



COVID-19 – PETERHEAD ATHLETICS CLUB FRAMEWORK FOR SAFE RETURN TO ACTIVITY

**This framework is based on current advice from the Scottish Government and scottishathletics. Athletes, coaches, officials, administrators, and parents should be ready to adapt to further changes at short notice.*

**Information with exception of club specific related has been taken directly from Scottish Athletics Framework **

<https://www.scottishathletics.org.uk/wp-content/uploads/2020/05/Scottish-Athletics-route-map-framework-updated-2805>

	Phase 1	Phase 2	Phase 3	Phase 4
Governance & Management	<p>All face-to-face club activity cancelled. Maintain engagement with members.</p> <p>One or two forms of exercise a day from your home (alone or with members of your household – no travel)</p>	<p>All Face to face club activity remains cancelled.</p> <p>Unrestricted outdoors exercise adhering to physical distancing measures and non-contact outdoor activities in the local area.</p>	<p>Club activities can start to progress - Subject to Government/ SA Guidelines and progress with regards to use of Facilities, correct COVID documentation /systems in place.</p> <p>People can meet in extended groups subject to social distancing</p>	<p>Subject to Government/ SA Guidelines and progress with regards to use of Facilities, correct COVID documentation /systems in place.</p> <p>Further relaxation on restrictions on gatherings. Numbers re extended groups / gatherings TBC</p>
Facilities (including health & safety)	<p>Facilities closed to public. and secured.</p>	<p>Re-opening of outdoor sports courts are permitted</p> <p>Clubs to now engage with the facility operator to see what plans are in place with regards to the Athletics Track / Field facilities.</p>	<p>Club will continue to liaise with local Facility provider re updates/guidance</p>	<p>Club will continue to liaise with local Facility provider re updates/guidance</p>

<p>Training Groups</p>	<p>All face to face activity cancelled. Maintain engagement with members.</p>	<p>All face to face activity cancelled. Club to maintain engagement with members, encourage participation in virtual events</p>	<p>Subject to Guidelines and having implemented covid 19 requirements.</p> <p>Club activities may be able to progress with limited numbers, adhering to club processes/RA procedure, social distancing guidelines.</p> <p>Club to maintain engagement with members and encourage participation in virtual events</p> <p>Adhere to scottishathletics safeguarding guidance / policies</p>	<p>Training at local club / group and facility following physical distancing. Continued importance of hygiene and public health emphasised. Training activities can increase to a new normal.</p> <p>Club to maintain engagement with members and encourage participation in virtual events</p> <p>Adhere to scottishathletics safeguarding guidance / policies</p>
<p>Athletes</p>	<p>Training on own, or with members of household, whilst following guidance on outdoor physical activity and maintaining social distancing</p> <p>Engage in virtual events.</p> <p>Adhere to scottishathletics safeguarding guidance /policies.</p>	<p>Training on own or groups of 8 from 3 households, including family and friends, can meet outside with 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 scottishathletics safeguarding guidance /policies.</p>	<p>Subject to Guidelines and having implemented covid 19 requirements</p> <p>Training at local club / group and facility following physical distancing. **(Numbers TBC)</p> <p>Athletes must be familiar and have confirmed understanding of the following before attending any sessions –</p> <ul style="list-style-type: none"> Risk Procedure Process for booking, recording attendance/symptoms' checks. <p>Adhere to scottishathletics safeguarding guidance / policies</p>	<p>Training at local club / group and facility following physical distancing. Continued importance of hygiene and public health emphasised. Training activities can increase to a new normal.</p> <p>Athletes must be familiar and have confirmed understanding of the following before attending any sessions –</p> <ul style="list-style-type: none"> Risk Procedure Process for booking, recording attendance/symptoms' checks. <p>Adhere to scottishathletics safeguarding guidance / policies</p>

<p>Performance Athletes</p>	<p>As above</p>	<p>Potential for performance athletes to gain restricted access to indoor facilities, strength & conditioning and limited support services. All 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. 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>Coaching</p>	<p>No face to face coaching undertaken</p>	<p>No face to face coaching undertaken. Coaches to begin to plan for possible scenarios for future club sessions</p> <p>Risk Assessments/ procedures to be updated implemented & approved re COVID.</p> <p>Coaches must follow coaching codes of conduct and adhere to Scottish Athletics safeguarding guidance / policies.</p>	<p>Subject to Guidelines and having implemented covid 19 requirements</p> <p>Coach at the club and follow the club and facilities guidance on physical distancing measures.</p> <p>Coaches must be familiar and have confirmed understanding of the following –</p> <p>The risk assessments of any activities that may be being undertaken.</p> <p>Risk Procedure Process for booking, recording attendance/symptoms' checks.</p> <p>Coaches are to adhere to government/public health, facilities and safeguarding guidelines. You must follow coaching codes of conduct and adhere to club and scottishathletics safeguarding guidance / policies.</p> <p>First Aiders to be aware of H&S relating to covid</p>	<p>Coach at the club and follow the club and facilities guidance on physical distancing measures.</p> <p>Coaches must be familiar and have confirmed understanding of the following –</p> <p>The risk assessments of any activities that may be being undertaken.</p> <p>Risk Procedure Process for booking, recording attendance/symptoms' checks.</p> <p>Coaches are to adhere to government/public health, facilities and safeguarding guidelines. You must follow coaching codes of conduct and adhere to club and scottishathletics safeguarding guidance / policies.</p> <p>First Aiders to be aware of H&S relating to covid</p>

Safeguarding		Coaching a child (u18) from a different household one-to-one is not permitted unless a parent / carers present so that you can comply with safeguarding policy. Risk Assessments, Processes to be progressed re booking Club sessions, recording attendances, covid /hygiene requirements as per Scottish Athletics guidelines.	Always follow the scottishathletics and club's welfare and safeguarding policies.	Always follow the scottishathletics and club's welfare and safeguarding policies.
Events	All events cancelled until further notice with the exception of virtual events. Athletes participating in virtual events need to adhere to social distancing guidelines.	All events cancelled until further notice with the exception of virtual events. Athletes participating in virtual events need to adhere to social distancing guidelines.	Virtual Events following government advice. Together Apart competition people can meet in extended groups subject to physical distancing and hygiene regulations.	Events may resume following public health advice..
Technical Officials		Virtual events , Technical Officials can engage and support virtual events through event scrutiny	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.	Technical officials should be able to resume 'normal' event roles regionally and nationally, subject to government / public health advice and local GP advice
Parents	Parents to be reminded all sessions, events cancelled.	Parents to be reminded all sessions, events cancelled. Parents / All members are to ensure contact details up to date. Parents /Members to be made aware of new PAC processes/ procedures	Parents to be made aware (if applicable) of any planned sessions, reminded of PAC processes / procedures relating to COVID	Parents to be made aware (if applicable) of any planned sessions, reminded of PAC processes / procedures relating to COVID

Information on the Scottish Government's approach to managing covid-19 is available at www.gov.scot/coronavirus-covid-19/

Advice from **scottishathletics** is available at <https://www.scottishathletics.org.uk/>

Other Guidance can be found www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/

Disclaimer - this guidance has been prepared by **PETERHEAD ATHLETICS CLUB** to set out the steps the club will take at each phase of the Scottish Government's route map through and out of this crisis. The actions we have outlined are based on our interpretation of the route map the Scottish Government has issued and further guidance issued by **scottishathletics**. This document will be updated every time further guidance and clarity is provided by the Scottish Government and **scottishathletics**. Individuals who need to seek clarity on any of the points should do so by contacting the club COVID Coordinator.