| Jim Oliver |
| Lesley Rogers |
| Moirá Mitchell |
| Nicola Cameron |
| Peter Gray |

Scenarios

Margaret-Ann
MacLachlan

Scenario 1

There's a protest about a disqualification on the track – trailing leg infringement in the 400m Hurdles. The athlete and coach want to speak to someone.

What should happen next?

Who makes this decision?

Scenario 1 - Answer

The coach and athlete should be pointed towards the Track Referee.

Track Referee Actions:

Speak to the athlete and coach explaining the infringement reported and where this took place i.e. which hurdle flight.

View any video footage available - mobile phone, television footage, video room footage.

Outcome:

If the video footage shows, without doubt, that there has been a clear mistake by the reporting umpire the Referee should rescind the disqualification.

However, if the footage is unclear the Referee should stand by their decision and explain this to the athlete.

If there is a Jury of Appeal, the athlete could take the matter further. If not, the Referee's decision is final.

Rule TR22.6.1

Scenario 2

In a Cross-Country Race with Chip Timing, start and finish “recording mats”, Line Judge, manual Time / Place back-up and a finish line video, how are final results determined?

What should happen next?

Who makes this decision?

Scenario 2 - Answer

Chip timing is by no means foolproof;
appropriate back-up should always be
provided.

Race Referee

Scenario 3

At the Senior Championships, an athlete throws a hammer, and it lands in the sector.

The athlete does not fall out but is off balance. The athlete takes a step on to the insert board at the back of the circle before turning and walking out the front.

The athlete said they did not want the throw measured.

What should happen next?
Who makes this decision?

Scenario 3 - Answer

Throw should be measured.

Rule TR32.17 establishes the rim of the Insert is considered the edge of the circle. So, by finishing the throw, implement landing and then touching the insert, they have left the circle correctly.

This rule should be explained to the athlete, with understanding.

Chief Judge

Scenario 4

You are chief timekeeper at an indoor Championship.
This refers to a Senior Men's 60m sprint.

An athlete calls over the barrier claiming that you have the wrong time. You share with the athlete that the time stands.

On hearing this, the athlete leaps over the barrier and proceeds to shout in your face, saying that you are wrong and **MUST** change the time.

What should happen next?
Who makes this decision?

Scenario 4 - Answer

The athlete should be issued a conduct warning and disqualified from the competition.

RULE: TR7

Chief Timekeeper & Track Referee

Scenario 5

At an Open Grade meeting an U15 boy's jump was flagged as a possible Scottish age group record by the announcer.

The team of officials at the event consisted of one Level 2 official and 4 club volunteers. Can this record be ratified and what would need to be in place to ensure a record could be upheld?

Scenario 5 - Answer

The record can not be ratified!

For a record to be recognised, the performance must be achieved under the specific conditions detailed in

Rule CR35 S1

CR35(13) The field referee should be at least level 4 and the other judges signing the results card should be qualified officials.

Also, for a record the wind speed must be recorded in accordance with rule TR29.

Scenario 6

A Chief Timekeeper who is short of officials required to carry out the necessary actions at a Championship Meeting, asks a coach if they would call split times from inside the track.

The Chief carefully explains that the coach must call split times for all athletes in the event, not only for their own athlete. The coach agrees to do this.

Unfortunately, the coach proceeds to only call split times for their own athlete.

What should happen next?
Who makes this decision?

Scenario 6 - Answer

The athlete should be warned.

RULE: TR17.14 / 6.2

Chief Timekeeper & Track Referee

Scenario 7

An athlete in a Cross-Country Race is wearing headphones.

As Referee, what action can you take?

Scenario 7 - Answer

Rule TR56 S3(3)

The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in Cross Country races. Athletes infringing this rule shall be liable to disqualification.

Scenario 8

During a 4x400M race, as the second leg runners go into the final bend, the officials at the take-over place the third leg runners on the track in the appropriate order.

As the athletes continue to run round the bend, one of the second leg athletes overtakes another team. So, the waiting third leg athlete moves inside one position.

What action should be taken and why?

Scenario 8 - Answer

Outcome:

The Track Referee should disqualify the team where the third leg athlete moved position at the take-over. The waiting athletes must maintain their order as directed by a designated official and must not exchange positions.

Rule TR24.20

Scenario 9

At the 2025 Senior Championships the 10:00 Seated Club and Discus competitions overran by about an hour. Arrangements were made to reschedule the Discus and Javelin events which were to follow and all athletes were kept informed.

What can be put in place for next time to help avoid a repeat?

Who needs to ensure this is improved?

Scenario 9 - Answer

Rule 35.5

*Timetables need to reflect tie down times

4 mins for F32 – 34 + F54-57

5 mins for F31, F51-53

Then the throwing during competition bringing it close to 15 minutes

***Official Team should consist of 2 officials experienced in seated throws with others to learn from them.**

We need to be aware of those with experience but to add training to increase this pool.

