



A practical guide for athletes
returning to athletics
following the COVID-19 restrictions during
phase 2 of the route map for exiting lockdown

This practical **guide**, prepared by our team in consultation with **sportscotland** and in line with government guidelines, outlines the specific measures **scottishathletics** recommend athletes take to ensure a safe return to athletics activity.



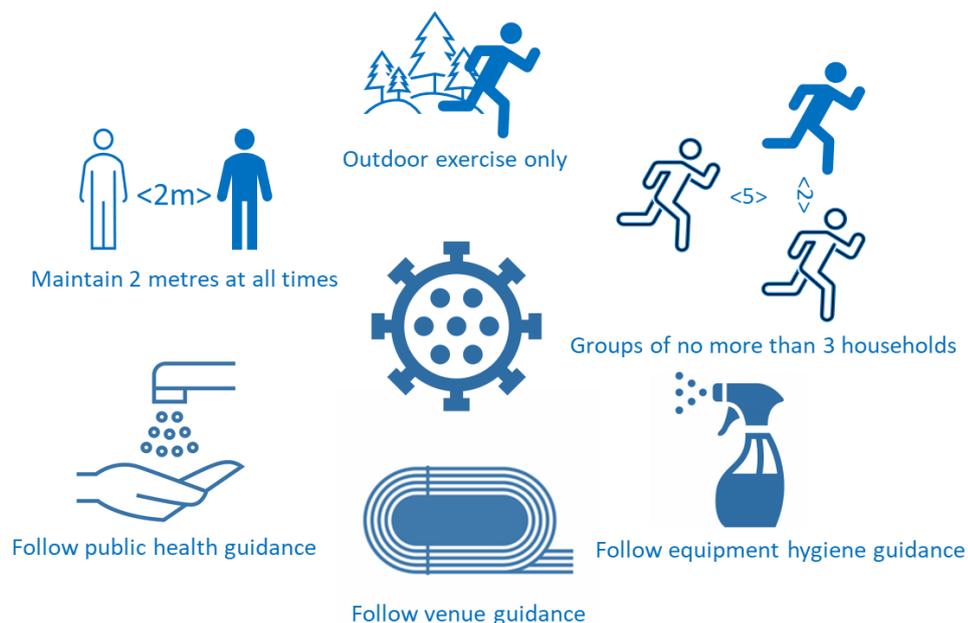
PHASE 2

Be aware guidance can change quickly and more restrictive rules may be applied in the future, so please refer to the [scottishathletics](https://www.scottishathletics.gov.scot) website regularly.

The guidelines in this document relate to phase 2 of the Scottish Government's COVID-19 route map through and out of the crisis.

This phase:

1. Permits the reopening of playgrounds and sports courts from 29th June.
2. Permits the resumption of professional sport in line with public health advice.
3. Allows unrestricted outdoors exercise adhering to physical distancing measures and non-contact outdoor activities in the local area.
4. Enables groups of 8 from 3 households, including family and friends, to meet outside with physical distancing.
5. These guidelines should be read in conjunction with any updated Scottish Government guidance. Information on the Scottish Government's approach to managing COVID-19 is available at www.gov.scot/coronavirus-covid-19/
6. Travel restrictions outlined by the Scottish Government should always be adhered to. Further information is available at: [Staying safe and protecting others](#)



1. Before you train

In this phase you must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas or exposed to someone with COVID-19 in the last 14 days.
- Have COVID-19 symptoms (self-isolate for 7 days) or are feeling unwell.
- Have been told to self-isolate as part of the contact tracing measures in place.
- You may be subject to a symptom check by your facility provider or club prior to training.

2. Physical distancing & good hygiene behaviours

- Refrain from handshakes and high fives.
- Keep 2 metres away from other people at all times.
- Do not share food, towels, and drinks.
- Clean your hands and equipment frequently.
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and take it home with you. Wash your hands for 20 seconds or sanitise afterwards.
- Avoid spitting unless into a tissue which you should take home and dispose of.
- Avoid touching your face.
- Maintain physical distancing when taking a break.
- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on.

