



Kilmarnock Harrier & A.C - Covid-19

Covid Exit Plan

Indoor Training Guidance Update



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Guidance on using the indoor arena at Ayrshire Athletics Arena

- No waiting or gathering inside the arena reception area
- All coaches **MUST** wear face mask at all times
- Athletes should wear a face mask when entering and leaving the indoor arena
- Physical Distancing of 2m should be adhered to, prior to the start of the session
- Hand sanitiser must be used by all athletes when entering and leaving the venue
- Hand sanitiser must be used by all athletes after every jump indoors
- Hand sanitiser should be used by anyone handling equipment
- Entry via the main reception entrance
- Exit via the main store door
- Toilets will be available, indoor athletes will use disabled toilets off the indoor arena

INDOOR GUIDANCE



Maximum 8
athletes in one
bubble



Maintain Physical
Distancing at all times
12+



Use a face covering at
all times when not
active



Clean equipment
after each session

- FOR STATIC ACTIVITY ATHLETES SHOULD HAVE 9(SQM) AND MOVING 15(SQM) TO MAINTAIN 2M PHYSICAL DISTANCING.
- COACHES SHOULD USE FACE COVERINGS FOR THE DURATION OF THE SESSION THEY ARE INDOORS.



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2. Ratios, set up and bookings for indoor athletics

Ratios

- Maximum ratio for the indoor area will be 1:8
- Jumps ratio will be 1:3
 - Athletes 11 years and under 1:8
- Throws ratio will be 1:8

Set Up and Bookings

- The hall will be split in two, with a curtain pulled across the straight.
- Groups can book out either end or whole indoor area, but the max per area will be eight.
 - If you book out the whole arena and do not split the activity area, the maximum number of athletes is eight
 - If you split the hall in two, you can have 16 athletes, eight in each half.
- Bookings will be via the booking spreadsheet, circulated to all coaches
 - <https://docs.google.com/spreadsheets/d/1b0vGOr7UU1nhY7ZSxYLFiv108ryL7jVGGi4Bp5ZT3DI/edit?usp=sharing>



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1. Scottishathletics Guidance

Age 11 and under :

- no physical distancing at all times

Age 12+

- Physical distancing prior to training
- No physical distancing during warm up/training/cool down



Follow physical distancing
at all times off the field of play



Follow public health guidance



Follow facility guidance



Follow jumps guidance
at all times

scottishathletics 



Follow the group size guidance
laid out by **scottish**athletics



Follow equipment hygiene
and cleaning guidance

Ratios for outdoor athletics

- 11 years and under – 1:8
- 12-17 years – 1:10
- 18 years+ - 1:12



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Useful Links

Covid 19 Government Guidance for Sport and leisure

<https://www.gov.scot/publications/coronavirus-covid-19-guidance-on-sport-and-leisure-facilities/>

This guidance is specific to indoor athletics and supplements the guidance produced by sportscotland

<https://sportscotland.org.uk/covid-19/getting-your-facilities-fit-for-sport/>

IMPORTANT – ALL CURRENT RESTRICTIONS REMAIN IN PLACE FOR ALL OTHER ATHLETICS TRAINING, THESE SLIDES ONLY APPLY TO INDOOR TRAINING.



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Thanks for your patience

WELCOME BACK

Please follow the guidance and Stay Safe!