

COVID-19 Phase 1

JOGSCOTLAND UPDATE AND Q&A

BELIEVE, BELONG, ACHIEVE TOGETHER


scottishathletics 

Overview

- Scottish Government – Scotland's route map through and out of the crisis
- Variations in UK and Scottish guidance
- Seeking expert advice at all times to provide the best possible guidance to the sport
- Interpreting national advice, and seeking clarity, to ensure communications to the sport are clear

scottishathletics Exit Plan Framework

- Based on Scottish Government advice
- Help SA and all stakeholders prepare for the next phases
- Further clarity required on what will be possible in future phases
- Guides published for clubs/groups, athletes and coaches/leaders



Framework for the safe return to activity via the Scottish Government's route map

*This updated framework is based on current advice from the Scottish Government. Clubs, coaches, athletes, facilities, event organisers and participants should be ready to adopt to further changes at short notice.

	Phase 1	Phase 2	Phase 3	Phase 4
Club/Group	<p>All face-to-face club activity cancelled. All clubs should maintain engagement with members.</p> <p>Club should start to plan for the return of some activities in Phase 2.</p>	<p>Club activity can start to return as outlined in the club plan and following the guidance from the government.</p> <p>Able to meet with larger groups including family and friends outside with physical distancing.</p> <p>Meet people from another household indoors with physical distancing and hygiene measures.</p> <p>Liaise with local facility providers for updates and guidance.</p>	<p>Club activities can start to progress as outlined in the club plan. People can meet in extended groups subject to physical distancing.</p> <p>Liaise with local facility providers for updates and guidance.</p>	<p>Further relaxation on restrictions on gatherings.</p> <p>Continued importance of hygiene and public health emphasised.</p> <p>Club activities can increase to a new normal.</p>
Facilities	<p>Facilities remain closed and clubs should continue to engage with relevant facility providers.</p>	<p>Reopening of outdoor sports courts are permitted.</p> <p>Engage with the local facilities to see what plans are in place, particularly around athletics track and field facilities.</p>	<p>Facilities/gyms are now open subject to physical distancing and hygiene measures.</p> <p>Maintain regular contact, and feedback to, relevant facility providers.</p>	<p>Further relaxation of restrictions in line with public health advice.</p> <p>Maintain regular contact, and feedback to, relevant facility providers.</p>
Athletes	<p>Train with members of own household and/or members of one other household in an outside space with physical distancing.</p> <p>More outdoor activity permitted – such as being able to train in a park or open spaces with one other household.</p> <p>Engage in virtual events.</p> <p>Adhere to scottishathletics safeguarding guidance / policies.</p>	<p>Training on own or able to meet with larger groups outside with physical distancing.</p> <p>Familiarise with facility and club guidance and maintain physical distancing.</p> <p>Adhere to guidance on outdoor physical activity and maintaining physical distancing.</p> <p>Engage in virtual events.</p> <p>Adhere to scottishathletics safeguarding guidance / policies.</p>	<p>Training at local club / group and facility following physical distancing.</p> <p>Gyms open subject to physical distancing and hygiene measures.</p> <p>Engage in competition (see note below on events).</p> <p>Adhere to scottishathletics safeguarding guidance / policies.</p>	<p>Training at local club / group and facility following physical distancing.</p> <p>Continued importance of hygiene and public health emphasised.</p> <p>Training activities can increase to a new normal.</p>

Phase 1 – key points

- Allows unrestricted outdoor exercise adhering to distancing measures and non contact outdoor activities in the local area
- Permits people to use outdoor spaces for recreational purposes
- Allows one household to meet with another household outdoors, in small numbers, but with physical distancing required
- U18s attending coached sessions must be accompanied by a parent or guardian

