

# COVID-19 Protection Levels

CLUB UPDATE AND Q&A

15<sup>th</sup> March 2021

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scottishathletics 

# scottishathletics enhanced framework & appendix to practical guide

	Level 4 (Stay at Home)	Level 3	Level 2	Level 1	Level 0
Organised club/group activity and coaching in covid-secure environments	All outdoor athletics and running activity permitted following group size and physical distancing guidance below.				
Training Groups & Sizes	<p>Age 11 and Under a maximum group size (bubble) of 30 (including athletes and coaches).</p> <p>Age 12 – 17 years a maximum group size of 15 (including athletes and coaches).</p> <p>Age 18+ a maximum group size of 15 (including athletes and coaches).</p>	<p>Age 11 and under a maximum group size (bubble) of 30 (including athletes and coaches) following the UKA recommended coaching ratio of 1 coach to 8 athletes (1:8).</p> <p>Age 12 – 17 years a maximum group size (bubble) of 15 athletes (not including coach) following the UKA recommended coaching ratio of 1 coach to 10 athletes (1:10).</p> <p>Age 18+ a maximum group size (bubble) of 15 athletes (not including coach) following the UKA recommended coaching ratio of 1 coach to 12 athletes (1:12).</p>			
<i>*Performance Sport is exempt from all restrictions. Follow the performance guidance issued by the performance team.</i>					
Physical Distancing	For those aged 12+ physical distancing should be maintained at all times (2m side by side & 5m single file)	Field of play bubbles are permitted with no physical distancing required during the activity.			
Event Specific	Follow the additional guidance laid out in scottishathletics practical guide for athletics and running.				
Outdoor Competition	No Events	Competition is permitted, please adhere to scottishathletics event guidance. Multiple bubbles allowed, each with up to 30 people, ensuring all measures outlined in scottishathletics event guidance are in place (200 max per day).			
Travel to training or competition	<p>Participants under 18 years of age can travel to and from Level 0-4 areas to take part in organised athletics activity at their normal club venue.</p> <p>Where a participant is under 18 years of age they may travel/be driven to train with their club in a higher or lower Level area.</p> <p>Participants aged 18+ living in a Level 3 or Level 4 area should only travel locally (within their own local government area) to take part in organised sport or physical activity.</p>	<p>Participants under 18 years of age can travel to and from Level 0-4 areas to take part in athletics activity at their normal club venue.</p> <p>Where a participant is under 18 years of age they may travel/be driven to compete/train for their club in a higher or lower Level area.</p>	<p>Participants aged 18+ who live in a Level 0, 1 or 2 area should minimize unnecessary journeys and avoid travel to Level 3 or Level 4 areas to take part in sport or physical activity.</p>		




A practical guide for Athletics and Running following the strategic framework for Scotland's COVID-19 restrictions.

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 5 – Updated 11 March 2020



Follow the group size guidance laid out by scottishathletics



Follow guidance for the level your Local Authority are placed in at all times



Follow physical distancing at all times off the field of play



Follow jumps guidance at all times



Follow public health guidance



Follow equipment hygiene and cleaning guidance



# Covid update Age 11 and under (Level 4)

- Children aged 11 and under can take part in outdoor organised athletics training, group exercise and competition (internal only) within their usual club or facility environment.
- An outdoor sporting 'field of play bubble' for children aged 11 and under can consist of up to 30 people, including coaches and officials, at any one time.
- Children are not required to physically distance. Coaches and officials should maintain physical distancing.
- Where there are multiple bubbles operating at the same venue risk assessments must be completed to ensure there can be no mixing of participants before, during or after the activity.
- **Coaching ratios are 1:8 and coaches are included in the group size.**

