

England Athletics (EA) Guidance for Activities during the Covid 19 virus Pandemic From 17 July 20 (Govt Guidance 9 Jul) and EA updates to 23 Sep 20

Original summary 20 Jul 20. Further reviews and updates **30 Jul**, **11 Aug**, & **23 Sep 20**

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<https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3>

Guidance update for restricted return to activity (for coaches, leaders, athletes, runners and facilities) – step 3. EA Updates to **23 Sep 20**

Following new restrictions outlined on 22 Sep by UK government, we can confirm that guidance for OUTDOOR club and group activity as well as all types of OUTDOOR competitions for athletics and running is not affected. However, guidance for INDOOR activity has been updated. Indoor activity for Under 18's can take place with larger numbers in a Covid-secure environment. Indoor training for over 18s is restricted to groups of 6 (1 coach to 5 athletes). See below.



New poster – 23 Sep 20 Indoors adult training restricted to 6

Summary: Clubs, groups and coaching/leading activity can now take place in unlimited numbers **outdoors** if it is within a Covid-19 secure environment, otherwise the limit of groups of six (including a coach or leader) remains. Each coach/leader is able to train 12 people at one time so, in a club/running group setting, multiple coaching/training groups can be run if the requisite number of coaches/leaders are present. Social distancing and hygiene is still to be maintained and is key within a training environment. Government or local lockdown measures may supercede Sport Gov Body Guidelines.

Following [govt. advice on 9 July 20](#) easing lockdown restrictions, EA prepared guidance documents 17 Jul; which have been updated for revised restrictions on **4 Aug** and **23 Sep 20**

1. [Guidance for athletes and runners: return to activity](#) (PDF 260kB)
2. [Guidance for coaches and leaders: return to activity](#) (PDF 320kB)

3. [Guidance for athletic venues: return to activity](#) (PDF 210kB)
4. [Guidance for affiliated clubs: return to activity](#) (PDF 250kB)
5. [Guidance for road running coaches: return to activity](#) (PDF 320kB)
6. [Health and safety guidance: return to activity](#) (PDF 230kB)
7. [Covid secure environment information](#) (PDF 200kB)
8. [COVID scenarios and options flow chart](#) (PDF 100kB)
9. [Guidance FAQs](#) (PDF 200kB)

runbritain has published its Covid-19 Guidance for Road Race and Multi-Terrain Race Organisers (21 July 2020) <https://www.runbritain.com/covid-19-uk-road-race-guidance>

The summarised changes are below (including updates 4 Aug and 23 Sep) :

- Clubs, groups and coaching/leading activity can now take place in unlimited numbers outdoors if it is within a Covid-19 secure environment, otherwise the limit of groups of six (including a coach or leader) remains. Each coach is able to train 12 people at one time so in a club/running group setting, multiple coaching/training groups can be run if the requisite number of coaches/leaders are present.
- 23 Sep - Indoor adult (> 18) activity in groups no more than 6
- Indoor activity for Under 18's can take place with larger numbers, however Dept for Educ. guidance and coaching ratios should be adhered to i.e. no more than 15 athletes or runners in group which then requires 2 coaches / leaders in attendance (i.e. for group of 15 U18s, the coach/leader ratio is 2:15).
- Informal activity or that outside the Covid Secure Environment must still be restricted to groups of no more than 6.
- Social distancing and hygiene is still to be maintained and is key within a training environment.
- 4 Aug – Additional summary guidance on Guide Running, Jumps, and Higher Risk Groups – see EA guidance documents for more.

Some Key Points from the Guidance Documents above :

For Everyone :

- Issued 17 Jul using Govt Guidance from 9 Jul, inc'g EA updates on 4 Aug & 23 Sep
- Govt Guidance and any local lockdown measures supercede governing body advice at all times
- Activities must take account of local conditions and be 'risk assessed'
- Any individual must monitor themselves for any signs of the Covid 19 virus; any suspicion or indication of the virus then do not engage in group activities.
- Read and comply with the 7 EA Guidance Documents in full as appropriate to role and activity – Affiliated Clubs, Athletics Venues, Coaches, Athletes and Runners, Road Running Coaches, Health & Safety, Covid Secure Environment.
- Stay up to date – guidance may be updated at any time.

