

**scottish**athletics



A practical guide for athletics coaches  
returning to athletics  
following the Covid-19 restrictions during  
Phase 1 of the route map for exiting lockdown



## PHASE 1

The guidelines in this document relate to phase 1 of the Scottish Government's COVID-19 route map through and out of the crisis.

This phase:

1. Allows unrestricted outdoors exercise adhering to distancing measures and non-contact outdoor activities in the local area.
2. Permits people to use outdoor spaces for recreational purposes.
3. Allows one household to meet with another household outdoors, in small numbers, but with physical distancing required.
4. Workplace guidance applies to coaches. 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/)

This practical guide, prepared by our team in consultation with **sportscotland**, Scottish Government and Children First, outlines the robust measures **scottishathletics** would like coaches to take, in conjunction with their clubs and athletes, to maintain their own, and others safety, during phase 1 of the route map through and out of the crisis.

The measures proposed cover each step of the journey from preparation at home to the outdoor area used for exercise and back home again.

These measures should be followed at all times during phase 1. Further advice will be provided for the subsequent phases in due course.

**Informed coaches  
and  
robust procedures**

**\*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. 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. Be aware that this guidance can change quickly so please continue to follow advice on the [scottishathletics](https://scottishathletics.org.uk) website.**

## 1. Before you coach

You or your athlete(s) must stay at home if you or they:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas or exposed to someone with COVID-19 in the last 14 days.
- Have COVID-19 symptoms or are feeling unwell.
- Have been told to self-isolate as part of any contact tracing measures in place.

Please check with your GP prior to coaching if you are in a high-risk health category or are in the vulnerable and shielding category.

If an athlete/coach/parent becomes unwell after training, they should first contact their GP/NHS 24, update any contact tracing App in use at that time, and then inform their club/[scottishathletics](https://scottishathletics.org.uk) welfare team.

## 2. Preparing for a coaching session

It is advised that in phase one coaches continue to avoid all unnecessary face to face contact with athletes. Where possible, coaches should utilise online coaching measures following [scottishathletics](https://scottishathletics.org.uk) social media [guidelines](#).

Where face to face training sessions are taking place, physical distancing must be maintained and these guidelines must be followed.

All coaches must plan and prepare with their athletes for each face to face training session and in particular the planning must be aimed at minimising the risk of infection/transmission. The following points must be included:

- At this time sessions should only take place outdoors and in public spaces in the local area. Please note your usual local facilities may be closed.
- Prepare a risk assessment based on planned activities/outdoor training space/age etc. of the athlete(s).

Hygiene: Cleaning, hand and respiratory hygiene are core measures and provision should be made for these. Clear guidance and plans must be in place for cleaning of equipment and waste disposal. Note that toilets and other washing facilities will not be available. Detailed guidance is available at; [www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/](https://www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/).

- Identify and mitigate all circumstances where injuries or other accidents might occur, and have agreed procedures and plans in place to manage such an issue while respecting all government guidance.
- Where the athlete is under 18 the parent in attendance will have first aid responsibilities as the coach should not be within 2m of the child.
- Consult beforehand with your athlete (and their parents/carers if u18) on how sessions will be delivered safely.
- Remember that athletes and parents may be anxious about resuming training in public spaces so be prepared to discuss the arrangements in detail and amend to suit individual needs.
- Acknowledge that some athletes will not want to meet face to face at this stage.
- Maintain a register of training sessions, who attended, where and when. This information may be necessary for government contact tracing initiatives.
- Communicate the training arrangements in writing beforehand. Parents should be asked to reiterate the advice to their children pre-training.
- Ensure where necessary that you get permission to carry out your session at the chosen outdoor space.



### **3. Prior to the session**

- Athletes of any age should not travel to and from training with a coach or other athlete unless they are in the same family group.
- Athletes should bring their own technical equipment.
- Athletes should arrive and leave via the agreed access/exit point and as close as possible to when you need them to be there.
- Preferably only one parent/guardian from the family should accompany an athlete under 18 years of age.
- Athletes should arrive ready to train as changing facilities are not available.
- Athletes and coaches should bring with them hand sanitizer and/or antiseptic wipes.

### **4. During the training session**

- At all times, coaches, athletes, and their parents and carers, should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others including when giving feedback and when athletes are resting. Scottish Government guidelines are available at <https://www.gov.scot/coronavirus-covid-19/>.
- Only those who need to be at the training sessions should attend.
- Where the training group involves 2 or more athletes they must run single file and maintain 5m distance, unless there is sufficient space where they can leave 2m between them while running side by side.
- Athletes must run in order of ability with the fastest athlete starting first to minimise overtaking.
- Hygiene: Cleaning, hand and respiratory hygiene measures must be followed at all times.
- Equipment: Don't let the athletes handle any coaching equipment (cones etc.). Only the coach should do this.
- Equipment: Athletes must use their personal equipment wherever possible and follow hygiene guidance at all times. Personal equipment should not be shared, and measures must be put in place to reduce the risk of contamination.
- Be aware of what surfaces you or your athlete(s) touch. You must clean all equipment and surfaces thoroughly with disinfectant before you leave/before another session.
- When training finishes athletes/coach must leave promptly.

### **5. Coaching athletes from a different household**

\*This is currently permitted on a 1:1 basis.

The more contact a coach has with athletes from a different household the greater the risk of coming into contact with COVID-19. However, in phase 1 it is possible for coaches to undertake separate face to face training sessions with athletes from a different household and the following guidelines should be followed:

- Coaching is permitted with members of your household and/or members of 1 other household.
- Training must be outdoors and physical distancing must be maintained.
- A coach should not deliver training to more than 1 other household at any 1 time or provide training to more than 1 other household per day.
- Equipment should be disinfected thoroughly after use and where possible different equipment should be used for different households.

## 6. Safeguarding

### Children and young people

- Coaches must ensure they have the permission/agreement of the parent or guardian to coach an athlete who is under the age of 18, or where relevant, an athlete who is an adult at risk.
- In line with our safeguarding policies, athletes under 18 years of age should be accompanied by a parent or a guardian at all times throughout the session.
- Preferably only one parent/guardian from the family should attend in these circumstances.
- Coaching of athletes aged under 18 should be undertaken in sight of the parent or guardian.

### Para-athletes

- Higher Risk: athletes in the higher risk groups should follow any medical guidance they have been given about ensuring good health and welfare. If there are further concerns, please consult with your medical or national organisations for support and best practice.
- General Assistance: disabled athletes requiring personal support should bring one carer with them to training provided this person is part of their normal family or support group.
- Guide Runners: in phase 1, unless the guide is a member of the same household then guide running should not be carried out.
- Equipment: para athletes must use their personal equipment and follow hygiene guidance at all times.

**If you witness a breach of these guidelines by other coaches/athletes it should be addressed immediately in a polite fashion, and any ongoing disregard for these protocols should be reported to scottishathletics as soon as possible.**

## 7. Contact Details

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