

# COVID -19 Athletics and Running tier restrictions.

## Outdoor Athletics & Running

Type of activity	Tier 1 (Medium)	Tier 2 (High)	Tier 3 (Very High)
Organised Group Activity/Group Coaching in <b>Covid secure environments</b>	<ul style="list-style-type: none"> <li>•Permitted (Adults and Children)</li> <li>•No socialising before and after sessions</li> <li>•Groups larger than 6 allowed</li> <li>•If running off track avoid running into tier 3 areas</li> <li>•Adhere to coaching ratio's</li> </ul>	<ul style="list-style-type: none"> <li>•Permitted (Adults and Children)</li> <li>•No socialising before and after sessions</li> <li>•Groups larger than 6 allowed</li> <li>•If running off track avoid running into tier 3 areas</li> <li>•Adhere to coaching ratio's</li> </ul>	<ul style="list-style-type: none"> <li>•Permitted (Adults and Children)</li> <li>•No socialising before and after sessions</li> <li>•Groups larger than 6 allowed</li> <li>•If running off track avoid running into lower tier areas</li> <li>•Adhere to coaching ratio's</li> </ul>
Social (Unorganised/non-coached activity)	<ul style="list-style-type: none"> <li>•Permitted but required to follow the Rule of 6</li> <li>•If running off track avoid running into tier 3 areas</li> </ul>	<ul style="list-style-type: none"> <li>•Permitted but required to follow the Rule of 6</li> <li>•If running off track avoid running into tier 3 areas</li> </ul>	<ul style="list-style-type: none"> <li>•Permitted but required to follow the Rule of 6</li> <li>•If running off track avoid running into lower tier areas</li> </ul>
<b>Outdoor</b> Competition	<ul style="list-style-type: none"> <li>•Permitted</li> <li>•Adhere to EA and government competition guidance</li> </ul>	<ul style="list-style-type: none"> <li>•Permitted</li> <li>•Adhere to EA and government competition guidance</li> </ul>	<ul style="list-style-type: none"> <li>•Permitted</li> <li>•Adhere to EA and government competition guidance</li> <li>•No travel in or out of area to participate</li> </ul>
Spectators	<ul style="list-style-type: none"> <li>•Spectating to be minimised and avoided where possible (groups of 6)</li> <li>•Parent/guardian supervision permitted (one per athlete)</li> </ul>	<ul style="list-style-type: none"> <li>•Spectating to be minimised and avoided where possible (groups of 6)</li> <li>•Parent/guardian supervision permitted (one per athlete)</li> </ul>	<ul style="list-style-type: none"> <li>•Spectating not permitted</li> <li>•Parent/guardian for supervision or safeguarding purposes</li> </ul>
Travel to and from training or competition	<ul style="list-style-type: none"> <li>•Avoid travel to tier 3 areas</li> </ul>	<ul style="list-style-type: none"> <li>•Minimise travel and avoid tier 3 areas</li> </ul>	<ul style="list-style-type: none"> <li>•No travel in or out of tier 3 area to participate</li> </ul>

# COVID -19 Athletics and Running tier restrictions.

## Indoors Athletics & Running

Type of activity	Tier 1 (Medium)	Tier 2 (High)	Tier 3 (Very High)
<b>Indoor</b> Organised Group Activity/Group Coaching in <b>Covid secure environments</b>	<ul style="list-style-type: none"> <li>•Permitted (All Adults and Children)</li> <li>•No socialising before and after sessions</li> <li>•Groups of 6 adults (coaches not included in 6).</li> <li>•Multiple groups of 6 can train in a Covid secure environment (space dependent) but should not mix</li> <li>•Under 18's and disabled and 'over 18's for educational purposes' i.e. University students can train in larger groups</li> </ul>	<ul style="list-style-type: none"> <li>•Only permitted for U18s and disabled or adults in one household bubble, or Over 18's for educational purposes i.e. University students</li> <li>•Under 18's and disabled and 'over 18's for educational purposes' can train in larger groups (space dependent)</li> </ul>	<ul style="list-style-type: none"> <li>•Only permitted for U18s and disabled adults in one household bubble, or Over 18's for educational purposes i.e. University students</li> <li>•Under 18's and disabled and 'over 18's for educational purposes' can train in larger groups (space dependent)</li> </ul>
<b>Indoor</b> Social (Unorganised/non-coached activity)	<ul style="list-style-type: none"> <li>•Permitted but required to follow the Rule of 6</li> </ul>	<ul style="list-style-type: none"> <li>•Permitted for adults of same household bubble</li> <li>•Exemption for U18s and disabled people, larger groups allowed</li> </ul>	<ul style="list-style-type: none"> <li>•Permitted for adults of same household bubble</li> <li>•Exemption for U18s and disabled people, larger groups allowed</li> </ul>
<b>Indoor</b> Competition	<ul style="list-style-type: none"> <li>•Permitted</li> <li>•Adhere to EA competition guidance</li> <li>•Groups of 6 but multiple groups of 6 can compete in an event provided no mixing</li> </ul>	<ul style="list-style-type: none"> <li>•Not Permitted except for U18's, disabled and Over 18's for educational purposes</li> <li>•Adhere to EA competition guidance</li> </ul>	<ul style="list-style-type: none"> <li>•Not Permitted except for U18's, disabled and Over 18's for educational purposes</li> <li>•Adhere to EA competition guidance</li> </ul>
Spectators/ Supervision	<ul style="list-style-type: none"> <li>•Spectating to be minimised and avoided where possible (groups of 6)</li> <li>•Parent/guardian supervision permitted (one per athlete)</li> </ul>	<ul style="list-style-type: none"> <li>•Spectating not permitted</li> <li>•Parent/guardian supervision permitted (one per athlete)</li> </ul>	<ul style="list-style-type: none"> <li>•Spectating not permitted</li> <li>•Parent/guardian supervision permitted (one per athlete)</li> </ul>
Travel to and from training or competition	<ul style="list-style-type: none"> <li>•Avoid travel to tier 3 areas</li> </ul>	<ul style="list-style-type: none"> <li>•Minimise travel and avoid tier 3 areas</li> </ul>	<ul style="list-style-type: none"> <li>•No travel in or out of tier 3 area to participate</li> </ul>