

COVID-19 Phase 3

JOGSCOTLAND UPDATE AND Q&A

25 August 2020

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scottishathletics 

jogscotland Phase 3

- Guidance updated following Scottish Government announcement on Thursday 20 August.
- Further dialogue held with Scottish Government and sportscotland to determine guidance for athletics.
- Updated guidance published for clubs/groups, athletes, coaches/leaders and facilities.
- Guidance can be changed at any point. Any updates will be communicated by SA/JS.
- Local restrictions may be imposed.



Follow physical distancing
at all times



Follow public health guidance



Follow facility guidance



Follow jumps guidance
at all times

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Follow the group size guidance
laid out by **scottishathletics**



Follow equipment hygiene
and cleaning guidance

Phase 3 update – Scottish Government key points

GENERAL POINTS

- Permits the resumption of sport in line with sports specific guidance and public health advice.
- A household can meet up to 4 other households at a time – up to 15 people in total.
- A house can meet up to 4 other households per day in total.

SPORT SPECIFIC POINTS (relevant to athletics & running)

From Monday 24 August

- Organised outdoor contact sports – all ages – following the guidance of relevant sports bodies.
- Certain outdoor live events (involving open space or organised seating) with physical distancing and restricted numbers – subject to guidance.
- Permits adult outdoor sports training and competition in maximum groups of 30.

From Monday 31 August

- Indoor sports courts – including athletics – subject to relevant guidance:
 - Children (under 12): All activity
 - Adults and Young People (12+): Non-contact only

Phase 3 update – Scottish Government key points

From Monday 14 September (indicative dates only)

- Certain indoor live events – subject to guidance – with physical distancing, enhanced hygiene and restricted numbers.
- Indoor sports courts – can be used by adults and young people for contact sports – subject to guidance.
- Stadia (limited re-opening) – following guidance (e.g. physical distancing, restricted numbers) – with option for testing on earlier dates subject to agreement.
- Certain outdoor live events (involving focused standing) with physical distancing and restricted numbers – subject to guidance.

Phase 3 update – jogscotland

- Organised athletics & running activity can resume for all ages with no physical distancing on the field of play.
- A 'field of play' bubble can be created when athletics/running activity is taking place, in effect suspending Scottish Government household number guidelines for the duration of the activity.
- Leaders and volunteers must still adhere to physical distancing guidelines.
- Indoor athletics spaces can open from 31 August.
- All groups delivering activity must have a named Covid Coordinator/lead for their response.
- No spectating should take place other than where a parent is supervising a child or vulnerable adult. Physical distancing guidance should always be followed.
- We will liaise with groups in any area where a local lockdown is imposed.
- Continue encouraging physical distancing when practical.
- Reinforcing health & safety measures and good hygiene will be critical to help us to continue to progress safely.
- Additional safeguarding measures outlined within our guidance should be read and shared.

Phase 3 – Training groups & sizes

Group size considerations

- Scottish Government and **sportscotland** guidance permits adult outdoor sports training and competition in maximum groups of 30 – facilitating team sports.
- Whilst this applies across sport and fitness, governing bodies must agree maximum numbers with **sportscotland**.
- Balance between opening the sport within the parameters of the guidance whilst minimising the risk of infection/transmission.
- The health, safety and contact time of the athletes, leaders and volunteers.
- What are the appropriate steps for athletics & running in Scotland at this stage.
- Good practice from a coaching/leading perspective. Need to be working to recommended ratios.
- Groups can set their own limits as long as they are within the parameters we have set out.

Phase 3 – Training groups & sizes

scottishathletics strongly recommends that the group sizes outlined below are adhered to during all athletics coaching sessions.

For the purposes of track & field, the field of play is defined as the track and infield (including any external throws specific areas). For off track activity the field of play rules apply from the start of your warm-up to the end of your session.

Age 18+

- **scottishathletics** recommend a maximum group size (bubble) of 15 athletes following the UKA recommended coaching ratio of 1 coach to 12 athletes (1:12).
- Athletes must stay within their designated bubble for the duration of the session.
- Normal physical distancing guidelines will however apply before and after the activity takes place (see [Scottish Government guidance](#)).
- Where practical, leaders and other volunteers should continue to physically distance as per Scottish Government guidance.