Field Referee & scottishathletics

Scenario 10

At the UK Championships, there is an incident in a heat of the men's 1500m – there is contact among athletes, and one athlete falls. The umpires give a race clear, believing it to be a racing incident. The athlete who fell approaches the Track Referee to complain that he fell through no fault of his own. There is no video room but there is television coverage and there is a jury of appeal. The athlete also has some video footage on a mobile phone.

What action can the Track Referee take?

Scenario 10 – Answer

The Track Referee should consider:

Did the athlete raise his complaint within 30 minutes of the result being posted?

Did the athlete continue in the race with bona fide effort?

Track Referee Actions:

View the video footage from the mobile phone.

View the television footage.

Speak to the umpires in that area

Outcome:

Track Referee believes the athlete was disadvantaged through no fault of his own – an athlete behind fell and pushed the other athlete to the ground. Referee decides to advance the disadvantaged athlete to the final, allowing one additional place in the final.

Rule TR 17.1.1

Scenario 11

At a Scottish Championship event who is responsible for deciding a major change to the management of field events?

Issues arising from changes to timetable and the position of an event site impact a number of officials, so what is best practice around these decisions?

Scenario 11 - Answer

Rule TR25.20

The NTD or Field Referee has the authority to make changes with some limitations.

Communication is key and giving careful consideration to views of the whole management team before reaching a decision is best practice.

Everyone wants to see athletes have the best possible chance of PBs.

Scenario 12

During a 200m race, an umpire notices that an athlete takes two steps on the outside of his lane on the bend without infringing the athlete in that lane.

What action should be taken?

Who should make the decision?

Scenario 12 - Answer

Outcome:

No action as they did not impede any other athlete and running to the outside on a bend increases the distance covered thereby giving no advantage.

Rule TR17.3.2

Scenario 13

An athlete doesn't get his stride pattern right to the last hurdle.

He stops and steps over the hurdle putting one hand on it and runs across the finishing line.

He is last in the race and doesn't impede any other athlete.

What should the referee do?

Scenario 13 - Answer

The Track Referee should consider:

Was the height of the hurdle reduced?

Did both legs go over the hurdle properly?

Outcome:

The height of the hurdle was not reduced, and the athlete did step fully over the hurdle therefore the Referee would take **no action** as the athlete may go over the hurdle in any manner, provided no other rule is infringed.

Rule TR22.6

Lunch Time!

After Lunch go straight to your workshop

Seeding - THIS ROOM

Marshalling at Endurance Events - INNOVATION

Technical Processes and Procedures - INSPIRED

Communication Across Disciplines - WISDOM

scottishathletics National Officials Conference

Sunday 26th October 2025

Carnegie Conference & Events Centre

BELIEVE, BELONG, ACHIEVE TOGETHER

scottishathletics 

Update on “I’m Here”

For Officials By Officials

Jan Gammage

&

SAMH - Kirsty Ewen

Today's Session

Where We've Been

Scottish
Athletics
and SAMH

Where We Are

Scottish
Athletics
Officials

Where We're Going

Ongoing
Support
for
Officials

Worked with Event Staff & Volunteers



Wellbeing Champions



Scottish Athletics

SAMH and Scottish Athletics have now been in Partnership for 9 years

What does the *I'm here* badge mean?



The *I'm here* badge was created for us by design partners Brand Oath. Its colour links it to the SAMH logo. It's a slightly imperfect circle, to reflect the

fact that none of us, or our lives, are perfect. The natural handwriting gives it a personal touch, and the fact the final line leads out of the circle and off the page shows that it's travelling and moving towards something new.

Working Group



- Spaces
- Inclusive
- Caring
- Belonging
- Recognition
- Be Caring, Be Kind

- Our aim is to raise awareness and to support our own and each other's wellbeing
- ‘**For** officials – **By** officials’
- Information webinar held in April
- Group of Officials have completed the eLearning module

Current Resources

5 Ways to Better Wellbeing

There are lots of small things we can do to support our mental health and wellbeing. Here are a few suggestions to try.



Connect

Staying in touch with loved ones can help us feel happier and more secure. Even a chat can lift our mood.

- Ask someone who you're with how they are, and listen to what they have to say
- Meet up with friends or family to do something you enjoy.
- Have a conversation with an official you don't know.

Be Active

Being active is great for our physical health, but it also supports our mental health and wellbeing.

- Go for a walk, jog or push
- Try a new sport, activity or discipline
- Meet up with friends or family to take part in a group activity

Take Notice

Whether you're with friends or taking a moment for yourself, try to be aware of the present.

- Get out in the fresh air and notice what you can see, hear or smell
- Soak up the atmosphere at an event.
- Notice how you and others are feeling during the day

Learn

Learning enhances our self-esteem and confidence, and can be a great way to meet new people.

