



## Phase 2 – frequently asked questions

- Q1. The 3 households? Is that restricted to one session per day? Or can you meet 2 households in the morning, and 2 in the afternoon, for example?**

*You can only meet with up to 2 other households per day. This can be at one time or you could meet one in the morning and one in the afternoon.*

- Q2. My partner and I live in the same house. Can we each deliver jogging sessions to two separate households per day?**

*No, your household can only meet with two other households per day if you are a volunteer coach/leader. We have asked for clarification of the position for paid coaches/leaders.*

- Q3. The joggers I lead live 30 miles away from me. Can I travel to deliver a session for them?**

*The guidance states that people should continue to stay in their local area (broadly within 5 miles) as much as possible and should not travel further for leisure & recreation. Paid coaches/leaders can travel beyond 5 miles to work.*

- Q4. What should we do if the operator doesn't put up the signage and have cleaning procedures as stringent as those recommended?**

*In the first instance please raise any concerns with the facility operator and refer them to our guidance. The sportscotland guidance for facilities also has clear protocols they should be following so hopefully it is unlikely you'll have issues.*

- Q5. What rules should there be on etiquette e.g. spitting or lying on track (if at a track facility)?**

*We have referred to spitting within the guidance and would also discourage joggers from lying on the track. These are things that can be included by the group in guidance for your joggers before they return to activity.*

- Q6. Are multiple groups of 3 acceptable on a larger circuit e.g. half mile, mile loops?**

*Yes, but there are number of things that should be considered. This isn't yet a return to normal group activity so shouldn't feel that way. Consider how people will arrive and depart. Will each group meet in a different area for example? What will they be doing in the session? How will the groups be kept apart? Are there likely to be other users in the space?*





**Q7. From the 29th, can a facility exceed the group size of 8 from up to 3 households, training on the outdoor track at one time?**

*No group can exceed the maximum group size of 8. However, multiple groups may be able to train in the venue at the same time. The number of groups permitted will depend on capacity and procedures for training in the venue.*

**Q8. Can you define paid coaches/leaders?**

*Any coach/leader that is employed to deliver coaching or has their services engaged as a self-employed coach/leader. This would not for example include a volunteer coach/leader that receives travel expenses.*

**Q9. If a facility opens on the 29th of June will they also be responsible for making sure their customers don't travel more than 5 miles to get there?**

*The travel guidance is a recommendation. We're not aware of any facilities that are planning to take those measures.*

**Q10. Are there any plans for a jogscotland booking app for groups? We are looking at this individually but keen to know if jogscotland is already taking forward or other groups have ideas that would help with track and trace?**

*There are no imminent plans for a jogscotland booking app. We do have details of a number of companies used by clubs/groups that we will share. If anyone wants to discuss booking systems further please contact us. For smaller groups using a shared file or Facebook may be suitable for managing bookings.*

**Q11. If anyone has a list (or checklist) of documents/things to do in being a Covid Co-ordinator that they can share that would also be useful.**

*We'll put a checklist together and share it with the Covid Coordinators.*

**Q12. Will you change your guidance if the Scottish Government reduce to 1 metre for physical distancing?**

*We are constantly reviewing our guidance and will continue to update it to reflect any changes that are made.*

**Q13. If a Jog Leader sets a session plan and shares it with the joggers can they do the session by themselves or with two other households?**

*Yes, but please be mindful of the environment where you are doing the session. E.g. what risks are there? Are there other users of the space?*



**Q14. We have a number of individuals from at risk groups. Can they train in phase 2?**

*Yes, even those that were shielding can now meet one other household per day and go outside for exercise. Consider and talk to these individuals about their needs and where appropriate record any measures in your risk assessments.*

**Q15. Will jogscotland offer any guidance to help support planning around group re-start activities with regards to those in higher risk groups?**

*We'll continue to follow government guidance for groups more at risk. Our phase 2 guidance is up-to-date at this moment in time and any changes to the advice will be communicated to all groups.*

