

# COVID-19 Phase 2

JOGSCOTLAND UPDATE AND Q&A

**BELIEVE, BELONG, ACHIEVE** TOGETHER

scottishathletics 

# scottishathletics Exit Plan Framework

- Based on Scottish Government and **sportscotland** advice
- Help SA/JS and the sport to prepare for the next phases
- Guides published for clubs/groups, athletes, coaches/leaders and facilities
- Looking ahead to potential steps in phase 2 and 3

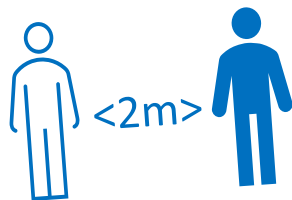
## Framework for the safe return to activity via the Scottish Government's route map

\*This updated framework is based on current advice from the Scottish Government. Clubs, coaches, athletes, facilities, event organisers and participants should be ready to adapt 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 <b>outside</b> with physical distancing.</p> <p>Meet people from another household <b>indoors</b> 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>

## Phase 2 – key points

- Public health and wellbeing remains the most pressing priority
- This is not a return to sport but a further extension of exercise guidelines
- 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
- 3 households can meet at the same time whilst maintaining physical distancing. The group size cannot exceed 8
- One household cannot meet more than two other households per day
- People who were shielding can leave their home for exercise and meet with one other household
- Certain household types can now meet others indoor in an 'extended household'
- Permits the reopening of playgrounds and sports courts (including athletics tracks - outdoor) from 29th June



Maintain 2 metres at all times



Outdoor exercise only



No more than 3 households



Follow public health guidance



Follow venue guidance



Follow equipment hygiene guidance

## Phase 2 – jogscotland

- It is at each facility operator's discretion when they will reopen depending on their circumstances
- Groups can now start to implement parts of their reopening plan using outdoor spaces.
- Always follow government guidance including for safety, hygiene & cleaning
- Further extension to exercise not a return to sport
- At this point in time coached activity in athletics and running can take place in groups of up to 8 from 3 households.
- A Jog Leader or coach should not deliver training to more than 2 household at any one time or provide training to more than 2 (other) household per day.
- Risk assessments must be conducted and recorded
- Follow **scottish**athletics welfare & safeguarding policies

# Facilities

- Track activity can resume, maintaining physical distancing
- Field activity can resume, maintaining physical distancing
- Signage should be displayed in the athletics track and field areas to reinforce hygiene & safety protocols
- Indoor training facilities should remain closed including toilets, locker rooms, storage and indoor activity areas
- Clubhouses (pavilions etc) can be opened in a limited way for operational reasons e.g. switching on floodlights
- Liaise regularly and support your facility operator. jogscotland can assist where required
- Risk assessments in place for all activity areas. Facilities discretion to review capacity

# Event Specific

## Track

- One lane gap is not suitable for maintaining physical distancing. Use lane 1, 4 & 7 or 2, 5 & 8
- Hurdles & barriers can be used – clarify procedures with facility operator
- 2 metres side-by-side; 5 metres in single file

## Off-track

- Adhere to restrictions of land owners
- Risk assessments in place for all routes
- Safety procedures & first aid kits
- Be respectful of other users

## Disabled athletes

- Should use own personal equipment
- Wheelchair, race running athletes should be supported in chairs/frames by parent or carer
- Guide runners must be part of the same (or extended) household

## Phase 3

- Seeking advice from Scottish Government, **sport**scotland, UKA, insurance brokers & facility operators
- Indoor gyms and facilities may be open (likely to be varied approaches across Scotland)
- Physical distancing will be required
- Able to meet with more than one household indoors with physical distancing and hygiene measures
- Can drive beyond local area for leisure and exercise purposes
- May be geographical differences depending on circumstances
- Gyms open subject to physical distancing and hygiene measures
- Live events permitted with restricted numbers and physical distancing required



# FAQ's

# FAQ's

Q.

- 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?

A.

- 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.

# FAQ's

Q.

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

A.

- 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.

# FAQ's

Q.

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

A.

- 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.

# FAQ's

Q.

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

A.

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

# FAQ's

Q.

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

A.

- 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.

# FAQ's

Q.

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

A.

- 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?

# FAQ's

Q.

- 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?

A.

- 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.



# FAQ's

Q.

- Can you define paid coaches/leaders?

A.

- 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.

# FAQ's

Q.

- 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?

A.

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

# FAQ's

Q.

- 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?

A.

- 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.

# FAQ's

Q.

- 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.

A.

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

# FAQ's

Q.

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

A.

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

# FAQ's

Q.

- 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?

A.

- 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?

# FAQ's

Q.

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

A.

- 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.

# FAQ's

Q.

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

A.

- 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.



# FAQ's

Q.

- 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.

A.

- 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.

# FAQ's

Q.

- 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?

A.

- 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.

# FAQ's

Q.

- 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?

A.

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

# FAQ's

Q.

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

A.

- 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.

# FAQ's

Q.

- Have you got any indication of the likely size of training groups in phase 3?

A.

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

# FAQ's

Q.

- 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?

A.

- 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.

# FAQ's

Q.

- Are you looking to do any Jog Leader courses online?

A.

- 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.

# FAQ's

Q.

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

A.

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



# FAQ's

Q.

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

A.

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

# FAQ's

Q.

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

A.

- 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.

# FAQ's

Q.

- Do you have a recommended template risk assessment form that takes into account Covid19 issues?

A.

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

# FAQ's

Q.

- Should health check forms be submitted electronically and not paper form?

A.

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

# FAQ's

Q.

- Why is there a difference between paid and unpaid leaders in terms of restrictions?

A.

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

# FAQ's

Q.

- Do you think we should be using face masks/buffs whilst running?

A.

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

# FAQ's

Q.

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

A.

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

# FAQ's

Q.

- 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?

A.

- 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.



# 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
- 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
- Groups to develop further guidance for their members prior to returning to training

# COVID-19 Coordinator

- Conducting symptoms check
- Welfare
- Scenario planning
- First aid kit and response procedures
- Supporting resources
- Jogscotland support