Further health, safety & hygiene guidance:
[Health Protection Scotland: General guidance for non-healthcare settings](#)
[UK Government / HPE: Cleaning in a non-healthcare setting](#)
[Health Protection Scotland: Hand hygiene techniques](#)

3. Safeguarding

Children and young people:

- Coaches must have the permission/agreement of the parent/carer of an athlete who is under the age of 18 to coach that athlete via phone/social media.
- In line with our child wellbeing & protection policy, athletes under 18 years of age should always be accompanied by a parent/carer throughout the training session where it takes place in an outdoor and public space.
- Preferably only one parent/carer from the family should accompany an athlete aged under 18.
- Parents/carers, where possible, should assist an under 18 in the event they require first aid. The first aider should try to assist at a safe distance as much as they can and minimise the time that they share a breathing zone. Further advice available at <https://www.hse.gov.uk/news/first-aid-certificate-coronavirus.htm>
- Further considerations on the safe return of children and young people to sport can be found [here](#).

Para-athletes:

- General Assistance: para-athletes requiring personal support should bring a carer with them to training to provide any support.

4. Attending training in an outdoor space/facility

Check directly with your athletics club and facility operator on their access arrangements in phase 2.

Recognised **scottish**athletics performance athletes should be aware of the guidance issued by the performance team and contact their respective performance manager.

At this point in time coached activity in athletics and running can take place in groups of up to 8 from 3 households. ALL must adhere to physical distancing guidance. Please note there is an extended household rule (see [Scottish Government guidance](#)).

Where you do intend to train in phase 2 please follow the guidance outlined below:

- Athletes should be aware that the easing of restrictions does not mean that all facilities/venues will open immediately. Owners and operators will require time to consider all the implications of opening facilities/venues and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers. This is a difficult time for everyone so please be patient.
- Indoor areas will remain closed including changing rooms, toilets, exercise rooms/halls and social areas.
- Read the separate guidance for clubs, coaches, facilities, and any relevant risk assessments.
- Athletes should plan and risk assess the session and training environment with their coach online or by phone prior to the session and confirm expectations and requirements.
- Athletes should follow the club and/or facilities booking protocols.
- Athletes should only train at local outdoor spaces/facilities and avoid unnecessary travel.
- Athletes should not travel more than 5 miles to take part in athletics activity.
- Athletes should not travel to and from training in the same vehicle as someone from a different household. Where possible public transport should be avoided.
- Athletes should arrive and leave the designated outdoor space/facility as close as possible to when they are due to train.
- Athletes should arrive ready to train as there will be no access to changing rooms during this phase.
- Athletes should take with them hand sanitiser and/or suitable antiviral wipes.
- Athletes should **only use own** equipment. Equipment should be cleaned prior to and following training with suitable antiviral wipes.
- Para athletes will be permitted to use their personal throwing frames and straps, RaceRunning Frames and Racing Wheelchairs. Hygiene guidance should always be followed.

Please read the event specific guidance.

5. When training finishes

- Once training has finished leave promptly and maintain physical distancing.
- Hands should be washed and/or sanitised as soon as possible.
- Ensure personal kit and equipment is cleaned thoroughly after use.
- If you become unwell after training, you should first contact your GP/NHS 24 and then inform your club/**scottish**athletics welfare team.

6. Event specific guidance

Opening jump areas is a decision for the facility operator based on their risk assessment of the activity. The following guidance will inform that assessment and applies where the operator allows vertical and horizontal jumps.

General safety & hygiene

Athletes must be aware of current club and facility first aid procedures. As access to indoor facilities is not permitted, first aid equipment may be located outside. The club/facility will ensure the first aid equipment has been updated appropriately for the COVID-19 pandemic and that first aiders are aware of COVID-19 specific first aid advice <https://www.hse.gov.uk/news/first-aid-certificate-coronavirus.htm>.

- Athletes should not handle any shared coaching equipment (cones etc.). Only the coach should do this.
- Athletes must always bring and use their personal equipment wherever possible and follow hygiene guidance.
- Personal equipment should not be shared, and measures must be put in place to reduce the risk of contamination.
- Plan the use of shared equipment (such as throwing equipment) so that they are not used between different groups on the same day. All equipment should be thoroughly cleaned before and after use.
- Clean all equipment with suitable antiviral wipes/spray at the conclusion of your session.
- Be aware of what surfaces other athletes and coaches touch.
- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on.

Track running

- **ONE lane gap is not suitable for maintaining physical distancing whilst running side-by-side.**
- Equipment such as hurdles and barriers may be used if the facility and the club have both assessed the risk and put in place measures to ensure it is safe to do so.
- The facility should have in place a protocol for the setup and clear-up of hurdles and/or barriers. Facility operators should make it clear to athletes and coaches whether cleaning of hurdles and barriers will be carried out by the facility staff or whether the coach or athlete will be expected to do it.
- Hurdles and barriers should be cleaned using suitable antiviral wipes/spray before and after use.
- It is advised to use personal starting blocks but if you require to use shared blocks all surfaces should be cleaned using suitable antiviral wipes/spray.
- Ideally athletes should run side by side leaving 2m between them. Athletes running in single file must maintain a 5m distance.

