

scottishathletics



## A practical guide for returning to Indoor athletics training following the COVID-19 restrictions during phase 3 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 training activity.

Version 2 – 10 September 2020



# PHASE 3

Be aware guidance can change quickly and more restrictive rules may be applied in the future, so please refer to the scottishathletics website regularly.



Follow physical distancing at all times off the field of play



Follow public health guidance



Follow facility guidance



Follow jumps guidance at all times



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



Follow equipment hygiene and cleaning guidance

## Remember **FACTS** for a safer Scotland

- F** Face coverings 
- A** Avoid crowded places 
- C** Clean your hands regularly 
- T** Two metre distance 
- S** Self isolate and book a test if you have symptoms 

nhsinform.scot/coronavirus  
#WeAreScotland



The safety and wellbeing of athletes, coaches and the wider athletics community is at the heart of any guidance that **scottishathletics** produces and distributes.

This guidance is supplementary to the guidance we have for outdoor athletics. This guidance should be followed by all athletes, clubs and coaches using indoor spaces.

The guidance that follows provides Indoor-specific advice within the confines of the government framework. This guidance has been published in conjunction with **sportscotland** and Scottish government. It is likely to change at short notice; in which case, updates will be published through the **scottishathletics** website and social media channels. Test and Protect App can be downloaded <https://protect.scot/>

N.B. Whilst this guidance will be useful for any organisation offering athletics or running, please note that the exemptions for group sizes and physical distancing only apply to clubs and groups affiliated to **scottishathletics** and **jogscotland**. Non-affiliated clubs, running groups or non-affiliated event organisers must adhere to the Scottish Government guidance on group sizes and households.

From the 31 August 2020 indoor sport and leisure facilities are able to open if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented.

This guidance is specific to indoor athletics and supplements the guidance produced by **sportscotland** (<https://sportscotland.org.uk/covid-19/getting-your-facilities-fit-for-sport/>).

## 1. Indoor training groups and sizes

The capacity of the indoor training space will be determined by the facility operator. Due to the potential restrictions on capacity clubs may, in consultation with the operator, have to work in smaller groups than was previously the case.

It is recommended by **sportscotland** that for more static activity a minimum of 9 square metres (sqm) per person is allocated to maintain 2m physical distancing in indoor spaces. This figure is based on a physical footprint of 1sqm per person and the requirement to maintain 2m between one another. Faster-moving activities will need 15 sqm between participants to ensure that 2m distance is achieved.

Participants and visitors to indoor sports facilities should wear face coverings before and after activity or when in non-playing areas of the facility (e.g. reception, locker rooms and storage areas). Coaches must have a face covering on for the duration of the indoor activity.

Whilst the guidelines have been relaxed (as outlined below) on the field of play, **scottishathletics** strongly recommends that for those aged 17 and under physical distancing should be adhered to whenever possible (e.g. during breaks), thus reducing the risk of virus transmission. Those aged 18+ must continue to physically distance indoors.

**The rules for training group sizes** and physical distancing are as follows;

### Age 11 and under

- All forms of indoor contact sports training, activity and competition can resume for children up to and including the age of 11 years.
- Recommended maximum group (bubble) size of 8 athletes.
- Athletes must stay within their designated bubble for the duration of the session.
- Children aged 11 years and younger are not required to physically distance, as set out in Scottish Government guidance. This extends to organised indoor sports activity and the field of play.
- Coaches and other adults assisting must continue to physically distance as per Scottish Government guidance.

### Age 12 – 17 years

- Indoor non-contact sports training, leisure activity and competition may resume subject to appropriate physical distancing measures being put in place to limit the risk of participants encroaching within 2m.
- No indoor contact sport for those aged 12+ should be undertaken at this time.
- Recommended maximum group (bubble) size of 8 athletes.
- 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](#)).
- Coaches and other adults assisting must continue to physically distance as per Scottish Government guidance.

### Age 18 +

- Adult indoor non-contact sports training, leisure activity and competition may resume subject to appropriate physical distancing measures being put in place to limit the risk of participants encroaching within 2m.
- No indoor contact sport for those aged 18+ should be undertaken at this time.
- Recommended maximum group (bubble) size of 8 athletes.
- 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](#)).
- Coaches and other adults assisting must continue to physically distance as per Scottish Government guidance.

