

## Indoor training groups and sizes

The capacity of the indoor training space will be determined by the East Ayrshire leisure. Due to the potential restrictions on capacity clubs will have to work in smaller groups than was previously the case.

It is recommended by **sportscotland** that for more static activity a minimum of 9 square metres (sqm) per person is allocated to maintain 2m physical distancing in indoor spaces. This figure is based on a physical footprint of 1sqm per person and the requirement to maintain 2m between one another. Faster-moving activities will need 15 sqm between participants to ensure that 2m distance is achieved.

Participants and visitors to indoor track should wear face coverings before and after activity or when in non-playing areas of the facility (e.g. reception, locker rooms and storage areas). **Coaches must have a face covering on for the duration of the indoor activity.**

The rules for training group sizes and physical distancing are as follows;

### Age 11 and under

- All forms of indoor contact sports training, activity and competition can resume for children up to and including the age of 11 years.
- Recommended maximum group (bubble) size of 8 athletes.
- Athletes must stay within their designated bubble for the duration of the session.
- Children aged 11 years and younger are not required to physically distance, as set out in Scottish Government guidance. This extends to organised indoor sports activity and the field of play.
- Coaches and other adults assisting must continue to physically distance as per Scottish Government guidance.

### Age 12 – 17 years

- Indoor non-contact sports training, leisure activity and competition may resume subject to appropriate physical distancing measures being put in place to limit the risk of participants encroaching within 2m.
- No indoor contact sport for those aged 12+ should be undertaken at this time.
- Recommended maximum group (bubble) size of 8 athletes.
- Athletes must stay within their designated bubble for the duration of the session.
- Normal physical distancing guidelines will however apply before and after the activity takes place (see Scottish Government guidance).
- Coaches and other adults assisting must continue to physically distance as per Scottish Government guidance.

### Age 18 +

- Adult indoor non-contact sports training, leisure activity and competition may resume subject to appropriate physical distancing measures being put in place to limit the risk of participants encroaching within 2m.
- No indoor contact sport for those aged 18+ should be undertaken at this time.
- Recommended maximum group (bubble) size of 8 athletes.
- Athletes must stay within their designated bubble for the duration of the session.
- Normal physical distancing guidelines will however apply before and after the activity takes place (see Scottish Government guidance).
- Coaches and other adults assisting must continue to physically distance as per Scottish Government guidance.

# Indoor event specific guidance

## General safety & hygiene

Athletes must be aware of current club and facility 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 <https://www.hse.gov.uk/news/first-aidcertificate-coronavirus.htm>.

- Participants and visitors to indoor sports facilities should wear face coverings before and after activity or when in non-playing areas of the facility (e.g. reception, locker rooms and storage areas).
- Coaches must have a face covering on for the duration of the indoor activity.
- Athletes should not handle any shared coaching equipment (cones etc.). Only the coach should do this.
- Athletes are advised to use their personal equipment wherever possible and follow hygiene guidance.
- Where there is a requirement for athletes to share equipment, it should be thoroughly cleaned before and after use following the facilities guidance.
- East Ayrshire Leisure staff will clean all equipment, if a coach is cleaning any equipment, they **MUST** only use the EAL spray. Under no circumstances should a coach use any other cleaning solution.
- All users should sanitise their hands before and after their activity. If using equipment athletes and coaches should also sanitise their hands during the activity.
- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on.

## Track

- 1 lane gap is not sufficient to maintain 2m physical distancing. (i.e. use lanes 1-4-7)
- Athletes 12+ running single file must maintain **5m between them**.
- Equipment such as hurdles and barriers may be used if the facility and the club have both assessed the risk and put in place measures to ensure it is safe to do so.
- The facility should have in place a protocol for the setup and clear-up of hurdles and/or barriers. Facility operators should make it clear to athletes and coaches whether cleaning of hurdles and barriers will be carried out by the facility staff or whether the coach or athlete will be expected to do it.
- Hurdles and barriers should be cleaned using antiviral wipes/spray before and after use.
- It is advised to use personal starting blocks but if you require to use shared blocks all surfaces should be cleaned using suitable antiviral wipes/spray.

## Field Events

Opening jump areas is a decision for the facility operator based on their risk assessment of the activity. The following guidance will inform that assessment and applies where the operator allows vertical and horizontal jumps.

### Vertical Jumps

- A maximum training group size of 3 athletes aged 12 + can jump during a session.
- For athletes aged 11 and under a maximum group of 8 athletes can jump during a session.
- Athletes should be supervised by a coach and physical distancing must be maintained for individuals aged 12+.
- An adult, either the athlete, coach or facility operator should perform a wipe down of bars and uprights using suitable antiviral wipes/spray before and after the session. Facility operators should make it clear to athletes and coaches whether cleaning will be carried out by the facility staff or whether the coach or athlete will be expected to do it.
- Athletes should sanitise hands before and after each jump and maintain good hygiene practices.
- Signage must be prominently positioned at each jump area stating the rules/guidance for use. High mist spray of an antiviral disinfectant cleaner to be used on the bed between sessions. Operators must contact

the manufacturer of the jumps mats in use at their facility to confirm whether the proposed cleaning products can be used safely on their equipment.

- Coaches should check with athletes if they have any skin conditions that may react to the cleaning product used on the mats.
- If an athlete coughs or sneezes on the bed it should be closed for cleaning.
- After each bubble cleaning of the pit must be completed, and minimum of 30-minute drying time must be allowed, before the next bubble starts.

### **Horizontal Jumps**

- A maximum training group size of 3 athletes aged 12 + can jump during a session.
- For athletes aged 11 and under a maximum group of 8 athletes can jump during a session.
- Athletes should be supervised by a coach and physical distancing must be maintained for individuals aged 12+.
- Athletes should sanitise hands before and after each jump and maintain good hygiene practices.
- Signage must be prominently positioned at each jump area stating the rules/guidance for use.
- During each session, one adult, either a coach or athlete, should be responsible for the raking of the pit. The rake should be cleaned using suitable antiviral wipes/spray before and after use.
- High mist spray or watering can of sterilising fluid should be sprayed over the sand after use, turned and raked. Facility operators should implement a process for this procedure ensuring correct PPE is used for spraying.
- An adult, either the athlete or coach, should clean any other equipment used.
- After each bubble cleaning of the pit must be completed, and minimum of 20-minute drying time must be allowed, before the next bubble starts.

### **Throws**

- A maximum training group size of 8 can throw during a session.
- Athletes should be supervised by a coach and physical distancing must be maintained for individuals aged 12+. • Risk assessments must have been completed and shared with all coaches and athletes for both the throws facility and specific training session.
- Athletes are encouraged to use their own equipment which must be cleaned using suitable antiviral wipes/spray before and after use.
- Coaches and athletes should ensure that any shared equipment is used by only one athlete at a time and is thoroughly cleaned before and after each session.
- Athletes and coaches should avoid touching the shared netting.
- Facility operators should make it clear to athletes and coaches whether cleaning will be carried out by the facility staff or whether the coach or athlete will be expected to do it.

### **Para-athletes**

- Where possible, para-athletes should use their own personal equipment. All equipment should be cleaned before and after a session following the hygiene guidance.
- Wheelchair, race running, and seated throws athletes should be helped and supported into any equipment by someone from the same or extended household. A coach wearing appropriate PPE (e.g. face covering, gloves and apron) could assist if necessary.
- Guide Runners: guide running cannot take place indoors unless with someone from the same household or extended household. Hygiene measures must be followed and the running tether should be cleaned before and after use.

- If an athlete has a speech impairment or difficulty swallowing, supporting coaches should use PPE when necessary.