

## A practical guide for athletics facilities 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 athletics facilities take to ensure a safe return to athletics activity.



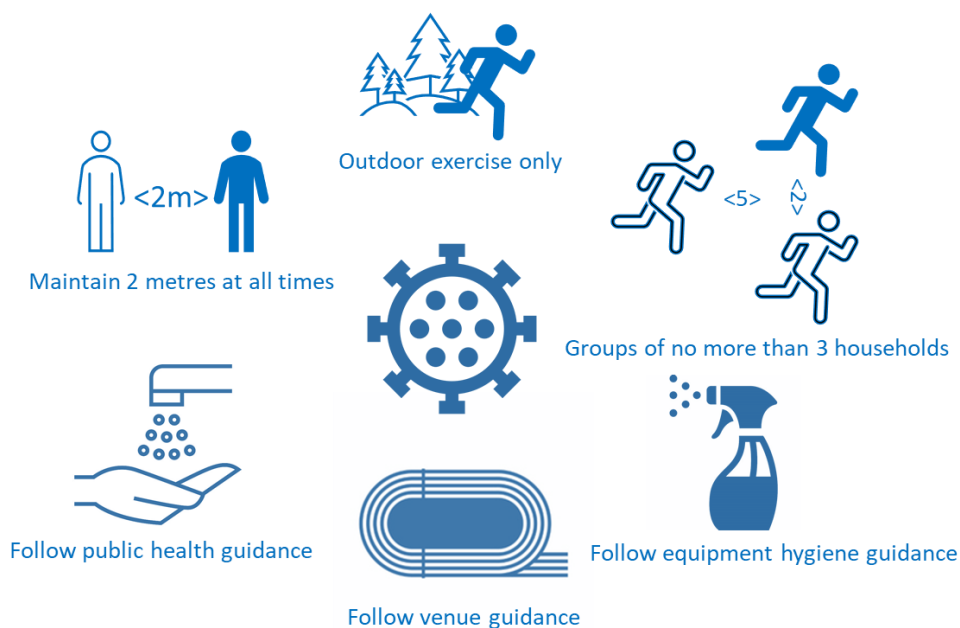
## PHASE 2

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



This document provides athletics specific guidance to help athletics facility operators. It complements and should be considered alongside the more comprehensive **sportscotland** facilities guidance —[Getting your facilities fit for sport](#)

Additionally, this guidance should be considered alongside the phase two guidance for athletes, coaches and clubs published by **scottishathletics**.

## Plan

- The reopening of outdoor track and field facilities is at the discretion and consent of the facility owner or operator from 29<sup>th</sup> June.
- The facility operator should engage with athletics users at the earliest possible opportunity to discuss planning towards the resumption of athletics activity.
- Ensure all changes to operational requirements are communicated to athletics users at the earliest opportunity to allow them to plan effectively for a return to activity.

## Prepare

- Work with athletics clubs and coaches to inspect the condition of equipment and identify areas/equipment for deep cleaning.
- Identify with athletics clubs and coaches any high traffic touch points around the athletics track.
- Share venue risk assessments and physical distancing measures with athletics clubs and coaches. Limits on the number of participants accessing outdoor facilities should be risk assessed to ensure appropriate physical distancing can be maintained.
- Ask clubs and independent coaches to submit their risk assessments and plans for maintaining physical distancing for the activities they will be delivering.
- Prepare guidance and signage for athletics users covering hygiene, cleaning, and health & safety.
- Remove any unnecessary equipment and items from the track and surrounding area.

## Protect

- Contact the athletics clubs and/or **scottishathletics** for clarification on any of our guidance.
- Liaise with athletics clubs and independent coaches to ensure they have processes in place for maintaining an accurate record of attendances. Share with clubs and coaches any facility protocols being implemented to ensure work is not duplicated.
- Work with athletics clubs and independent coaches to ensure physical distancing measures are being adhered to.
- All fixed and moveable athletics equipment should have a clear, ongoing hygiene and cleaning plan in place.

## Review

- Review regularly with athletics clubs and independent coaches the physical distancing, hygiene, safety, and risk assessment measures that are in place.
- Ensure all updates from **scottishathletics** are shared with the relevant staff and volunteers.
- Ensure accurate records of attendances are being maintained whilst test and protect remains in place.

## Phase 2

- Only outdoor athletics facilities can open in this phase.
- Club activity can resume in groups of 8 from 3 households (this number would include a coach). Please note there is an extended household rule (see [Scottish Government guidance](#)).
- All track activity can resume, however physical distancing should always be maintained.
- Field activity can resume in accordance with the guidance issued for throws and jumps.
- Signage should be displayed in the athletics track and field area to reinforce hygiene and safety protocols.
- Indoor training facilities should remain closed including toilets, locker rooms, storage and indoor activity areas
- Clubhouses can be opened in a limited way for operational reasons (e.g. to switch on floodlights, or as a thoroughfare to access the track).

## Health, safety & hygiene

- 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>.
- Make hand sanitisers or wipes available for use at entrance/exit to venue/tracks area and beside equipment if in use.
- Athletes should ideally bring their own equipment. Where shared equipment is used, this must be cleaned before and after use in line with facility procedures.
- All fixed equipment should be checked prior to use to avoid participants having to adjust or touch it.
- Spectating should be actively discouraged. Where attendance of a parent/guardian (non-participant) or a carer for a disabled athlete is required, it should be limited to one per athlete where possible, with physical distancing strictly observed while watching the sessions (consider marking out specific boxes/areas for this purpose).
- 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.
- Scottish Government advice on cleaning is [here](#).

## 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

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.

- 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 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.

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