Group size considerations

- Household and group size limits have been in place to this point.
- Ensure physical distancing can be maintained before and after the activity.
- Enables groups to restart activity for adults whilst still limited in terms of overall group size.

Phase 3 – Event Specific

Additional points to note

Para-athletes

- Guide Runners: guide running can now take place following hygiene measures including the cleaning of the running tether in between sessions.

Track

- No requirement for 2m or 5m (single file) gap within the bubble.



Phase 3 – Facilities

- Facility guidance has been sent to all facility operators.
- It is at the facility operators discretion when they open indoor and outdoor athletics facilities.
- Indoor exercise and training areas will not open before 31 August 2020.
- More than 30 people are permitted to be in a facility at one time to participate in athletics & running. They should work within the group size guidelines set out by **scottishathletics**.
- Facility operators should work with users to determine capacity.
- **scottishathletics** and **jogscotland** can support clubs in any conversations with facility operators.

FAQ's

Events

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FAQ's

Q.

- Can we host the event we have planned in September?

A.

- Full details for event organisers can be found at the following link:

<https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>

FAQ's

Q.

- With the bubbles of 15. Does this mean we can organise a group race with 15 athletes?

A.

- There is separate advice for event organisers on our website and that is currently being updated to reflect the changes announced last week.

<https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>

Group Sizes

FAQ's

Q.

- Is the leader included in the maximum group size number?

A.

- No, the numbers we have stated are the number of athletes within each bubble. However, if the leader is taking part as part of the group they should be included in the 15.

FAQ's

Q.

- If the Jog Leader is running as part of the group, do they still need to physically distance?

A.

- No, we would recommend applying common sense in this situation. If the Jog Leader is participating as part of the group then they wouldn't need to physically distance but should be counted within the group total.

FAQ's

Q.

- Is there still a limit on the number of households we can have in our group of 15?

A.

- During your activity there is no limit on the number of households within each bubble.

FAQ's

Q.

- For adults the maximum group size is 15 but the coaching ratio is 1:12. Can you explain this further?

A.

- The coaching ratios are set by UKA and have been the recommended coaching ratios since before COVID-19. The maximum group size is set based on our review of the guidance and subsequent conversations with sportscotland. If you have 15 adults together then you should have 2 coaches to adhere to the ratios. You may choose to work in groups of 12 and have one coach with each group.

Training

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FAQ's

Q.

- Can multiple groups of 15 train at one time if they are in distinct locations?

A.

- Yes, as long as the bubbles don't mix and coaching ratios maintained. If you are working outside of an athletics facility consider what is appropriate and safe for the environment you are training in – there may be other users of the space to consider.

FAQ's

Q.

- Previously athletes from a household were constrained to meeting 4 other households in a day, so were effectively required to train with the same group. Can a couple who would ideally train with separate training groups on the same night now do so again?

A.

- Yes, they can train within separate bubbles.

FAQ's

Q.

- Up until now we have limited training sessions to one hour. Do we need to continue to limit session time?

A.

- There is no time limit on training sessions within the guidance from Scottish Government, **sportscotland** or **scottishathletics**. Groups should consider local circumstances when planning sessions e.g. training environment, availability of toilets, ensuring bubbles are separated etc.

FAQ's

Q.

- Can a group have two groups of 15 (adults) training near one another allowing the coach/leader to move between groups.

A.

- The coach/leader should always be working within the recommended ratio of 1:12 for adults.

FAQ's

Q.

- Can 30 joggers meet at the same time - socially distancing and run in bubbles of 10?

A.

- You could potentially have 30 joggers running at the same time but please consider – does your training venue have capacity to accommodate 30? Can you ensure that the bubbles will be kept separate? Is there adequate space to respect physical distancing of other users if in a public space?

FAQ's

Q.

- Do bubbles of joggers start training at the same time or at staggered times?

A.

