

# Framework for the safe return to activity via the Scottish Government's route map

*\*This updated framework is based on current advice from the Scottish Government. Clubs, coaches, athletes, facilities, event organisers and participants should be ready to adapt to further changes at short notice.*

	Phase 1	Phase 2	Phase 3	Phase 4
Club/Group	<p>All face-to-face club activity <b>cancelled</b>. All clubs should maintain engagement with members.</p> <p>Club should start to plan for the return of some activities in Phase 2.</p>	<p>Club activity can start to return as outlined in the club plan and following the guidance from the government.</p> <p>Able to meet with larger groups including family and friends <b>outside</b> with physical distancing.</p> <p>Meet people from another household <b>indoors</b> with physical distancing and hygiene measures.</p> <p>Liaise with local facility providers for updates and guidance.</p>	<p>Club activities can start to progress as outlined in the club plan. People can meet in extended groups subject to physical distancing.</p> <p>Liaise with local facility providers for updates and guidance.</p>	<p>Further relaxation on restrictions on gatherings.</p> <p>Continued importance of hygiene and public health emphasised.</p> <p>Club activities can increase to a new normal.</p>
Facilities	<p>Facilities remain closed and clubs should continue to engage with relevant facility providers.</p>	<p>Reopening of outdoor sports courts are permitted.</p> <p>Engage with the local facilities to see what plans are in place, particularly around athletics track and field facilities.</p>	<p>Facilities/gyms are now open subject to physical distancing and hygiene measures.</p> <p>Maintain regular contact, and feedback to, relevant facility providers.</p>	<p>Further relaxation of restrictions in line with public health advice.</p> <p>Maintain regular contact, and feedback to, relevant facility providers.</p>
Athletes	<p>Train with members of own household and/or members of <b>one</b> other household in an <b>outside</b> space with physical distancing.</p> <p>More outdoor activity permitted – such as being able to train in a park or open spaces with one other household.</p> <p>Engage in virtual events.</p> <p>Adhere to <b>scottishathletics</b> safeguarding guidance / policies.</p>	<p>Training on own or able to meet with larger groups <b>outside</b> with physical distancing.</p> <p>Familiarise with facility and club guidance and maintain physical distancing.</p> <p>Adhere to guidance on outdoor physical activity and maintaining physical distancing.</p> <p>Engage in virtual events.</p> <p>Adhere to <b>scottishathletics</b> safeguarding guidance / policies.</p>	<p>Training at local club / group and facility following physical distancing.</p> <p>Gyms open subject to physical distancing and hygiene measures.</p> <p>Engage in competition (see note below on events).</p> <p>Adhere to <b>scottishathletics</b> safeguarding guidance / policies.</p>	<p>Training at local club / group and facility following physical distancing.</p> <p>Continued importance of hygiene and public health emphasised.</p> <p>Training activities can increase to a new normal.</p>

<p><b>Performance Athletes</b></p>	<p>As above.</p>	<p>Potential for performance athletes to gain restricted access to indoor facilities, strength &amp; conditioning, and limited support services. All will be subject to government / public health guidance and local area circumstances.</p>	<p>Performance athletes should now be able to gain access to appropriate facilities, service support and healthcare, subject to government / public health guidance and local area circumstances.</p> <p>Athletes should also seek government guidance on international travel for training camps and competition.</p>	<p>Performance athlete training and competition schedules should start to resemble their pre-lockdown programmes.</p>
<p><b>Coaching</b></p>	<p>One to one coaching is permitted if it is outdoors, physical distancing can be maintained, and is with members of your household and/or members of 1 other household. A coach should not deliver training to more than 1 household at any one time or provide training to more than 1 household per day.</p> <p>Coaches should also continue to use online coaching measures to engage with athletes.</p> <p>You must complete a risk assessment of any activities that are being undertaken.</p> <p>You must follow coaching codes of conduct and adhere to <b>scottishathletics</b> safeguarding guidance / policies.</p>	<p>Coaches can meet and engage in coaching with larger groups <b>outside</b> with physical distancing. Familiarise with facility and club guidance and maintain physical distancing.</p> <p>You must complete a risk assessment of any activities that are being undertaken.</p> <p>Independent coaches can coach, following appropriate government/public health, facilities and safeguarding guidelines.</p> <p>You must follow coaching codes of conduct and adhere to <b>scottishathletics</b> safeguarding guidance / policies.</p>	<p>Coach at the club and follow the <b>club and facilities guidance</b> on physical distancing measures.</p> <p>You must complete a risk assessment of any activities that are being undertaken.</p> <p>Independent coaches can coach, following appropriate government/public health, facilities and safeguarding guidelines.</p> <p>You must follow coaching codes of conduct and adhere to <b>scottishathletics</b> safeguarding guidance / policies.</p>	<p>Coach at the club and follow the <b>club and facilities guidance</b> on physical distancing measures.</p> <p>You must complete a risk assessment of any activities that are being undertaken.</p> <p>Independent coaches can coach, following appropriate government/public health, facilities and safeguarding guidelines.</p> <p>You must follow coaching codes of conduct and adhere to <b>scottishathletics</b> safeguarding guidance / policies.</p>
<p><b>Safeguarding</b></p>	<p>Coaching a child (U18) from a different household one-to-one is not permitted unless a parent/carer is present so that you comply with our safeguarding policy</p>	<p>Coaching a child (U18) from a different household one-to-one is not permitted unless a parent/carer is present so that you comply with our safeguarding policy</p>	<p>Always follow the <b>scottishathletics</b> and club's welfare and safeguarding policies.</p>	<p>Always follow the <b>scottishathletics</b> and club's welfare and safeguarding policies.</p>

<p><b>Events &amp; Technical Officials</b></p>	<p>Virtual Events following government advice.</p> <p>Technical officials can engage and support virtual events through event scrutiny roles.</p>	<p>Virtual Events following government advice.</p> <p>Technical officials can engage and support virtual events through event scrutiny roles.</p>	<p>Virtual Events following government advice.</p> <p>Together Apart competition people can meet in extended groups subject to physical distancing and hygiene regulations.</p> <p>Technical officials can engage and support virtual events through event scrutiny roles. They may also support 'Together Apart' activities at their local facilities subject to government / public health advice and local GP advice.</p>	<p>Events may resume following public health advice.</p> <p>Technical officials should be able to resume 'normal' event roles regionally and nationally, subject to government / public health advice and local GP advice.</p>
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Information on the Scottish Government's approach to managing covid-19 is available at [www.gov.scot/coronavirus-covid-19/](http://www.gov.scot/coronavirus-covid-19/)

Other Guidance can be found [www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/](http://www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/)

Disclaimer, this guidance has been prepared by **scottishathletics** as an interpretation of the route map the Scottish Government has issued. This document will be updated every time further guidance and clarity is provided by the Scottish Government. Individuals who need to seek clarity on any of the points should do so by contacting the relevant staff contact.