



Kilmarnock Harrier & A.C - Covid-19

“Stay apart”
to
Stay Together
as a club



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- ◆ 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)



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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 **scottishathletics**



Follow equipment hygiene
and cleaning guidance



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PHASE 3 GUIDANCE



TRAINING GROUPS AND SIZES

U/12s

- **scottishathletics** recommend a maximum group size (bubble) of 30 athletes following the UKA recommended coaching ratio of 1 coach to 8 athletes (1:8).
- Not required to physically distance as set out in the Scottish Government guidance.
- Coaches and adults must continue to physically distance.

U/18s

- A 'field of play bubble' can be created during organised sports activity that allow contact when the activity is taking place.
- Normal physical distancing guidelines apply before and after the activity.
- 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 10 athletes (1:10).

18+

- A 'field of play bubble' can be created during organised sports activity that allow contact when the activity is taking place.
- Normal physical distancing guidelines apply before and after the activity.
- 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).



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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.