Phase 1 – jogscotland

- Group activities remain cancelled in phase 1
- Follow government guidance at all times including for safety, hygiene & cleaning
- Extension to exercise not a return to sport
- One to one coaching is permitted if it is outdoors, physical distancing can be maintained, and it is with members of your household and/or members of 1 other household
- A coach/leader should not deliver training to more than 1 household at any one time or provide training to more than 1 (other) household per day
- Workplace guidance applies to coaches/leaders (safe environments; infection control; travel)
- Risk assessments must be conducted and recorded
- Follow **scottishathletics** welfare & safeguarding policies

COVID-19 Coordinator

- Be aware of, and communicate to members Scottish Government & **scottishathletics** advice
- Ensure guidance is being followed
- Plan for the groups safe return to operation including communications
- Liaise with facility operators at training venues (if appropriate)
- Prepare to use a booking system for all training sessions
- Consider how the group will maintain accurate record for attendance at training
- Ensure that contact details for all members are up to date

Phase 2

- Seeking advice from Scottish Government, **sportscotland**, UKA, insurance brokers & facility operators
- Group activity can resume
- Outdoor track facilities may be open (likely to be varied approaches across Scotland)
- Working with partners to develop guidance on any additional cleaning/hygiene measures that may be required
- Groups to develop guidance for their members prior to returning to training
- Leading/coaching possible with larger groups where physical distancing is maintained
- Staggered start times for training
- Follow **scottishathletics** welfare and safeguarding policies and guidelines

Scams

- Impersonations of trusted individuals
- Redirection of payments
- Testing links
- Covid-19 tax returns
- False advice posing as legitimate organisations e.g. WHO

FAQ's

FAQ's

Q.

- Does the guidance only apply to individual members of **jogscotland**?

A.

- Our guidance covers all joggers and leaders within **jogscotland** groups and/or licensed with UK Athletics. Joggers should take out a **jogscotland** membership if running with your group.

FAQ's

Q.

- Will **jogscotland** issue a framework that covers more than just phase 1?

A.

- The framework we have issued shows the steps we plan to take in line with the Scottish Government's phased approach. As we move towards each new phase, **scottishathletics/jogscotland** will issue detailed guidance documents aligned to our overall framework.

FAQ's

Q.

- What are the consequences if people break the rules?

A.

- Anyone contravening the rules set out by Scottish Government will be dealt with in accordance with the powers given to Police Scotland.
- Anyone not adhering to the guidance issued by **scottishathletics/jogscotland** or subsequently your group can be dealt with in accordance with your Disciplinary Policy (if you have one in place). They should also be aware that not acting within these guidelines may invalidate potential insurance claims.

FAQ's

Q.

- Will multiple athletes be able to share equipment during a session?

A.

- We are working with partners to provide further advice. This will include advice on cleaning. Procedures outlined in guidance are likely to need approved by Health Protection Scotland before we can issue.

FAQ's

Q.

- A leader has 2 joggers. One is their partner who lives with them (same household). Can they lead a session with another jogger at the same time following the physical distancing guidance?

A.

- Yes, the guide states that one 2 one coaching is permitted if it is outdoors, physical distancing can be maintained, and it is with members of your household **and/or** members of 1 other household once per day.

FAQ's

Q.

- Do we have a template risk assessment?

A.

- There is a template within the Jog Leader section of our website for risk assessments. We will issue some further risks for consideration specific to COVID-19 in the next week.

FAQ's

Q.

- What do leaders do about renewal of licences during the lockdown?

A.

- We have put in place an online renewal process for existing coaches/leaders and officials who already have a PVG registered with us. In the first instance direct queries to coaching@scottishathletics.org.uk

FAQ's

Q.

- Are there any insurance implications that we need to be aware of?

A.

- We are in contact with the brokers of the UKA insurance policies. Their advice is to continue taking steps to minimise risk as you would normally. Risk assessments should reflect steps required to reduce the spread of COVID-19. Groups should ensure they are following government, governing body and facility advice (where appropriate).

FAQ's

Q.

- A number of our leaders/joggers are over 70 so classed as "vulnerable" but feel in a position that they wish to resume 1 to 1 in Phase 1. Is this ok?

A.

