



# Kilmarnock Harrier & A.C - Covid-19

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## Outdoor Training Guidance



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## 1. Sottishathletics Guidance

### Age 11 and under :

- No physical distancing at all times

### Age 12 and over:

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

### Groups Sizes

- **Age 11 and under** - groups of 1 coach and 8 athletes
- **Age 12 to 17** - groups of 1 coach and 10 athletes
- **18 plus** - groups of 1 coach and 12 athletes



Follow physical distancing  
at all times



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

<https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>

Scottish Charitable Incorporated Organisation Reg (SC046169)



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## 3.4 Arrival/Leaving - Athletics Arena

The following movement and general restrictions will be in place:

- No access to the arena turning circle
- Restricted parking in the main car park, a one-way system will be operational for collection/drop off. Scott Ellis recommended as an alternative for the safety of athletes
- No spectating within the arena boundary
- Parents and Guardians should follow the one-way system for drop off and pick up of athletes
- When entering the arena in a car, please enter from the Asda side, this will save traffic congestion on Queens Drive
- When leaving the car park, please turn left at and use the mini roundabout to turn back towards Asda
- Parents will not have access beyond the main gate upon arrival
- Some groups have been allocated different start times, please be aware of these and arrive for your scheduled start time
- Arrive a maximum of 15 minutes prior to the start of your session



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## 3.5 When at the Athletics Arena

- Follow the one-way system to your group coloured section, see map provided
- Wait in your coloured area
- 12 year-old athletes and upwards should maintain 2m social distancing, staying within their group
- 11 years and below, should stay within their areas and maintain distance from other groups
- Do not enter the arena building without permission
- After the session, make your way around the track to the main car park, await collection
- Always follow the one-way system



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## 3.7 During training sessions

- Before warming up and after cooling down, social distancing is in force for 12 years plus
- During the training session athletes of all ages do not need to socially distance within their own groups (groups to be within recommended ratios)
- Remain in your own group at all times
- Listen to instruction and follow restrictions set out by the club



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## 3.8 Meeting away from the track

- Due to the relaxing of restrictions and moving into the darker winter months it is proposed that groups now meet at designated meeting areas at the athletics arena. Other group meeting points may also be used if compliant with government and scottishathletics guidance
- Groups are to be split into recommended ratios on arrival with designated leads identified per sub-group (i.e. max 1 coach to 12 athletes)
- Scottish government, scottishathletics guidance and social distancing recommendations are to be adhered to at all times
- A method of contact tracing to be used