- This will be dependent on your local circumstances, for example, what is your training environment like, where will people park, how many bubbles will be there, is there potential for a bottleneck at the exit/entrance if too many people are trying to enter or exit at the same time? Having staggered times may help to maintain physical distancing prior to, and following, sessions.

FAQ's

Q.

- Can bubbles change on a weekly basis?

A.

- Yes, the bubbles can change each week. However, if you are training more than once in the same week consider keeping the bubbles the same.

FAQ's

Q.

- If a group has just one qualified coach/leader who is setting sessions, does that mean that no more than one group of 12 can train together? Can other groups of 15 run together as a social run with no coach in attendance?

A.

- The coach/leader can only work with 12 adults at a time to maintain the recommended coaching ratio. A group of 15 adult athletes can get together for an organised group run if the session has been set by a coach/leader. If a social run is taking place outside of the group structure they would need to adhere to the 5 household rule as the exemption only applies to organised sport.

FAQ's

Q.

- Will the coaching ratio still apply to jogging groups in normal times?

A.

- Yes, the coach ratio was in place prior to Covid-19 and will remain.

Hygiene, health & safety

FAQ's

Q.

- How are the guidelines for sport determined and why is it now deemed safe to train in groups with no physical distancing?

A.

- The decision to lift restrictions for sport lies with the Scottish Government. They then agree specific detail with **sportscotland** to inform governing bodies what is permitted at each phase. The decision to allow 30 people to train in bubbles without physical distancing is made by Scottish Government. We then develop sport specific guidance within the parameters that have been set out. We have taken the decision at this stage to limit the size of bubbles at a lower level.

FAQ's

Q.

- If we've got a bubble of 15 and a member of that bubble starts suffering symptoms/tests positive for Covid-19 the next day, does the whole bubble need to self-isolate?

A.

- Possibly. The person that tests positive will be contacted by a contact tracer to identify their close contacts. If they have been training within a bubble for extended periods of time then everyone in the bubble may be asked to self isolate.

FAQ's

Q.

- Can bubbles socialise before they enter the field of play?

A.

- No, adults should maintain physical distancing prior to, and following, the training session.

FAQ's

Q.

- Can the joggers touch e.g. high five etc?

A.

- No, in the guidance we are still advising against unnecessary contact.

FAQ's

Q.

- Why do coaches/leaders have to socially distance during training when joggers don't have to?

A.

- The advice for sport asks that coaches/leaders physically distance where possible. In athletics & running this should have little impact on their ability to deliver the session and provide feedback etc so we feel it would be an unnecessary risk at this stage.

FAQ's

Q.

- Is a booking system required or just a record of attendance?

A.

- The booking system is a recommendation to help with your planning of sessions ensuring that physical distancing is maintained before and after and that bubbles are kept separate. The record of attendance is mandatory to assist with Test and Protect.

FAQ's

Q.

- Is it better for the group to provide sanitiser or ask people to bring their own?

A.

- We would recommend encouraging all athletes, leaders and volunteers to bring their own sanitiser. The group/facility may also provide hand sanitiser at key points e.g. entrance/exit.

FAQ's

Q.

- Does the Covid Coordinator need to be specific for each specific session or just a nominated person within the running club/group?

A.

- You just need to nominate one Covid Coordinator for your group.

FAQ's

Q.

- The Scottish Government seems to draw a distinction between taking part in sport and & a coaching session. Many group jogs/runs have no formal coaching. So is this an activity? Or a coaching session?

A.

- All **jogscotland** groups must have at least one trained Jog Leader. The exemptions apply to organised sport following the guidance of the relevant governing body. Any organised **jogscotland** group session must follow the guidance set out by **scottishathletics**.

FAQ's

Q.

- Are SA insuring groups or coaches/leaders against claims made for loss of earnings arising from any athlete having to self-isolate as a result of being in close contact with other joggers in a training session?

A.

- No, this is not something covered under the UKA insurance policy for clubs/groups or coaches/leaders. We have set out and shared our guidance and expect clubs to do the same with their members. Individuals will then make a personal choice about whether or not they participate.

COVID-19 Coordinator

- Supporting resources
- E-learning module
- Recording of attendance
- Communicating with members
- Facility access/ return to activity
- Sharing practice