



Phase 1 – frequently asked questions

Q1. Does the guidance only apply to individual members of scottishathletics?

Our guidance covers all athletes, coaches and officials within member clubs and/or licensed with UK Athletics.

Q2. Will scottishathletics issue a framework that covers more than just phase 1?

The framework we have issued shows the steps we plan to take in line with the Scottish Government's phased approach. As we move towards each new phase, scottishathletics will issue detailed guidance documents aligned to our overall framework.

Q3. What are the consequences if people break the rules?

Anyone contravening the rules set out by Scottish Government will be dealt with in accordance with the powers given to Police Scotland.

Anyone not adhering to the guidance issued by scottishathletics or subsequently your club can be dealt with in accordance with your Disciplinary Policy. They should also be aware that not acting within these guidelines may invalidate potential insurance claims.

Q4. Is there a chance of getting any sort of competition this summer? What will it look like?

Yes, we still have plans for competitions this season, however this is obviously dependent on the lifting of restrictions from government. If we can use facilities for competition we will do it. We're considering different options and structures for events. We'll be looking for support from clubs where possible.

Q5. Will throwers need their own implements? If not, will there be guidance on shared use, sanitising, etc?

Where possible, we would encourage throwers to use their own implements. We are working with partners to provide advice on cleaning of implements.

Q6. Will multiple athletes be able to use jumps mats during a session?

We are working with partners to provide event specific advice. This will include advice on cleaning. Procedures outlined in guidance are likely to need approved by Health Protection Scotland before we can issue.





Q7. A coach has 2 athletes. One is their son/daughter who lives with them (same household). Can they coach another athlete at the same time following the physical distancing guidance?

Yes, the guide states that one to one coaching is permitted if it is outdoors, physical distancing can be maintained, and it is with members of your household and/or members of 1 other household once per day.

Q8. Is there a schedule for tracks being opened for international standard athletes?

Our performance team are working with individual coaches, athletes and facilities around this.

Q9. I noticed a COVID-19 specific risk assessment on other athletics websites. Do we have an equivalent?

We have issued some risk assessment resources to club secretaries on 3rd June.

Q10. What do coaches do about renewal of licences during the lockdown?

We have put in place an online renewal process for existing coaches and officials who already have a PVG registered with us. In the first instance direct queries to coaching@scottishathletics.org.uk or welfare@scottishathletics.org.uk.

Q11. Are there any insurance implications that we need to be aware of?

We are in contact with the brokers of the UKA insurance policies. Their advice is to continue taking steps to minimise risk as you would normally. Risk assessments should reflect steps required to reduce the spread of COVID-19. Clubs should ensure they are following government, governing body and facility advice.

Q12. A number of our coaches are over 70 so classed as "vulnerable" but feel in a position that they wish to resume 1 to 1 coaching in Phase 1. Is this ok?

They can coach, if they wish, and should follow strictly the physical distancing and hygiene guidance. If they have any underlying health conditions they should seek advice from their GP before returning to coaching.

Q13. What will group numbers be for club training in phase 2?

At this stage we don't have any clarity on group size and/or number of households meeting together. In phase 1 sports weren't aware of the group sizes until the announcement was made. We'd advice clubs to scenario plan so you have a number of options available.



Q14. Athletes and coaches may be safer training at a facility rather than a public park. Should the club take forward discussions with facility operators?

Yes, we would advise all clubs to make contact with their facility operators at this stage. Many will be planning for some operations in phase 2 so important to discuss with them how athletics facilities may become operational. The approach to this is likely to vary across the country.

Q15. Your guidance talks about booking systems and registers for training sessions. Can you elaborate on why this is required?

Many clubs will already operate systems for this, especially registers. We're expecting that clubs will be required to ensure contacts details are up to date and registers taken to assist with test and trace. Sports that are allowed to operate in phase 1 must have a booking system. Although we can't guarantee it will be a requirement in phase 2 clubs should plan for it. Booking systems will enable you to manage numbers and plan accordingly.

Q16. Will athletes and coaches be required to wear face coverings when they return to training?

Current advice is for use in enclosed spaces. There has been no indication that it will be a requirement for outdoor sports. Indeed those that have partially returned in phase 1 have no requirement to wear face coverings. Physical distancing and hygiene are highlighted as the most effective measures for preventing the spread of the virus.

Q17. Why are you advising a space of 5 metres between athletes when running single file?

Based on current research our colleagues at the Institute of Sport are suggesting that a gap of 5 metres may be required when running. This is because the exhaled droplets may travel further potentially increasing risk of transmission.

Q18. There were a number of events rescheduled from April and May into August and beyond. What is the likelihood of these events happening in that time frame? And, when are you likely to update the calendar to reflect the phased plan?

As many events are not organised directly by scottishathletics it is a decision for the individual event organiser on whether to postpone and at what time they will make that decision.

To aid the planning process for event organisers we are keeping the calendar as up to date as possible to enable potential alternative dates to be identified. We are also still issuing licences for August to also highlight what is currently planned.

It is impossible for us to say whether August events will go ahead and if so under what restrictions they will need to be conducted under, but we will continue to monitor the situation and provide event organisers with us much information and guidance as possible.





Q19. If our club is having problems engaging with a facility operator are scottishathletics able to offer support?

Yes, we would be happy to support clubs in any of these discussions. Many operators have furloughed staff so we might be able to provide other contacts for the authority or trust operating the facility.

Q20. Some of our athletes train with independent coaches. Will they also be sent your guidance?

All clubs, athletes, coach members and officials members have been sent the updated documents. We will continue to do this at each phase.

Q21. Can you offer some advice on booking systems?

Yes, if you're looking for a simple, free system there are numerous online or you may be able to use a shared folder with members. If you want to look at a paid, longer term solution get in touch with us.

Q22. You mentioned about producing guidance for jumps mats and pits. Will this be available for phase 2 or 3?

We are working towards producing this guidance for phase 2. It requires input from medical professionals who we are already in contact with, but it is likely it will also need approved by Health Protection Scotland before we can publish.

Q23. Regarding changes to the insurance for Level 1 coaches. Is that for all disciplines including throws?

Level 1 coaches can now lead sessions that have been set by a Level 2 coach. However, they can only coach sessions appropriate for the level to which they are trained (further clarification on this will be provided in phase 2 guidance).

Q24. Thinking of younger athletes to keep them engaged are there any plans to allow the U11 age group that would have moved up to U13 at the start of the track season to participate in the virtual running sessions that are taking place if they are running with a family member?

SUPERteams caters for this age group, we will continue to roll out virtual Track and Field / Sportshall Opportunities for this age group and others.

Q25. Are there any plans to run virtual events to get jumpers involved?

Yes, our events team are working with our performance team to identify suitable challenges – Standing Long Jump, Standing Triple Jump and Vertical Jump etc.





Q26. The advice and general content through later phases is still valid so should we start to look at later phases even though they are subject to change?

*Yes, we would encourage all clubs to put together a similar route map to what **scottish**athletics have produced. We have provided all secretaries with a template that can be used.*

Q27. What is the latest advice in regard to events licenses?

Applications are open for events up to the end of March 2021, with Summer 2021 applications opening around December 2020. Dependent on the pandemic situation we may open applications earlier. This will be communicated through the website and our regular bulletin to Event Organisers.

Q28. What are the plans for the cross country season?

The Road and Cross Country Commission are actively scenario planning for what might be possible in October, November and December. Some sort of event will happen on the advertised District and National Cross Country dates, whether these are fully virtual, physical or something in between will be decided in due course.