- They can lead and jog, if they wish, and should follow strictly the physical distancing and hygiene guidance. If they have any underlying health conditions they should seek advice from their GP before returning.

FAQ's

Q.

- What will group numbers be for group training in phase 2?

A.

- At this stage we don't have any clarity on group size and/or number of households meeting together. In phase 1 sports weren't aware of the group sizes until the announcement was made. We'd advice groups to scenario plan so you have a number of options available.

FAQ's

Q.

- Joggers and leaders may be safer training at a facility rather than a public park. Should the group take forward discussions with facility operators?

A.

- Yes, if you use a facility for training we would advise you to make contact with their facility operators at this stage. Many will be planning for some operations in phase 2 so important to discuss with them how your group may become operational at the venue. The approach to this is likely to vary across the country.

FAQ's

Q.

- Your guidance talks about booking systems and registers for training sessions. Can you elaborate on why this is required?

A.

- Some groups will already operate systems for this, especially registers. We're expecting that groups will be required to ensure contacts details are up to date and registers taken to assist with test and trace. Sports that are allowed to operate in phase 1 must have a booking system. Although we can't guarantee it will be a requirement in phase 2 groups should plan for it. Booking systems will enable you to manage numbers and plan accordingly.

FAQ's

Q.

- Can you offer some advice on booking systems?

A.

- Yes, if you're looking for a simple, free system there are numerous online or you may be able to use a shared folder with members. If you want to look at a paid, longer term solution get in touch with us.

FAQ's

Q.

- Will joggers and leaders be required to wear face coverings when they return to training?

A.

- Current advice is for use in enclosed spaces. There has been no indication that it will be a requirement for outdoor sports. Indeed those that have partially returned in phase 1 have no requirement to wear face coverings. Physical distancing and hygiene are highlighted as the most effective measures for preventing the spread of the virus.

FAQ's

Q.

- Why are you advising a space of 5 metres between athletes when running single file?

A.

- Based on current research our colleagues at the Institute of Sport are suggesting that a gap of 5 metres may be required when running. This is because the exhaled droplets may travel further potentially increasing risk of transmission.

FAQ's

Q.

- The advice and general content through later phases is still valid so should we start to look at later phases even though they are subject to change?

A.

- Yes, we would encourage all clubs to put together a similar route map to what **scottishathletics** have produced. We will share a template for doing this with Jog Leaders.

FAQ's

Q.

- Will there be a standard Facebook post we can share with our groups outlining some of what is said in these presentations?

A.

- Yes, once we have added all the presentation and FAQ's to our website we'll put a post on Facebook that can be shared.

FAQ's

Q.

- Will you produce infographics/posters that can be downloaded and shared with members or displayed at training areas?

A.

- We are working on infographics for phase 2 and will make these available for download on our website.

FAQ's

Q.

- Do you have any indication of when Jog Leader Courses will resume?

A.

- Unfortunately not at this stage. We will plan courses as soon as it is feasible to deliver them. We are working with UKA and home countries to consider what learning can be moved online. However, any changes would take a few months to be put into place.

FAQ's

Q.

- Can anyone recommend proven, simple to use booking systems? Always helpful to use a proven system instead of trawling the web.

A.

- For groups looking at paid for solutions please contact us. We are aware other groups are using Facebook to operate a system or shared folders such as Google drive.

FAQ's

Q.

- Some of our Leaders didn't receive the updates from **jogscotland**. Who should they contact?

A.

- In the first instance please ask them to e-mail laura.kirkland@scottishathletics.org.uk

FAQ's

Q.

- If runners are visiting our own group from another group and we know they are jogscotland registered do they still need to fill out a health declaration form?

A.

- Yes, you should ensure you have next of kin and medical information for any individuals coming along to your group.

FAQ's

Q.

- If we're operating a booking system and/or attendance list what General Data Protection Regulation (GDPR) concerns are there?

A.

- Please review the information at the following link:

<https://jogscotland.org.uk/jog-leaders/support-and-tools/gdpr-jog-leaders/>