**Athletes should make sure that if they are coached by an independent coach that they are following the necessary rules put in place.**

## 2. Indoor event specific guidance

### General safety & hygiene

**Athletes must be aware of current club and facility first aid procedures. 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>.**

- Participants and visitors to indoor sports facilities should wear face coverings before and after activity or when in non-playing areas of the facility (e.g. reception, locker rooms and storage areas).
- Coaches must have a face covering on for the duration of the indoor activity.
- Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
- Athletes should not handle any shared coaching equipment (cones etc.). Only the coach should do this.
- Athletes are advised to use their personal equipment wherever possible and follow hygiene guidance.

- Where there is a requirement for athletes to share equipment, it should be thoroughly cleaned before and after use following the facilities guidance.
- Clean all equipment with suitable antiviral wipes/spray at the conclusion of your session.
- Be aware of what surfaces other athletes and coaches touch.
- All users should sanitise their hands before and after their activity. If using equipment athletes and coaches should also sanitise their hands during the activity.
- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on.

### Track

- 1 lane gap **is not sufficient** to maintain 2m physical distancing.
- Athletes 12+ running single file must maintain 5m between them.
- 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 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.

### Field Events

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.

### Vertical Jumps

- A maximum training group size of 3 athletes aged 12 + can jump during a session.
- For athletes aged 11 and under a maximum group of 8 athletes can jump during a session.
- Athletes should be supervised by a coach and physical distancing must be maintained for individuals aged 12+.
- 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 before and after each jump and maintain good hygiene practices.
- Signage must be prominently positioned at each jump area stating the rules/guidance for use. High mist spray of an antiviral disinfectant cleaner to be used on the bed between sessions. **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.**
- Coaches should check with athletes if they have any skin conditions that may react to the cleaning product used on the mats.
- If an athlete coughs or sneezes on the bed it should be closed for cleaning.

- After each bubble cleaning of the bed must be completed, and minimum of 30-minute drying time must be allowed, before the next bubble starts.

### Horizontal Jumps

- A maximum training group size of 3 athletes aged 12 + can jump during a session.
- For athletes aged 11 and under a maximum group of 8 athletes can jump during a session.
- Athletes should be supervised by a coach and physical distancing must be maintained for individuals aged 12+.
- Athletes should sanitise hands before and after each jump and maintain good hygiene practices.
- 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 or watering can of sterilising fluid 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 or coach, should clean any other equipment used.
- After each bubble cleaning of the pit must be completed, and minimum of 20-minute drying time must be allowed, before the next bubble starts.

### Throws

- A maximum training group size of 8 can throw during a session.
- Athletes should be supervised by a coach and physical distancing must be maintained for individuals aged 12+.
- 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 netting.
- 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

- Where possible, para-athletes should use their own personal equipment. All equipment should be cleaned before and after a session following the hygiene guidance.
- Wheelchair, race running, and seated throws athletes should be helped and supported into any equipment by someone from the same or extended household. A coach wearing appropriate PPE (e.g. face covering, gloves and apron) could assist if necessary.
- Guide Runners: guide running **cannot** take place indoors unless with someone from the same household or extended household. Hygiene measures must be followed and the running tether should be cleaned before and after use.

- If an athlete has a speech impairment or difficulty swallowing, supporting coaches should use PPE when necessary.

Colin Hutchison  
 Head of Development  
 · 07983 080 925  
[colin.hutchison@scottishathletics.org.uk](mailto:colin.hutchison@scottishathletics.org.uk)

Lindsay McMahan  
 National Club Manager  
 · 07918796648  
[lindsay.mcmahan@scottishathletics.org.uk](mailto:lindsay.mcmahan@scottishathletics.org.uk)

Jamie McDonald  
 National Club Manager  
 · 07776 370 199  
[jamie.mcdonald@scottishathletics.org.uk](mailto:jamie.mcdonald@scottishathletics.org.uk)

Francis Smith  
 National Club Manager/covid coordinator  
 · 07508 317 606  
[francis.smith@scottishathletics.org.uk](mailto:francis.smith@scottishathletics.org.uk)

Angus Macdonald  
 Welfare Officer  
 · 07983 081 122  
[angus.macdonald@scottishathletics.org.uk](mailto:angus.macdonald@scottishathletics.org.uk)

Pamela Robson  
 National Disability Pathway Officer  
 · 07827 343 410  
[pamela.robson@scottishathletics.org.uk](mailto:pamela.robson@scottishathletics.org.uk)