- Learn about a role another official does
- Learn something new about another official.
- Learn a new skill, or rediscover an old one

Give

Giving can be very rewarding - people with an interest in helping others are more likely to say they are happy.

- Give your support to fellow officials
- Volunteer your time and energy for a cause you are passionate about
- Do something that makes you feel good and helps you look after yourself



Current Resources

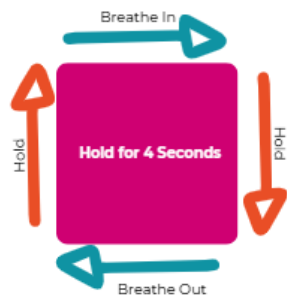
Where We Are



Breathing Techniques



Box Breathing



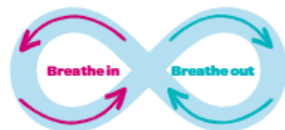
Colour Breathing

Close your eyes and think of a colour for all the good feelings in your head. Breathe in, and think of that colour filling up your body. Think of another colour for all your not-so-good feelings. As you breathe out imagine blowing that colour out of your mouth, along with your not-so-good feelings. Breathe in your good colour and good feelings, breathe out your not-so-good colour and not-so-good feelings.



Figure of 8 Breathing

Make a lying down number 8 shape with your finger starting in the middle. Move your finger around to one side taking a deep breath in until your finger returns to the middle. Breathe out as your finger traces around the other side until you reach the middle again.



Finger Breathing

Hold a hand out in front of you. Use your pointer finger from your other hand to trace up and down each finger in turn. As you slowly trace up your fingers take a deep breath in, hold your breath as you go round the top and breathe out as you trace down.



Grounding Exercises



5 Senses Grounding



Visualise a Safe Space

Visualise somewhere you feel calm, happy, and secure.

It could be a childhood home, a peaceful beach, or even a fictional place.

It helps to imagine your safe space before you're in the midst of a moment of tension or anxiety.

Identify what you can see around you, what sounds you hear and how it makes you feel.

Tense & Release

This technique allows you to feel and then release tension physically.

Pick a part of your body and tense it as much as you can hold for a few seconds and then release. Repeat as many times as you need.

You can use your fists only, or try moving through your entire body starting at your toes and moving up to your neck and shoulders.

Butterfly Hug

Cross your arms over your chest, resting your hands on your upper arms.

Gently tap each hand on your arms, left-right-left, in a steady rhythm.

Breathe slowly: in for 4, hold for 4, out for 4.

Focus on the soothing rhythm and the feeling of self-comfort.

If your mind drifts, return your focus to the tapping and your breathing

BELIEVE, BELONG, ACHIEVE TOGETHER



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Building Connections

Creating Mentally Healthy Environments For Officials By Officials

When thinking about mentally healthy environments we should think also the culture we create, the team spirit and the values we live by.

What changes can you and other officials make to help ensure events are mentally healthy environments?

Recognising Good Practise

Buddy System

Having a wellbeing buddy can be really helpful. This is a person you trust, know well and someone who you feel safe going to when you need support. Similarly, it is someone who you feel confident in supporting too!

Identify a family member, friend or colleague who can be your buddy. You don't need to tell them but it is often helpful as this can open up positive conversations.

Remind yourself that this is your buddy and keep that in the back of your mind.

We can at times feel down, stressed or worried, during these times you could reach out to your buddy.

However, when you are happy and feeling good it can be useful to share this with them too!

Safe & Supported Environments

Culture and Values

Connect with each other, have a quick chat to ask how they are doing and each share a high point and a low point of the week.

Often we don't like sharing emotions with others and can find it difficult. By practicing and being more open we take small steps to help ourselves and others.

It helps us build connections, give, learn and take notice, things which have a positive impact on our wellbeing.

Resources – Your Input!

What resources do you think would be helpful for us to develop to support you as officials?

Join at menti.com
Code: **7695 0085**



- Next Webinar with the group who have completed the E-Learning module on Monday 17th November to discuss moving forward
- Roll out of I'm Here Champions at Events
- Support for Officials Wellbeing

**What can we do as individual officials
and as a collective to ensure events
are welcoming and safe
environments?**

Join at menti.com
Code: **7695 0085**





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Presentation of Service Awards

5 Years Service Awards

- Heather Cherrie
- David Rose

10 Years Service Awards

- Lorna Rogers
- Linden Nicholson

15 Years Service Awards

- Claire McIntosh
- Ian Douglas

25 Years Service Awards

- Val Murdoch

UK Athletics

40+ Years Service Awards

- Isabel Baird
- Gordon Baird
- Joyce Wighton
- Shona Malcolm-Martin



Thank you
&
Safe Travels!

