



**CLUB PLAN FOR ATHLETICS AND RUNNING DURING COVID-19 PANDEMIC.  
STRATEGIC FRAMEWORK FOR SCOTLAND'S COVID-19 RESTRICTIONS  
PUBLISHED 31<sup>st</sup> October 2020, UPDATED 7<sup>TH</sup> November 2020**

Based on Scotland's Strategic Framework (<https://www.gov.scot/publications/covid-19-scotlands-strategic-framework/>)  
and Scottish Athletics Framework Guidance ([https://www.scottishathletics.org.uk/wp-content/uploads/2020/10/Scottish-Athletics\\_Covid19\\_Level-supporting-document-Return-to-Sport\\_Guidance-for-Athletics-v2-261020.pdf](https://www.scottishathletics.org.uk/wp-content/uploads/2020/10/Scottish-Athletics_Covid19_Level-supporting-document-Return-to-Sport_Guidance-for-Athletics-v2-261020.pdf))

Bellahouston Road Runners is part of the Glasgow City area

**Club members must not attend a training session / timed club run and should stay at home if they:**

- Have been in contact with someone with COVID-19 in the last 14 days
- Have been overseas to a country on the quarantine list or exposed to someone with COVID-19 in the last 14 days.
- Have COVID-19 symptoms (self-isolate for 7 days) or are feeling unwell; these include: a dry cough, a high temperature or loss of the sense of smell or taste.
- Have been told to self-isolate as part of the contact tracing measures in place

		Scottish Athletics Guidance	Bellahouston Road Runners action to be taken
General guidance	Before athletes participate	<p>Athletes must stay at home if:</p> <ul style="list-style-type: none"> <li>• They have COVID-19 symptoms</li> <li>• Someone in their household has COVID-19 symptoms</li> <li>• Have been asked to self-isolate at home by the Scottish Government Test and Protect system</li> <li>• Have returned from a country which is not on the exemption from quarantine list in the last 14 days</li> </ul>	<ul style="list-style-type: none"> <li>• Prior to attending a training session, all members complete online questionnaire confirming they are eligible to attend training</li> <li>• Further check at start of session by coach.</li> </ul>
	Physical distancing and good hygiene behaviours	<ul style="list-style-type: none"> <li>• Follow Scottish Government advice on physical distancing at all times when not taking part in activity</li> <li>• Do not share food, towels and drinks</li> <li>• Clean your hands and equipment frequently</li> <li>• Participants must practice good respiratory hygiene during the activity</li> <li>• Avoid spitting and touching your face</li> <li>• Hand sanitiser should be at least 60% alcohol based and detergent wipe appropriate for the surface they are being used on</li> </ul>	<ul style="list-style-type: none"> <li>• Members are reminded that Scottish Government guidelines on social distancing should be adhered at all times out with the training session</li> <li>• Members are advised to avoid spitting or coughing</li> </ul>
	Competition	Different restrictions will apply to competition, Scottish Athletics have separate event guidance	<ul style="list-style-type: none"> <li>• Club will refer to Scottish Athletics event guidance for internal club and open competitive events</li> </ul>
	COVID Officer / Coordinator	It is the responsibility of each club to appoint a responsible person/s as the COVID Officer/Coordinator to act as the point of contact on all things related to COVID-19	<ul style="list-style-type: none"> <li>• Emer Campbell (Trustee) is the club's COVID coordinator, (e-learning module completed).</li> </ul>
	Local outbreaks	Where a local outbreak is reported, sports facilities operators should review Scottish Government 'local measures' guidance and consider if additional mitigating actions should be put in place to reduce risk	<ul style="list-style-type: none"> <li>• Club will consult with any facility operator, Scottish Athletics and Scottish Government regarding additional measures to be taken.</li> <li>• The COVID coordinator will liaise with committee.</li> </ul>

