



LIFTING ATHLETICS OUT OF LOCKDOWN

#StaySafe

Moving out of lockdown: The starting point

"The coronavirus will remain a serious risk to us until a vaccine or an effective treatment is available. So, as we start to consider moving out of the rigid but effective control measures that we first put in place, we are clear that this is a process of managing, not eliminating risk.

Much as we might want it to, 'normal' life will not be possible for many months – possibly years."

Welsh Government, Unlocking Our Society."

This guidance document **applies solely to Athletics in Wales** and covers the steps outlined in the Welsh Government's blueprint for unlocking society ¹:

1. Explain where we are now in terms of preparing to lift restrictions
2. Set out how we will review any changes we wish to make to the restrictions
3. Outline our proposed 'traffic light' approach to lifting lockdown
4. Indicate the further guidance we plan to produce

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¹ [Unlocking our society and economy: continuing the conversation](#), Welsh Government

Guiding Principles

The safety and wellbeing of all athletes, runners, coaches, officials, volunteers and the wider community is at the heart of any guidance that Welsh Athletics is distributing. We know that everybody in the Welsh Athletics family and athletics venues will be keen to resume athletics activity as soon as it is safe and appropriate for them to do so.

Welsh Athletics recognises that wish BUT at the same time wants to ensure that the safety and wellbeing of everyone in the athletics community, facility providers and the wider community is considered as the first priority.

The guidance that follows provides sport specific advice to help athletes and runners. It is important to say that any return to activity must take account of local conditions and any risk assessment for normal activities should be undertaken as well as ensuring that all government guidance around Covid-19 is taken into account.

It is the responsibility of each athlete, coach and facility to make that assessment based on their local environment. Risk assessment must take into account mitigations and plans for when activities do not go as expected. Planning scenarios around, for example, an injury occurring to an athlete and the need to support that athlete while social distancing should be undertaken².

Health first	If you have any doubts or concerns about the risk to your health or that of others, stop and re-assess
Stay up to date	How will you make sure you, and those you're with, are following the latest guidance?
Think ahead: Before, during, & after	What do you need to do before taking part? Have you assessed the risks? How will you get to and from where you're going?

When lifting restrictions please consider the following at a local level³:

- Can the measures be implemented effectively in practice?
- How will you clearly communicate the changes to all without disadvantaging any parties?
- Will you need to provide extra encouragement or incentives to bring people back to the sport?
- Ensure you consider any consent issues – any decision to participate should be voluntary and informed

² <https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities/>

³ https://www.instituteforgovernment.org.uk/sites/default/files/publications/lifting-lockdown-how-approach-coronavirus-exit-strategy_0.pdf

The review & decision process

Welsh Government legislation and guidance takes precedence at all times and it is the individual's responsibility to ensure they are up to date on the latest guidance:

- [Leaving home to exercise: guidance](#)
- [Coronavirus social distancing guidance](#)

Our processes will follow the Welsh Government's Traffic light systems for 'Exercise, playing sport and games':

Exercise, playing sport and games

- Lockdown** Exercise once a day outside of house on own or with household.
- Red** **Exercise more than once a day and incidental activity locally.** Outdoor sports courts to open. Elite athletes resume some activity.
- Amber** Team and individual sports, non-contact sport and games in small groups indoors and outdoors. Some outdoor events with limited capacity and events behind closed doors for broadcast.
- Green** All sports, leisure and cultural activities open, with physical distancing. All events resume with limited capacity.

The Traffic light phases for 'Seeing family and friends' and for 'Getting around' are also of particular relevance to our decision making:

Seeing family and friends

- Lockdown** **Stay at home and contact only within households (limited exceptions).**
- Red** Seeing one person from outside your household to provide or receive care or support whilst maintaining appropriate social distancing.
- Amber** Taking exercise with one other person or small group whilst maintaining appropriate social distancing.
- Green** Meeting one other person or small group to socialise whilst maintaining appropriate social distancing.

Getting around

- Lockdown** **Leave the house for essential travel only.**
- Red** **Local travel, including for click-and-collect retail. Promote active travel and adapt public transport for physical distancing.** Allow outdoor leisure and recreation.
- Amber** Travel for leisure, access non-essential retail and services, and more people travelling to work.
- Green** Unrestricted travel subject to ongoing precautions.

Consultation

We have been and are in regular, often daily contact with as many of our Stakeholders as possible to both learn first-hand what the challenges are, share knowledge and guidance, and influence decisions being made about the return to sport in Wales and the UK.

Decision Making

We hold weekly Senior management team meetings and the Board have met regularly – at least fortnightly – to review and make decisions on how to ensure athletics in Wales is in the best place possible during and after this period.

Communication

The Welsh Athletics website has been, and will continue to be, the hub for communications, with announcements and updates being posted in the News section. Published announcements will continue to be shared on social media and by email to our members, with regular additional updates sent to audiences within our community e.g. clubs, coaches, officials, athletes. As we come out of

lockdown it will be essential to keep checking communication channels for the most up to date guidelines as they are reviewed, and new versions published.

The current situation of Athletics in Wales

Timeline



Lifting lockdown for each element of our sport

Different elements may progress through the traffic light phases – from Black to Green at different rates depending on Welsh Government advice. It's important to note that 'Green' is not a return to a pre-COVID19 normal, it's going to be a phase where the sport is functioning alongside the virus and could last some time.

