



Phase 1 – frequently asked questions

Q1. Does the guidance only apply to individual members of jogscotland?

Our guidance covers all Jog Leaders and joggers within member groups and/or licensed with UK Athletics.

Q2. Will scottishathletics issue a framework that covers more than just phase 1?

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 will issue detailed guidance documents aligned to our overall framework.

Q3. What are the consequences if people break the rules?

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 or subsequently your club can be dealt with in accordance with your Disciplinary Policy. They should also be aware that not acting within these guidelines may invalidate potential insurance claims.

Q4. Will multiple athletes be able to share equipment during a session?

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

Q5. 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?

Yes, the guide states that 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 once per day.

Q6. Do we have a template risk assessment?

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.





Q7. What do leaders do about renewal of licences during the lockdown?

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

Q8. Are there any insurance implications that we need to be aware of?

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. Clubs should ensure they are following government, governing body and facility advice.

Q9. 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?

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.

Q10. What will group numbers be for group training in phase 2?

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.

Q11. Joggers and leaders may be safer training at a facility rather than a public park. Should the group take forward discussions with facility operators?

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.

Q12. Your guidance talks about booking systems and registers for training sessions. Can you elaborate on why this is required?

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.



Q13. Can you offer some advice on booking systems?

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. We're aware of some groups utilising facebook and google drive as simple, free solutions. If you want to look at a paid, longer term solution get in touch with us.

Q14. Will joggers and leaders be required to wear face coverings when they return to training?

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.

Q15. Why are you advising a space of 5 metres between athletes when running single file?

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.

Q16. 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?

*Yes, we would encourage all clubs to put together a similar route map to what **scottishathletics** have produced. We have provided a template that jogging groups can use if they like.*

Q17. Will there be a standard Facebook post we can share with our groups outlining some of what is said in these presentations?

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.

Q18. Will you produce infographics/posters that can be downloaded and shared with members or displayed at training areas?

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

Q19. Do you have any indication of when Jog Leader Courses will resume?

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.



Q20. Some of our Leaders didn't receive the updates from jogscotland. Who should they contact?

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

Q21. 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?

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

Q22. If we're operating a booking system and/or attendance list what General Data Protection Regulation (GDPR) concerns are there?

Please review the information at the following link:

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