<b>Health, safety and hygiene</b>		<ul style="list-style-type: none"> <li>• Athletes must be aware of current club and 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</li> <li>• Athletes are advised to use their personal equipment and follow hygiene guidance</li> <li>• Personal equipment should not be shared</li> <li>• Be aware of what other surfaces other athletes and coaches touch</li> </ul>	<ul style="list-style-type: none"> <li>• Club will ensure that they will have access to first aid facilities at all sporting venues used for training / competition</li> <li>• Athletes will be reminded to not share personal equipment, including water bottles</li> </ul>
<b>Club Activity</b>		<ul style="list-style-type: none"> <li>• Clubs using an athletics facility should agree with the operator the maximum capacity and booking process prior to resuming training. Limits on the number of participants accessing outdoor facilities should be risk assessed to ensure appropriate physical distancing can be maintained outside on the field of play</li> <li>• Online bookings should be taken if possible</li> <li>• In line with Data Protection regulation, a register of users must be kept in case there is a need to track and trace. This should be kept for no longer than 21 days</li> <li>• All paid and voluntary coaches can travel between local authority areas through protection levels 0-4</li> </ul>	<ul style="list-style-type: none"> <li>• Club will liaise with track operators and incorporate their guidance / risk assessment <ul style="list-style-type: none"> <li>– Nethercraigs (Pollok United)</li> <li>– Hutcheson's</li> <li>– Barrhead High School</li> </ul> </li> <li>• Club online booking system will be used by all members attending training; forms must be completed prior to attending training. Booking form includes COVID-19 questionnaire.</li> <li>• Club will retain the names and contact details of those members attending a training session for 21 days and if asked to do so by NHS Scotland, will release this information as part of a contact tracing process.</li> <li>• Members are encouraged to upload session to club Strava page, to facilitate more accurate contact tracing if required.</li> </ul>
	Level specific	<ul style="list-style-type: none"> <li>• Levels 0 – 4: all outdoor athletics and running activity permitted following group size and guidance (see below)</li> </ul>	<ul style="list-style-type: none"> <li>• Level 0 – 4: club will continue to hold outdoor training sessions, following level specific group size and social distancing guidance (see below).</li> </ul>

<b>Training groups and sizes</b>	Age 18+	<ul style="list-style-type: none"> <li>• Group sizes for indoor and outdoor activity as laid out in the framework for the level your local authority is operating under</li> <li>• UKA recommend coaching ratio of 1 coach to 12 athletes</li> <li>• Athletes must stay within their designated bubble for the duration of session.</li> <li>• Normal physical distancing guidelines will however apply before and after the activity takes place</li> <li>• A maximum of group size (bubble) of 15 athletes</li> </ul>	<ul style="list-style-type: none"> <li>• Club will hold three training sessions (purple, white and black) at separate locations; each session will be led by qualified coach.</li> <li>• Members will be reminded that out with the training session, including travel to and from the session, social distancing should be maintained at all times.</li> </ul>
	Level specific	<ul style="list-style-type: none"> <li>• Levels 0 – 3: maximum group size (bubble) of 15 athletes (including the coach)</li> <li>• Level 4: Maximum group size of 8 athletes (including the coach)</li> </ul>	<ul style="list-style-type: none"> <li>• Levels 0 – 3: Maximum number of members attending club sessions is 15 individuals, including the coach. Together they will form a training bubble.</li> <li>• Level 4: Maximum number of members attending club sessions is 8 individuals, including the coach.</li> </ul>
<b>Athlete guidance</b>	Before and during activity	<ul style="list-style-type: none"> <li>• Athletes should follow the club and/or facilities booking protocols</li> <li>• Athletes should avoid travelling to and from training in the same vehicle as someone from a different household</li> <li>• Athletes should arrive at the designated training facility as close as possible to the start of their training session</li> <li>• Athletes should take with them hand sanitiser and/or suitable antiviral wipes</li> <li>• Athletes should remember a face covering to use when required</li> </ul>	<ul style="list-style-type: none"> <li>• Members will meet outdoors where the session is due to start, ready to begin warm up.</li> <li>• Members from different households should arrive at training session individually (no car sharing) changed and ready to start training.</li> <li>• Members will be advised of the specific instructions for each track facility.</li> <li>• Wearing of masks or gloves is not mandatory. Members who wish to wear masks and gloves are responsible for ensuring safe disposal at the end of use.</li> </ul>

	Physical distancing – Level specific	<ul style="list-style-type: none"> <li>• Level 0 – 2: Field of play (training) bubbles are permitted with no physical distancing required during the activity</li> <li>• Level 3: Field of play bubbles are permitted with no physical distancing required during the activity. Where athletes aged 18+ may be in close contact for an extended period of time (eg longer than 15 minutes) Scottish Athletics strongly recommend enforcing physical distancing.</li> <li>• Level 4: Field of play bubbles suspended for those aged 18+ (2m side by side and 5m single file)</li> </ul>	<ul style="list-style-type: none"> <li>• Level 0 – 2: Physical distancing not required within the training bubble during the training session, but must be reinstated at the end of the session.</li> <li>• Level 3: Physical distancing strongly recommended within the training bubble during the training session (2m side by side and 5m single file) and must be reinstated at the end of the session.</li> <li>• Level 4: Field of play bubble suspended and physical distancing must be maintained at all times during the session.</li> </ul>
	After activity	<ul style="list-style-type: none"> <li>• Once training has finished, athletes should leave promptly and maintain physical distancing</li> <li>• Hand should be washed and/or sanitised as soon as possible</li> <li>• If you become unwell after training, you should first contact your GP/NHS 24 and then inform your club</li> </ul>	<ul style="list-style-type: none"> <li>• Members are required to reinstate physical distancing at the end of the session and leave promptly.</li> <li>• Members are advised that if they become ill after training they should seek medical help from their GP/ NHS 24 and then inform the COVID coordinator. This information will be treated confidentially.</li> </ul>
	Competition	<ul style="list-style-type: none"> <li>• Athletes intending to compete in licensed athletics events should refer to Scottish Athletics guidance for athletes competing and any specific guidance issued by the event organiser before entering or attending any organised competition.</li> </ul>	<ul style="list-style-type: none"> <li>• Members should follow the published guidance from Scottish Athletics and race organisers.</li> </ul>