Vertical Jumps

- In phase 2 only one athlete/household can jump during a session. Athletes should be supervised by a coach and physical distancing must be maintained.
- An adult, either the athlete, coach or facility operator should perform a wipe down of bars and uprights using suitable antiviral wipes/spray before and after the session. Facility operators should make it clear to athletes and coaches whether cleaning will be carried out by the facility staff or whether the coach or athlete will be expected to do it.
- Athletes should sanitise hands between jumps and maintain good hygiene practices.
- Signage must be prominently positioned at each jump area stating the rules/guidance for use. High mist spray PFC1 grade cleaner to be used on the bed between users. **Operators must contact the manufacturer of the jumps mats in use at their facility to confirm whether the proposed cleaning products can be used safely on their equipment.**
- After each session cleaning of the bed must be completed, and 30-minute drying time must be allowed, before the next session starts.

Horizontal Jumps

- In phase 2 only one athlete/household can jump during a session. Athletes should be supervised by a coach and physical distancing must be maintained.
- Sandpits should be covered when not in use and signs positioned to ensure they are not used.
- Athletes should always sanitise hands between jumps and maintain good hygiene practices.
- Athletes should use their own tape measure.
- Signage must be prominently positioned at each jump area stating the rules/guidance for use.
- During each session, one adult, either a coach or athlete, should be responsible for the raking of the pit. The rake should be cleaned using suitable antiviral wipes/spray before and after use.
- High mist spray of Milton dilution should be sprayed over the sand after use, turned and raked. Facility operators should implement a process for this procedure ensuring correct PPE is used for spraying.
- An adult, either the athlete, coach or facility operator staff must clean the take-off board using suitable antiviral wipes/spray before and after each session. Facility operators should make it clear to athletes and coaches whether cleaning will be carried out by the facility staff or whether the coach or athlete will be expected to do it.
- An adult, either the athlete or coach, should clean any other equipment used.
- After each session cleaning of the pit must be completed, and 30-minute drying time must be allowed, before the next session starts.

Throws

- Athletes can participate in throwing activities in phase 2. Athletes should be supervised by a coach and physical distancing must be maintained.
- Risk assessments must have been completed and shared with all coaches and athletes for both the throws facility and specific training session.
- Athletes are encouraged to use their own equipment which must be cleaned using suitable antiviral wipes/spray before and after use.

- Coaches and athletes should ensure that any shared equipment is used by only one athlete at a time and is thoroughly cleaned before and after each session.
- Athletes and coaches should avoid touching the shared cage/netting.
- Where a cage door requires to be moved, it should be moved by an adult, either athlete, coach or facility operator who is familiar with its operation. The facility operator should make clear to coaches and athletes who can move cage doors. Any surfaces touched in the process of moving the cage door should be cleaned with suitable antiviral wipes/spray before and after use.
- Facility operators should make it clear to athletes and coaches whether cleaning will be carried out by the facility staff or whether the coach or athlete will be expected to do it.

Para-athletes

- Para-athletes must only use their own personal equipment. All equipment should be cleaned before and after a training session following the hygiene guidance.
- Wheelchair, race running, and seated throws athletes should be helped and supported into any equipment by the guardian/carer only.
- Guide Runners: in phase 2, unless the guide is from the same household then guide running should not be carried out.

Off track coaching and leading including road running

- Coaches, athletes, and runners running or training in a public space, other than a track and field facility, can take place on a 3 household only basis in a maximum group of 8 people. (i.e. one coach and up to 2 other households or 3 households of athletes with no coach present).
- Coaches, athletes, and runners should adhere to all restrictions that may be placed on a public space by the owner of that space.
- Coaches should ensure they have carried out a standard risk assessment of any training space or route, as they would normally, prior to the session taking place.
- Coaches, athletes, and runners should ensure they carry out standard safety procedures (e.g. phones, route planning etc) when accessing 'wild' public spaces.
- Cognisance must be taken of members of the public using the same public space for recreation. The group should be briefed on how they run together in a way that respects physical distancing, and which does not cause unnecessary risk or anxiety to members of the public.

7. Contacts

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