# Covid update Age 12+ (Level 4)

- Those aged 12+ and over can take part in organised athletics training, group exercise and competition within their usual club or facility environment.
- Group sizes of up to 15 people, including coaches and officials, are permitted at any one time.
- Physical distancing should be maintained at all times.
- Where there are multiple groups operating at the same time venue risk assessments must be completed to ensure there can be no mixing of participants before, during or after the activity.
- **For aged 12-17 years coaching ratios are 1:10 and up to 2 adult coaches are allowed per group.**
- **For adults (18+) coaching ratios are 1:12 and coaches are included in the group size.**

# Travel

- Children aged 17 years or under may travel into or out of a Level 4 area for organised athletics activity if that is where their club or activity normally takes place.
- Adults (18+) should only travel locally (within their local authority area) to take part in organised sport or physical activity.
- For informal exercise, people of all ages should only travel up to 5 miles from their local authority boundary.
- Coaches and Jog leaders can travel across local authority boundaries to coach/lead. However, please remember to minimise travel where possible.

# Indicative Dates

- **5 April**
  - **Stay at home:** Stay at home requirement removed.
  - **Exercise:** Outdoor meetings of 6 people from 2 households permitted.
- **26 April**
  - **Strategic (Levels) Framework:** Return to a levels system, which includes regional variation based on data. Further detail will be published in mid-March.
  - **Level 3:** Initially the intention is that mainland Scotland will move to level 3.
  - **Sport:** The levels system will support the phased re-opening of sport. The detail of what activity will be permitted in each level will be confirmed in mid-March.

# Covid guidelines the process

- First Minister announcement.
- **sportscotland** and Active Scotland provide clarification on restrictions for sport and physical activity.
- Guidance for sport and physical activity is produced by **sportscotland**.
- **scottishathletics** seek clarity on any specific issues affecting athletics and running.
- **scottishathletics** produce guidance for clubs, athletes, coaches and facilities.
- Guidance is sent to all clubs, Covid Coordinators and coach members.
- Online update and Q&A sessions held.
- Any queries or feedback can be sent to [development@scottishathletics.org.uk](mailto:development@scottishathletics.org.uk).
- **scottishathletics** share feedback on key issues with **sportscotland** and Active Scotland.
- Feedback from across all sports is considered.

# Facilities

- Some facility operators opening from today.
- Challenges facing facilities nationally.
- All clubs should contact facility operators to discuss plans for reopening.
- Innovative solutions:
  - Training zones
  - Direct access for athletics
  - Licence to occupy
  - Using resources differently
- Support from **scottishathletics** staff

# Competition & Events

## OUTDOORS

- Competition is permitted from Level 0 to Level 3 under current guidance.
  - Maximum of 200 people per day
  - Bubbles of up to 30 athletes
  - Implementing measures from SA event guidance
- No physical competition is permitted in Level 4.
- Virtual events can be delivered at all levels

## INDOORS

- Competition is permitted in Level 0 to Level 2.
- Competition is permitted for ages 17 and under in Level 3.
- No competition is permitted in Level 4.

COVID-19 Event Guidance:

<https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>

Events guidance will be updated as further information on restrictions at each level is made available to us.

# Competition & Events

Road & Cross Country: No National or District Championships until after 1<sup>st</sup> September 2021

April  
monthly

Virtual events only; challenges continuing

From  
May

Local Meetings, feeding into Together Apart  
VIRTUAL SUPERteams  
Throws Grand Prix and Jumps Series  
Monument Mile / GAA

June

Reformatted League Competition  
SUPERteams  
North & East Hill Champs

July  
Masters

Combined Events Champs / Hurdles Open /

August

Senior, U20, U17, U15 and U13 Championships  
Junior Hill Champs

Sept

Club Champs  
Relay Champs



# FAQs

# General

**BELIEVE, BELONG, ACHIEVE** TOGETHER

# FAQs

Q: Can you advise of the definition of a "field of play bubble'? I am wondering if there can be more than one bubble on a track?

A: A “field of play bubble” for all ages means that physical distancing can be suspended for the duration of the activity. At the moment only athletes under the age 12 can be part of a field of play bubble. All athletes 12+ can be in a group of up to 15 and physical distancing must be observed at all times.

