



# A practical guide for clubs and groups 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 clubs take to ensure a safe return to athletics activity.



**PHASE 2**

## 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.org.uk) 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 29<sup>th</sup> 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/](https://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](#)

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This practical guide builds on the guidance to clubs issued in Phase 1. The phase 1 guidance was designed to allow clubs to commence planning for eventual reopening, appoint a Covid-19 Coordinator, and work towards safe access for their members to the relevant training facilities at the appropriate time.

This guidance and associated documents prioritise the safety and wellbeing of all athletes, coaches, staff and volunteers. It provides athletics specific advice to assist clubs to comply with government guidance when returning to operation in phase 2.

Our measures and procedures are under constant review and updated as advice from government, health authorities and the national agency for sport evolves in line with the gradual lifting of restrictions. They may be withdrawn or amended at short notice and it is advised to check our website regularly to ensure you are working in line with the most up to date advice.

## 1. Club Activity

**Certain club activities can resume in phase 2 in line with Scottish Government and scottishathletics guidance.**

- Clubs can now start to implement parts of their reopening plan using outdoor spaces.
- Clubs 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.
- Groups of 8 people from 3 households can get together in an outdoor space with physical distancing maintained. Please note there is an extended household rule (see [Scottish Government guidance](#)).
- Further guidance on health, safety & hygiene can be found at the following links:
  - [Health Protection Scotland: General guidance for non-healthcare settings](#)
  - [UK Government / HPE: Cleaning in a non-healthcare setting](#)
  - [Health Protection Scotland: Hand hygiene techniques](#)
- Workforce - clubs and venue operators must ensure that relevant workplace guidance is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.

## 2. Facilities

Scottish Government advises that the reopening of outdoor sports courts is permitted in this phase from 29<sup>th</sup> June.

- Specific facility guidance for athletics can be found in the COVID-19 section on the [scottishathletics website](#). This guidance also refers to the **sportscotland** facilities guidance.
- Clubs must check with the facility operator what athletics facilities and local booking processes are in place in phase 2.
- Indoor areas will remain closed including changing rooms, toilets, exercise rooms/halls and social areas.

## 3. Health & Safety Advice

Clubs should link with facility operators to ensure usual access to first aid and emergency equipment is maintained. As there is no access to indoor facilities allowed consideration should be made to house first aid equipment externally. Please ensure the first aid equipment has been updated appropriately for the COVID pandemic and first aiders are aware of COVID-19 specific first aid advice <https://www.hse.gov.uk/news/first-aid-certificate-coronavirus.htm>.

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.
- Please reinforce good hygiene practices prior to, during, and after training as participants may be asymptomatic.

- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.

The above list should be used by clubs and coaches to conduct and record a symptoms check with athletes/coaches prior to and/or on arrival at training.

#### 4. Booking, arriving and etiquette

**The club, via the Covid-19 Coordinator, should work with the facility operator to make sure a collaborated approach to facility reopening, access and use can be achieved.**

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

- Clubs using an athletics facility should agree with the facility operator the maximum capacity and booking process prior to resuming training. Limits on the number of participants accessing outdoor facilities should be risk assessed to ensure appropriate physical distancing can be maintained.
- It is highly recommended that clubs have a booking system in place for their members. This will assist with test and protect should it be required subsequently.
- Clubs that own or lease their facility should review their standard capacity considering the group size and number of households able to meet in phase 2.
- The club should consider the ages of athletes they have returning to ensure all athletes will be able to follow the physical distancing and hygiene guidance in place.
- Clubs using public spaces should risk assess the training environment and activity to ensure that numbers attending are appropriate for maintaining physical distancing.
- Ensure that sufficient COVID-19 information posters are clearly exhibited in all areas of the club/facilities <https://www.hse.gov.uk/>.
- Instruct all attendees to ensure their club has their up-to-date contact details (phone and email).
- Attendees should travel **no more than 5 miles**.
- Attendees should be instructed to arrive at the club location at a specific time.
- Attendees must always observe physical distancing.
- Attendees should be instructed to arrive in training kit.
- Attendees should be instructed to sanitise and/or wash their hands prior to attending the club, and regularly throughout training.
- Instruct attendees to utilise toilet facilities in their own home prior to arriving at training as toilets **will not** be accessible during this phase.
- Instruct attendees to enter and leave the area one at a time maintaining physical distancing.
- Any attendees repeatedly not following the club directives should be asked to leave training and familiarise themselves with the guidance prior to the next session.
- There should be no spectators present during this phase.
- Where supervision of a child is required, only one parent should be present, and they must follow physical distancing and hygiene procedures.

## 5. 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

- Do not let the athletes 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.
- Ensure plans are in place to clean all equipment with suitable antiviral wipes/spray at the conclusion of your club training sessions.
- Be aware of what surfaces athletes and coaches are touching during training sessions. Ensure plans are in place to clean all equipment and surfaces thoroughly with suitable antiviral wipes/spray at the conclusion of your club training sessions.
- Protocols for the cleaning of equipment should be agreed with the facility operator.
- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.

### 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 athletes 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.

## Throws (cont.)

- 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.

## 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 run together in a way that respects physical distancing, and which does not cause unnecessary risk or anxiety to members of the public.

## 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.

Further guidance and templates for coaches, leaders, is available at [Getting your coaches ready for sport](#) on the **sportscotland** website.

## 6. Contacts

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