**Q16. Do you have any guidance on reaching out to members on identifying themselves as shielding? If we are organising sessions/training then we need to ask members to identify themselves as having an underlying health condition.**

*We would recommend reinforcing the different guidelines that are in place for people that have been shielding (e.g. meeting only one other household) and ensuring that all attendees are following cleaning and hygiene protocols. If you are aware of someone that has been shielding it is worth reaching out to them to see how they're feeling about returning to activity at this stage.*

**Q17. We had a query from a leader on the health implications and guidance for those that have had the virus. Will there be advice on how best to gather appropriate information to inform their return to training?**

*If they have completed the recommended period of self-isolation they can now train again. They should follow the same protocols as everyone else for maintaining physical distancing and good hygiene.*

**Q18. If someone has symptoms after a training session, what is the process? i.e. contacting everyone in that group and remind them of possible isolating. - contact trace reporting to other parties?**

*Our guidance advises that anyone becoming unwell after training should first contact GP/NHS 24 and then inform the club and scottishathletics welfare team.*

**Q19. What is the purpose behind advising groups/leaders to contact scottishathletics welfare team if someone displays symptoms of COVID-19 after training?**

*This information will help identify potential outbreaks of COVID-19 locally, ensure appropriate measures are being taken to prevent the spread of the virus and potentially help inform other athletics users using the same facilities. We won't be taking personal details of any individual.*





**Q20. Have you got any indication of the likely size of training groups in phase 3?**

*No, we are unlikely to know the number of households or group size until the announcement is made by the Scottish Government.*

**Q21. Whilst I appreciate it will be for the venue operator to decide on the capacity for the facility, do you have any indication as to what the maximum numbers that could safely train at a track at any one time?**

*There won't be a one size fits all approach to this as there are a number of mitigating factors that will influence these decisions e.g. age of athletes, training space available at facility. However, our Development Team would be happy to assist any group and/or facility in reviewing the capacity for the venue.*

**Q22. Are you looking to do any Jog Leader courses online?**

*The Coach Assistant qualification is now being delivered virtually and has had a good response. We are working with UKA (they license all qualifications) to look at the possibility of moving other education opportunities online but it will take time for this to happen.*

**Q23. If an experienced jogger is leading a session that we have developed and agreed, are they covered by insurance?**

*Anyone that is leading a session should be qualified to do so.*

**Q24. If I had a friend round in the garden for a coffee can I then only meet one other person to run that day?**

*Yes, that would be one household in the morning so you could then only meet with one more.*

**Q25. Are there guidelines for mums on the run groups where we meet with the little ones?**

*You should still work to the same guidelines of 3 households and a maximum group size of 8. It will be hard for young children to maintain physical distancing throughout a session but consider what activities you might deliver to maintain some distance as much as possible.*

**Q26. Do you have a recommended template risk assessment form that takes into account Covid-19 issues?**

*We will re-send a link to a template risk assessment and also some considerations for your risk assessment relevant to the current situation.*

**Q27. Should health check forms be submitted electronically and not paper form?**

*Yes, where possible avoid having to pass anything between joggers and Jog Leaders.*





**Q28. Why is there a difference between paid and unpaid leaders in terms of restrictions?**

*There is workplace guidance that applies to any paid leaders or coaches so some restrictions are different for workers.*

**Q29. Do you think we should be using face masks/buffs whilst running?**

*We have been given no indication that runners will be required to wear face masks.*

**Q30. Do we need an individual risk assessment for each route that the leader takes members?**

*Yes, you should have a risk assessment for all routes that your group uses.*

**Q31. If we have enough space to have a couple of separate groups at a session, i.e. far enough apart to not be anywhere close to others, can the jog leaders have a discussion themselves after the session, but staying further apart than the 2metre requirement for e.g. 10 metres?**

*If those Jog Leaders have already been with 2 other households then you shouldn't meet in a group afterwards. At this time we would advise you to do these planning/ de-brief meetings virtually or over the phone.*