- I have not summarised the Guidance Documents for Athletics Venues as we are not directly responsible for a Venue, **or the Road Running Coaches** – as this is largely similar to the other guides. There is separate guidance for Competitions.

Affiliated Clubs :

- From the H&S Guidance 'The law does not expect you to eliminate all risk but you are required to protect people as far as 'reasonably practicable'.
- Appoint Covid 19 Co-ordinator; Committee/key officers/volunteers also responsible.
 - Communicate with facility operators
 - Group Management & Training Sessions
 - Must have risk assessments in place and review regularly.
 - Training sessions must comply with social distancing
 - No limit on individual group sizes **outdoors**; but need to be in Covid Secure Environment (see below)
 - **Sep 23 - Indoors – Adults (> 18) limited to 6;**
 - **Sep 23 - Indoors - Juniors (<18) larger groups (see above).**
 - Individual coaches – max 12 athletes / runners at one time.
 - May need to run a booking system
 - **Groups involving young people (under 18's) should be coach/lead in no more than 15 (need 2 coaches/ leaders to meet the 1:12 coach/ leader ratio)**
 - Communicate with members, coaches, volunteers, officials
 - Training groups, booking, arrival, drop-off, registration, hygiene, equipment, toilets, etc
 - Consider virtual meetings, virtual training and activities, ...

Covid Secure Environment :

- Covid-19 officer in place **(for the Club)**
 - The EA guidance now specifically refers to the Pg 2 in Guidance for Affiliated Clubs and the role of the Club Covid-19 officer.
- Venue/ environment – must have a Covid action plan and Risk Assessment
 - A COVID secure environment can be any environment. It could be a track, indoor sports hall (25th July onwards), open space, such as a park, fell, trail or road.
 - An action plan is a document that outlines the process you are following to make your venue and activity COVID secure, and would detail information such as the owner (COVID Coordinator), risk assessments, tracking protocol and communication plans with all members and participants.
- All activity must comply with social distancing before, during and after
- Clubs & coaches must capture pre-activity health questionnaires including participant contact details to be shared, if required, with the Govt Test & Trace

- Anyone who has attended a session and subsequently tests positive must complete the UKA COVID-19 tracking form. Must be in COVID Action Plan
- Must enable and ensure good hygiene
- Sessions including U18's – more planning. See EA / Sport England guidance

Athletes & Runners :

- No limit on individual group sizes outdoors if in Covid Secure Environment, if not CSE then maximum of 6
- 23 Sep - Indoors – Adults (>18) groups limited to 6;
- 23 Sep - Indoors - Juniors (<18) larger groups (see above).
- Recommend time buffer between sessions for social distancing and cleaning
- Ensure have a plan for injuries and accidents
- Own food & water as required
- Toilets may not be open / indoor space may not be available
- Hand sanitizer and equipment cleaned before and after use
- Do not congregate before or after training, return home
- Coaching outside a club or group environment – coaches must have permission of responsible parent / guardian for U18's
- For U18's / vulnerable persons / higher risk groups – seek additional advice.
- Understand plans for facility / location
- Track & Field inc'g Jumps & Throws – read additional guidance
- Off track coaching and leading including road running
 - Unlimited numbers if Covid Secure Environment; otherwise one coach/leader to five athletes, or group of six athletes
 - Standard safety procedures (e.g. phones, route planning etc) in 'wild' public spaces
 - If far from assistance ensure understand local emergency procedures and consider if activity could add to pressure on emergency services.

Coaches & Leaders (Athletics, Running & Road Coaches and Leaders)

- Read your own Guidance Document in detail and stay up to date
- Read other Guidance Documents, especially Athletes & Runners and Athletics Venues so you are aware of the requirements.
- Consider all the above for Athletes & Runners, Events, Venues and your Club and ensure all in place.
- Follow hygiene guidance including wash hands before leaving home
- Outdoor facilities only at this point
- Risk Assessment including Covid 19 (see guides for coaches) and cleaning
- Plan for injuries and accidents