Element of the sport	Lockdown	Red Phase 1	Amber Phase 2	Green Phase 3
Performance athletes	Solo training, or with family members, at home or within walking distance of home.	WA Commonwealth Games Programme & Potential athletes to resume some training with one other person or small group at local facilities in line with published Public Health Wales & Welsh Government guidance. Welsh Athletes on British Athletics programmes resume in line with UKA guidance.	Welsh Athletics Futures Athletes join CGP athletes in training with one other person or small group in line with Public Health Wales & Welsh Government guidance. Athletes able to travel to facilities to train.	Training resumes at all facilities with risk management measures in place at all venues in line with Public Health Wales & Welsh Government guidance.
Clubs	Face to Face Club activity cancelled, clubs should maintain remote engagement with members. Solo training, or with family members, at home or within walking distance of home.	Face to Face Club activity cancelled, clubs should maintain remote engagement with members. Clubs to plan for a potential return to facility use and engage with facility operators / providers where appropriate.	Return to outdoor facility usage on a limited basis. Clubs to work with facility providers to develop a safe Return to Use Plan at dedicated athletics facilities. Training with one other person or small group as facilities allow in line with published Public Health Wales & Welsh Government guidance. Athletes able to travel to facilities to train.	Face to face club activity resumes at all venues in line with Public Health Wales & Welsh Government guidance.
Running Groups <i>[Guidance on running while social distancing available]</i>	Face to Face group activity cancelled, groups should maintain remote engagement with members. Solo training, or with family members, at home or within walking distance of home.	Face to Face group activity cancelled, groups should maintain remote engagement with members. Solo training, or with family members, at home or within walking distance of home.	Running with one other person or small group in line with published Public Health Wales & Welsh Government guidance. Runners able to travel to meet & run.	Running in groups in line with published Public Health Wales & Welsh Government guidance.

Element of the sport	Lockdown	Red Phase 1	Amber Phase 2	Green Phase 3
Facilities	All Facilities closed.	Limited availability of outdoor facilities. Local access only.	All facilities able to open with restrictions in line with Public Health Wales & Welsh Government guidance.	All facilities open with restrictions in line with Public Health Wales & Welsh Government guidance.
Coaching	All face to face activity suspended. Online/via correspondence training only. Existing Codes of conduct to be followed & safeguarding protocols adhered to.	Face to face coaching activity suspended [except for Personal Coaches of British Athletics & Welsh Athletics Commonwealth Games Programme & Potential Athletes who have resumed training and can meet locally.] Online/via correspondence coaching only. Existing Codes of conduct to be followed & safeguarding protocols adhered to.	Return to coaching /leading activity with one other person or small group as facilities allow in line with published Public Health Wales & Welsh Government guidance. Coaches able to travel to facilities to meet athletes for training. Existing Codes of conduct to be followed & safeguarding protocols adhered to.	Individual and group Face to Face Coaching resumes at all facilities in line with Public Health Wales & Welsh Government guidance. Existing Codes of conduct to be followed & safeguarding protocols adhered to.
Competition	All competition suspended. Virtual competitions only which must be undertaken solo in line with published Public Health Wales & Welsh Government guidance.	All competition suspended. Virtual competitions only which must be undertaken with one other person or small group in line with published Public Health Wales & Welsh Government guidance. Participation to remain local/from home.	All competition suspended. Virtual events still to be the primary form of competition but may now be undertaken in line with Public Health Wales & Welsh Government guidance. Athletes able to travel to facilities to participate/compete.	Events may resume whilst maintaining social distancing, in line with Public Health Wales & Welsh Government guidance.
Officiating	All competition suspended.	All competition suspended. Officials may support virtual competitions through the scrutiny of results.	All competition except virtual suspended. Officials may support virtual competitions through the scrutiny of results. They may also support virtual events at local facilities in line with Public Health Wales & Welsh Government guidance.	Officials should be able to resume 'normal' event roles at local events in line with Public Health Wales & Welsh Government guidance.

Element of the sport	Lockdown	Red Phase 1	Amber Phase 2	Green Phase 3
Coach & Official Education	All face to face delivery suspended. Online learning modules & webinars.	All face to face delivery suspended. Online learning modules & webinars.	All face to face delivery suspended. Online learning modules & webinars.	Online learning modules & webinars. Face to face courses resume in line with Public Health Wales & Welsh Government guidance.
Governance structures & staff working.	Online meetings & home working. Committee meetings to take place virtually.	Online meetings & home working. Committee meetings to take place virtually.	Limited Office availability for staff to work in groups of up to 5 in line with published Public Health Wales & Welsh Government guidance. Committee meetings to take place virtually.	Office working & face to face meetings resume where required in line with Public Health Wales & Welsh Government guidance. Face to Face Committee meetings to resume if required.

Further guidance

In addition to this high-level roadmap of how we intend to unlock the sport in Wales, we will be publishing more detailed guidance to help each element of the sport return safely. These documents will continue to be reviewed and new versions published as required:

Document	Version & Publication date
<ul style="list-style-type: none">• FAQs	<i>V2 – 20/4/20</i>
<ul style="list-style-type: none">• <i>Running while Social Distancing guidance – – Coming soon</i>	
<ul style="list-style-type: none">• <i>Return to Training guidance – Coming soon</i>	
<ul style="list-style-type: none">• <i>Return to Coaching guidance – Coming soon</i>	
<ul style="list-style-type: none">• <i>Return to Competition guidance – Coming soon</i>	



WELSH ATHLETICS
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