It is up to the facility to determine the number of athletes/bubbles can be on the track at one time.

# FAQs

Q: Does the 4 people 2 households rule have to be taken into consideration on training nights? I.e, visiting 2 households the same day that i am going to be Running with 12 other households at night?

A: No this does not need to be taken into consideration the government don't have a limit on how many households per day you can meet.

# FAQs

Q: Can an assistant coach / level 1 take a group unsupervised during this restricted period i.e without a level 2 on site?

A: Level 1/assistant coaches should be supervised with someone else in the venue.

# FAQs

Q: Are risk assessments required for all training sessions and if not what are the exemptions. ie only one session organised from that venue.

A: Risk assessments should be carried out by clubs and coaches for the sessions they are running. A facility should have an overall risk assessment for people using the facility.

# Group Sizes/Training

# FAQs

Q: We believe for our particular club groups of fifteen are too much to be able to maintain social distancing during a session.

Is it possible to have smaller groups say for example four groups of five runners which would be above the fifteen number quoted but they would be in a track and trace bubble of five rather than fifteen for the full session, or is fifteen the maximum number of attendees you can have on a given training night irrespective of how small we split them into other bubble groups on the night?

A: It is up to each individual club to risk assess and if they wish to have smaller groups they can. The numbers we provide are the maximum numbers you could have multiple groups operating in different areas.

# FAQs

Q: For 12+ , groups of up to 15 are allowed. Do you have any advice about how physical distancing can be maintained during a session, especially an endurance session? There seems to be no practical way of doing this - unlike last time when a 'field of play' bubble was allowed without distancing.

A: On a track, athletes could be separated in lanes to maintain physical distancing. Off track is harder. We would recommend that you reduce your numbers if you need to make it easier to distance.

# FAQs

Q: Can a family of juniors ranging in age attend separate bubbles on the same night?

A: Yes this is ok as they will be separated at school as well.

# Travel

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# FAQs

Q: I've been asked about 'Where a participant is under 18 years of age they may travel/be driven to train with their club in a higher or lower-Level area'.

A: where a participant is under 18 years of age they may travel/be driven to train with their club in a higher or lower-Level area.

# Events

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# FAQs

Q: My son is 16 and regularly races in National competitions and BMC events. Once the stay at home restrictions lift, where can he compete?

A: As he is under 18, we expect that he will be able to travel between any local authority areas in levels 0-3 to compete. He would not be able to travel to level 4 areas, but competition will not be taking place in level 4 areas anyway.

# FAQs

Q: Guidance now permits organised sport for groups of up to 15 people. Does this mean we can hold a race for 15 athletes?

A: Head-to-head competition is still not permitted in level 4. The updated group-size guidance applies to training only. Virtual events or training-based informal competition (eg. Individual time trials) can take place, but no formal licensed events will take place until late-April in areas currently in level 4.

# FAQs

Q: Event organisers are trying to plan for events taking place in May and June, but scottishathletics guidance is from November. Are there any updates available for event organisers?

A: No competition (except virtual) should be taking place in level 4 areas. Once we return to the level-system, competition will be allowed again in line with the restrictions of each level. Currently, we anticipate the restrictions at each level to be very similar to those in the Autumn, but any updates to the level-guidance will be made as soon as further details on competition are available to us.

# FAQs

Q: I/my club want to find out more about organising an event this Summer. How can we keep up to date?

A: All club secretaries, Associate members and Event Organisation members are included in the scottishathletics event organiser mailing list and will receive notification of updated guidance by e-mail. We will also offer a session similar to this one specifically for event organisers once more event guidance is available.



**FACE  
COVERINGS**



**AVOID  
CROWDS**



**CLEAN  
HANDS**



**TWO  
METRES**



**SELF-  
ISOLATE**

Book a test if you have symptoms.

**Stopping the spread starts with all of us.**

#WeAreScotland

[gov.scot/coronavirus](https://gov.scot/coronavirus)