



Phase 3 – frequently asked questions

EVENTS

Q1. Can we host the event we have planned in September?

*Full details for event organisers can be found at the following link:
<https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>*

Q2. With the bubbles of 15. Does this mean we can organise a group race with 15 athletes?

*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

Q3. Is the leader included in the maximum group size number?

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.

Q4. If the Jog Leader is running as part of the group, do they still need to physically distance?

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.

Q5. Is there still a limit on the number of households we can have in our group of 15?

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

Q6. For adults the maximum group size is 15 but the coaching ratio is 1:12. Can you explain this further?

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

Q7. Can multiple groups of 15 train at one time if they are in distinct locations?

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.

Q8. 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?

Yes, they can train within separate bubbles.

Q9. Up until now we have limited training sessions to one hour. Do we need to continue to limit session time?

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.

Q10. Can a group have two groups of 15 (adults) training near one another allowing the coach/leader to move between groups.

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

Q11. Can 30 joggers meet at the same time - socially distancing and run in bubbles of 10?

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?

Q12. Do bubbles of joggers start training at the same time or at staggered times?

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.

Q13. Can bubbles change on a weekly basis?

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.



- Q14. 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?**

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.

- Q15. Will the coaching ratio still apply to jogging groups in normal times?**

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

HYGIENE, HEALTH & SAFETY

- Q16. How are the guidelines for sport determined and why is it now deemed safe to train in groups with no physical distancing?**

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.

- Q17. 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?**

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.

- Q18. Can bubbles socialise before they enter the field of play?**

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

- Q19. Can the joggers touch e.g. high five etc?**

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



Q20. Why do coaches/leaders have to socially distance during training when joggers don't have to?

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.

Q21. Is a booking system required or just a record of attendance?

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.

Q22. Is it better for the group to provide sanitiser or ask people to bring their own?

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.

Q23. Does the Covid Coordinator need to be specific for each specific session or just a nominated person within the running club/group?

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

Q24. 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?

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.

Q25. 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?

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.