	Travel to training or competition	<ul style="list-style-type: none"> <li>• Level 0 – 2: <ul style="list-style-type: none"> <li>– Travel to/from level 3 or higher areas in Scotland should be minimised</li> <li>– Athletes are permitted to travel into a level 3 area for athletics activity if it is within 5 miles from your local authority boundary.</li> </ul> </li> <li>• Level 3: <ul style="list-style-type: none"> <li>– Travel is permitted within and around 5 miles from your local authority boundary for athletics activity.</li> <li>– Avoid any unnecessary travel to a level 4 area</li> </ul> </li> <li>• Level 4: <ul style="list-style-type: none"> <li>– Travel is only permitted within your own local authority</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Level 0 – 2: <ul style="list-style-type: none"> <li>– Members are advised to minimise travel to / from level 3 or higher areas for training or competition</li> <li>– Members are advised they are permitted to travel from a level 0 – 2 area to a level 3 area for athletics activity, if the activity is within 5 miles of the boundary of your local area.</li> </ul> </li> <li>• Level 3: <ul style="list-style-type: none"> <li>– Members are advised travel is permitted within and around 5 miles from your local authority boundary</li> <li>– Members are advised to avoid any unnecessary travel to a level 4 area.</li> </ul> </li> <li>• Level 4: <ul style="list-style-type: none"> <li>– Members are advised travel is only permitted with their local authority area</li> </ul> </li> </ul>
	Transport	<ul style="list-style-type: none"> <li>• Level 0 – 2: <ul style="list-style-type: none"> <li>– Active travel (walk, run, cycle, wheel) where possible</li> <li>– Avoid car sharing with people outside extended household wherever possible</li> <li>– Face coverings compulsory on public transport.</li> </ul> </li> <li>• Level 3: <ul style="list-style-type: none"> <li>– As for levels 0 – 2, and avoid non-essential use of public transport</li> </ul> </li> <li>• Level 4: <ul style="list-style-type: none"> <li>– As for levels 0 – 2, and no use of public transport except for essential purposes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Levels 0 – 2: <ul style="list-style-type: none"> <li>– Members are encouraged to walk / run / cycle to training sessions / competitions wherever possible</li> <li>– Members are advised against car sharing with members outside their extended household.</li> <li>– If travelling on public transport, members should wear face coverings</li> </ul> </li> <li>• Level 3: <ul style="list-style-type: none"> <li>– As for levels 0 – 2, except members should avoid travelling on public transport wherever possible</li> </ul> </li> <li>• Level 4: <ul style="list-style-type: none"> <li>– As for levels 0 -2, except members should avoid public transport unless making an essential journey. In level 4, exercise is not considered an essential reason to travel.</li> </ul> </li> </ul>

<b>Coaching guidance</b>	Preparing for a coaching session	<ul style="list-style-type: none"> <li>• Coaches using an athletics facility independently from a club should agree with the facility operator the maximum capacity and booking process to resume training</li> <li>• Coaches can take multiple sessions per day indoor and outdoor; numbers in each session will depend upon the protection level restrictions in place in the given location</li> <li>• All paid and voluntary coaches can travel between local authority areas through protection levels 0 – 4</li> <li>• A risk assessment based on planned activities/ training environment should be prepared and reflect additional hygiene and safety measures</li> <li>• It is mandatory to maintain a register of training sessions, who attended, where and when.</li> <li>• Ensure where necessary that access to the athletics facility is pre-booked or where necessary we have permission to carry out the session in the chosen outdoor space.</li> </ul>	<ul style="list-style-type: none"> <li>• Club will liaise with track operators and incorporate their guidance / risk assessment <ul style="list-style-type: none"> <li>– Nethercraigs (Pollok United)</li> <li>– Hutcheson’s</li> <li>– Barrhead High School</li> </ul> </li> <li>• Club online booking system will be used by all members attending training; forms must be completed prior to attending training. Booking form includes COVID-19 questionnaire.</li> <li>• Club will retain the names and contact details of those members attending a training session for 21 days and if asked to do so by NHS Scotland, will release this information as part of a contact tracing process.</li> <li>• Existing club risk assessments for training routes will be reviewed where necessary.</li> <li>• Coaches are reminded to follow guidance on travel to and from training sessions (see below).</li> <li>• Coach for each session will be part of the training bubble for the duration of the session.</li> <li>• Coaches should follow the Athlete guidance during the training session (see above).</li> </ul>
<b>Event specific guidance</b>	Track	<ul style="list-style-type: none"> <li>• Athletes should follow training group sizes and physical distancing guidelines outlined above</li> </ul>	<ul style="list-style-type: none"> <li>• Members will follow level specific guidance (see above) and the guidance drawn up by the facility provider..</li> </ul>

