

# "Stay apart" to Stay Together as a club

Scottish Charitable Incorporated Organisation Reg (SC046169)



Please ensure you stick to the 2 metre social distancing rule whilst at the club

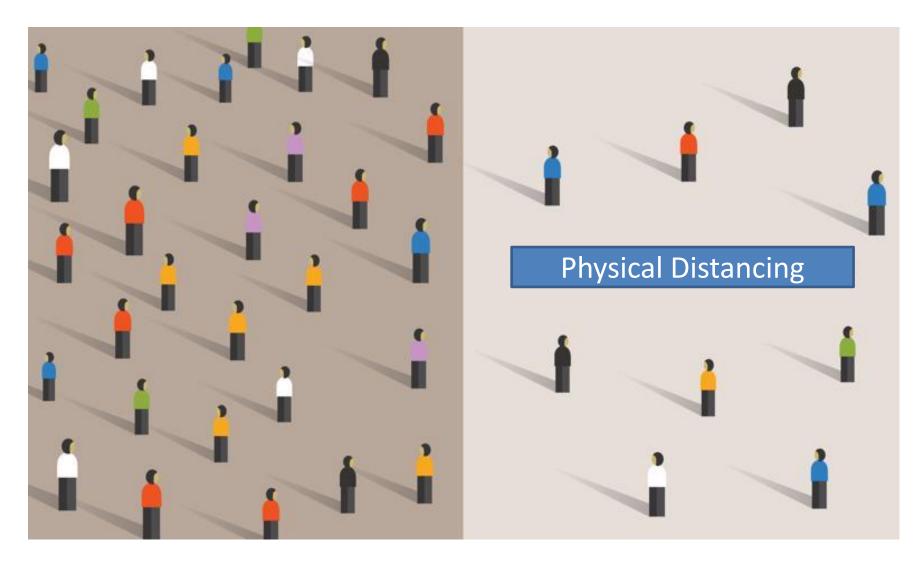
This includes all meeting points in the car park or the arena

Please lead by example for all our athletes and members, it's everyone's responsibility

♦ stay safe and keep running, jumping and throwing!

(11 year old and younger, see specific guidance for young people, page 5)









Follow physical distancing at all times off the field of plav



Follow public health guidance





Follow jumps guidance at all times



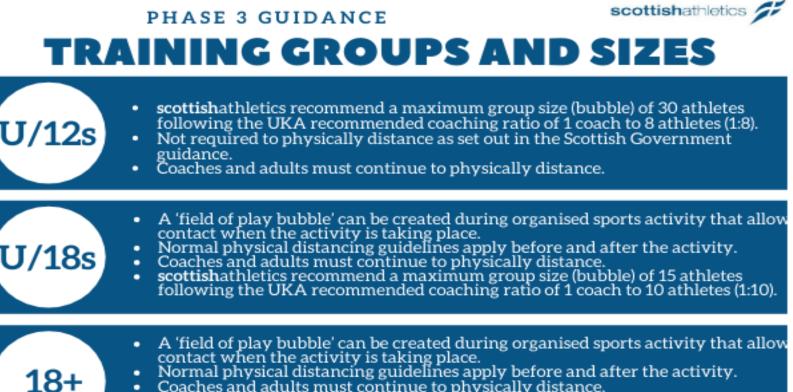


Follow the group size guidance laid out by **scottish**athletics



Follow equipment hygiene and cleaning guidance





- Coaches and adults must continue to physically distance.
   scottishathletics recommend a maximum group size (bubble) of 15 athletes following the UKA recommended coaching ratio of 1 coach to 12 athletes (1:12).



## **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.

