

	Level 4	Level 3	Level 2	Level 1	Level 0
Organised club/group activity and coaching in covid-secure environments	All outdoor athletics and running activity permitted following group size and physical distancing guidance below.				
Training Groups & Sizes	Maximum group size 15 athletes (not including coaching) <i>Under 12 group size 30 athletes</i>	Maximum group size 30 athletes (not including coaching)	Maximum group size 50 athletes and coaches	Maximum group size 100 athletes and coaches	Maximum group size 500 athletes and coaches
	<p>*Offtrack groups should consider the size of group/bubble and reduce accordingly.</p> <p>*Performance Sport is exempt from all restrictions. Performance athletes should get in touch with their Performance Team point of contact for further information.</p>				
Coaching Ratios	<p>Age 11 and under the UKA recommended coaching ratio of 1 coach to 8 athletes (1:8).</p> <p>Age 12 – 17 years the UKA recommended coaching ratio of 1 coach to 10 athletes (1:10).</p> <p>Age 18 + the UKA recommended coaching ratio of 1 coach to 12 athletes (1:12).</p>				
Physical Distancing	<p>For those aged 11 and under physical distancing will be suspended during the activity.</p> <p>For those aged 12+ physical distancing should be maintained at all times (2m side by side & 5m single file).</p>	<p>For those aged 17 and under no physical distancing is required during the activity.</p> <p>For those aged 18+ physical distancing should be maintained at all times (2m side by side & 5m single file).</p>	<p>No physical distancing is required during the activity. 2+ should continue to physical distance before and after athletics activity.</p>		
Event Specific	Follow the additional guidance laid out in scottishathletics practical guide for athletics and running.				
Outdoor Competition	No Events	Competition is permitted, please adhere to scottishathletics event guidance. Multiple bubbles are allowed following the numbers.			
		Maximum bubble size: 30 participants Total Daily Limit: 200 participants	Maximum bubble size: 50 participants Total Daily Limit: 500 participants	Maximum bubble size: 100 participants Total Daily Limit: 1000 participants	Maximum bubble size: 500 participants Total Daily Limit: No limit

<p>Travel to training or competition</p>	<p><u>Organised Activity</u> Participants under 18 years of age can travel to and from Level 0 - 3 areas to take part in organised athletics activity. Travel to England is permitted where it is necessary. You must also ensure restrictions in the area you are travelling to permit you to travel.</p> <p>Participants under 18 years of age can also travel to and from a Level 4 area, if for example, they belong to a club which is outside their own local government area. This flexibility is to allow children and young people to take part in sport or organised activity, but they should travel no further than they need to.</p> <p>Where a participant is under 18 years of age they may travel/be driven to train with their club in a higher or lower-Level area.</p> <p>Participants aged 18+ living in a Level 3 area should only travel locally or to another Level 3 area to take part in <u>organised sport</u> or physical activity.</p> <p>Participants aged 18+ living in a Level 4 area should only travel within their own local authority to take part in <u>organised sport</u> or physical activity. Travel into England is not permitted.</p> <p>Coaches/officials can continue to travel to coach/officiate (both paid & voluntary) across local authority boundaries, but travel should be minimised where possible.</p> <p><u>Informal Exercise</u> Participants aged 18+ living in a Level 4 area should only travel out with their local government area (up to 5 miles) to take part in <u>informal exercise</u> such as walking, cycling, golf or running that starts and finishes at the same place. Such activity should follow Scottish Government 'Stay at Home' guidance.</p>		<p>Participants under 18 years of age can travel to and from Level 0 - 3 areas to take part in athletics activity at their normal club venue.</p> <p>Where a participant is under 18 years of age they may travel/be driven to compete/train for their club in a higher or lower Level area.</p> <p>Participants aged 18+ who live in a Level 0, 1 or 2 area should minimise unnecessary journeys and avoid travel to Level 3 or Level 4 areas to take part in sport or physical activity.</p> <p>Coaches/officials can continue to travel to coach/officiate (both paid & voluntary) across local authority boundaries.</p>
<p>Transport</p>	<p>Active travel (walk, run, cycle, wheel) where possible.</p> <p>Avoid car sharing with people outside extended household wherever possible.</p> <p>No use of public transport, except for essential purposes.</p> <p>Face coverings compulsory on public transport.</p>	<p>Active travel (walk, run, cycle, wheel) where possible.</p> <p>Avoid car sharing with people outside extended household wherever possible.</p> <p>Avoid non-essential use of public transport.</p> <p>Face coverings compulsory on public transport.</p>	<p>Active travel (walk, run, cycle, wheel) where possible.</p> <p>Avoid car sharing with people outside extended household wherever possible.</p> <p>Face coverings compulsory on public transport.</p>

	Level 4	Level 3	Level 2	Level 1	Level 0
Organised club/group activity and coaching in covid-secure environments	Indoor Gyms, including athletics facilities, closed .	Indoor athletics and running activity permitted for ages 17 and under following group size guidance below. Individual exercise only for those aged 18+." Individual exercise' refers to organised sport or physical activity within household rules i.e. 1:1 coaching".	All indoor athletics and running activity permitted following group size guidance below.		
Training Groups & Sizes <i>*Performance Sport is exempt from all restrictions. Performance athletes should get in touch with their Performance Team point of contact for further information.</i>	No group activity indoors.	Age 11 and under a maximum group size (bubble) of 12 athletes following the UKA recommended coaching ratio of 1 coach to 8 athletes (1:8). Age 12 – 17 years a maximum group size (bubble) of 8 athletes following the UKA recommended coaching ratio of 1 coach to 10 athletes (1:10). Age 18+ no group activity. Individual exercise only following household guidance.	Age 11 and under a maximum group size (bubble) of 12 athletes (not including coach) following the UKA recommended coaching ratio of 1 coach to 8 athletes (1:8). Age 12 – 17 years a maximum group size (bubble) of 10 athletes (not including coach) following the UKA recommended coaching ratio of 1 coach to 10 athletes (1:10). Age 18 + a maximum group size of 8 athletes (not including coach) following the UKA recommended coaching ratio of 1 coach to 12 athletes (1:12).		
Physical Distancing	No group activity indoors.	For those aged 17 and under no physical distancing is required during the activity. For those aged 18+ physical distancing should be maintained at all times (2m side by side & 5m single file).	No physical distancing is required during the activity.		
Event Specific	No group activity indoors.	Follow the additional guidance laid out in scottishathletics practical guide for athletics and running.			
Indoor Competition	No Events	Permitted for age 17 and under, please adhere to scottishathletics and government event and travel guidance.	Competition is permitted, please adhere to scottishathletics event guidance.		