Off track coaching and leading Inc. road running

- Coaches, athletes and runners should adhere to all restriction that may be placed on a public space by the owner of that space.
  - Coaches should ensure they have carried out a standard risk assessment of any training space or route, as they normally, prior to the session taking place
  - Coaches should ensure they carry out standard safety procedures (e.g. phones, route planning etc) when accessing “wild” public spaces
  - Be aware of other members of the public using the same space you are training in. The group should be briefed on how they run together in a way that respects physical distancing and which does not cause unnecessary risk or anxiety to members of the public
- No new road running routes are being proposed for club training sessions, existing risk assessments will be applied.
  - All training sessions are held on public spaces.
  - Members should be mindful of members of the public also using public spaces and maintain social distancing (2m) at all times.



Club race /  
timed runs,  
permitted in  
levels 0 - 3

- Scottish athletics permit outdoor competition to take place in levels 0 – 3. No events are permitted in level 4.
- Maximum number of people attending any club event is 200 (includes athletes, officials, spectators etc)
- Maximum of 30 runners may create a competition bubble, physical distancing guidance is level specific (see above Athlete Guidance, Physical Distancing, level specific)
- Entries should be made online prior to the event
- Bibs/numbers should be sent out in advance
- Consider marking out spaces within parts of the event site as queuing or waiting area
- Starts are timetabled and planned according to pre-entries and the schedule of start times will be available on line before the race
- Organisers should deter spectators from attending the event where possible
- Route will be published on line
- Reinforce good hygiene practices, hand sanitiser should be available and Scottish Government guidelines regarding social distancing should be followed
- Post event and results: all runners, officials and marshals should leave the site as quickly as possible once their run / duties are completed
- Results should not be posted within the event site, but made available on line
- For internal events involving only club members, a Scottish Athletics event licence is not required. Only athletes that are members of the club and internal officials and helpers can participate in such an event
- All competitors must complete online entry form, that includes COVID-19 health questionnaire
- No bibs / numbers will be used
- Competitors will be asked to submit an estimated time, which will determine which competition bubble they are in. Bubbles and schedule of start times will be published on line in advance of the event.
- All competitors receive event briefing notes which includes route map and guidance on social distancing
- Competitors will be reminded, before the race, what level specific physical distancing is required during the race and physical distancing must be adhered to at all times out with the race.
- Competitors should maintain at least a 2m distance from all officials.
- Officials will wear face coverings when physical distancing is not possible
- Hand sanitiser will be available in the start / finish area
- All competitors are asked to arrive at the start / finish area no more than 10 minutes before their designated start time.
- All competitors are asked to leave the start / finish area as quickly as possible after finishing their run.
- Results will be available on line on the club forum
- Only members of Bellahouston Road Runners are eligible to enter club internal events.
- For events involving another club, a Scottish Athletics event licence will be applied for.

	Informal running groups	<ul style="list-style-type: none"><li>• Scottish athletics permits club members to create training bubbles under the auspices of the club for adults aged 18+.</li><li>• Each group must follow the level specific guidance on group size and physical distancing</li></ul>	<ul style="list-style-type: none"><li>• The group must follow all the guidance regarding physical distancing and travel set out above for club training sessions. In addition:<ul style="list-style-type: none"><li>• A group leader should be identified</li><li>• A record should be made of all those attending each session, that is accessible to Trustees if contact tracing is required.</li><li>• The COVID status of all attendees should be confirmed at the start of the session</li><li>• Whilst in the bubble, runners should follow the athlete guidance set out above</li><li>• The club code of conduct and rules apply</li><li>• A club training plan (either a long run or a published club session) is followed unless a level 2 coach is present</li></ul></li></ul>
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Bellahouston Road Runners Board of Trustees

Saturday 7<sup>th</sup> November 2020