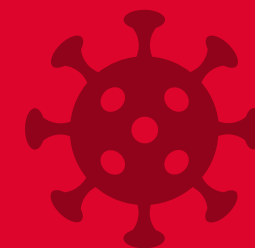


COVID-19 TIER RESTRICTIONS

ATHLETICS & RUNNING: OUTDOOR

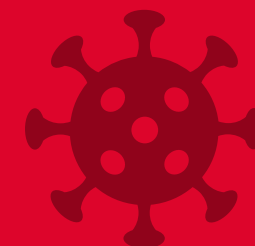


ACTIVITY	TIER 1 (Medium)	TIER 2 (High)	TIER 3 (Very High)
Outdoor Organised Group Activity / Group Coaching in Covid-secure environments	<ul style="list-style-type: none"> • Permitted (adults and children) . • No socialising before and after sessions. • Groups larger than 6 allowed. • If running off-track avoid running into Tier 3 areas. • Adhere to coaching ratios. 	<ul style="list-style-type: none"> • Permitted (adults and children). • No socialising before and after sessions. • Groups larger than 6 allowed. • If running off-track avoid running into Tier 3 areas. • Adhere to coaching ratios. 	<ul style="list-style-type: none"> • Permitted (adults and children). • No socialising before and after sessions. • Groups larger than 6 allowed. • If running off-track avoid running into Tier 1 or 2 areas. • Adhere to coaching ratios.
Outdoor Social (Unorganised/ non-coached activity)	<ul style="list-style-type: none"> • Permitted but required to follow the Rule of 6. • If running off-track avoid running into Tier 3 areas. 	<ul style="list-style-type: none"> • Permitted but required to follow the Rule of 6. • If running off-track avoid running into Tier 3 areas. 	<ul style="list-style-type: none"> • Permitted but required to follow the Rule of 6. • If running off-track avoid running into Tier 1 or 2 areas.
Outdoor Competition	<ul style="list-style-type: none"> • Permitted. • Adhere to England Athletics and government competition guidance. 	<ul style="list-style-type: none"> • Permitted. • Adhere to England Athletics and government competition guidance. 	<ul style="list-style-type: none"> • Permitted. • Adhere to England Athletics and government competition guidance. • No travel into or out of area to compete or officiate.
Outdoor Spectators/Supervision	<ul style="list-style-type: none"> • Spectating to be minimised and avoided where possible (groups of 6). • Parent/guardian supervision permitted (one per athlete). 	<ul style="list-style-type: none"> • Spectating to be minimised and avoided where possible (groups of 6). • Parent/guardian supervision permitted (one per athlete). 	<ul style="list-style-type: none"> • Spectating NOT permitted. • Parent/guardian for supervision or safeguarding purposes.

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 To stay up to date with the latest Government guidelines visit www.gov.uk/coronavirus

COVID-19 TIER RESTRICTIONS

ATHLETICS & RUNNING: INDOOR

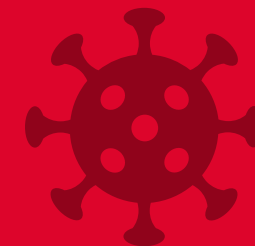


ACTIVITY	TIER 1 (Medium)	TIER 2 (High)	TIER 3 (Very High)
Indoor Organised Group Activity / Group Coaching in Covid-secure environments	<ul style="list-style-type: none"> Permitted (all adults and children). No socialising before and after sessions Groups of 6 adults (coaches not included in 6). Multiple groups of 6 can train in a Covid-secure environment (space dependent) but should not mix. Under 18's and disabled and 'over 18's for educational purposes' (i.e. University students) can train in larger groups. 	<ul style="list-style-type: none"> Under 18's, disabled people, elite athletes and over 18s for educational purposes (University students) can train in larger groups. Over 18's can train in one household bubble or 1:1 with a coach. Over 18's group training is not permitted. 	<ul style="list-style-type: none"> Under 18's, disabled people, elite athletes and over 18s for educational purposes (University students) can train in larger groups. Over 18's can train in one household bubble or 1:1 with a coach. Over 18's group training is not permitted.
Indoor Social (Unorganised/ non-coached activity)	<ul style="list-style-type: none"> Permitted but required to follow the Rule of 6. 	<ul style="list-style-type: none"> Under 18's, disabled people, elite athletes and over 18s for educational purposes (University students) can train in larger groups. Permitted for over 18's of same household bubble only. 	<ul style="list-style-type: none"> Under 18's, disabled people, elite athletes and over 18s for educational purposes (University students) can train in larger groups. Permitted for over 18's of same household bubble only.
Indoor Competition	<ul style="list-style-type: none"> Permitted (all adults and children). Adhere to England Athletics competition guidance. Groups of 6 adults but multiple groups of 6 can compete in an event provided no mixing. 	<ul style="list-style-type: none"> Under 18's, disabled people, elite athletes and over 18s for educational purposes (University students) can compete indoors. Over 18's not permitted to compete Adhere to England Athletics competition guidance. 	<ul style="list-style-type: none"> Under 18's, disabled people, elite athletes and over 18s for educational purposes (University students) can compete indoors. Over 18's not permitted to compete. No travel into and out of the area to compete or officiate. Adhere to England Athletics competition guidance.
Indoor Spectators/ Supervision	<ul style="list-style-type: none"> Spectating to be minimised and avoided where possible (groups of 6). Parent/guardian supervision permitted (one per athlete). 	<ul style="list-style-type: none"> Spectating NOT permitted. Parent/guardian supervision permitted (one per athlete). 	<ul style="list-style-type: none"> Spectating NOT permitted. Parent/guardian supervision permitted (one per athlete).

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COVID-19 TIER RESTRICTIONS

ATHLETICS & RUNNING: TRAVEL



ACTIVITY	TIER 1 (Medium)	TIER 2 (High)	TIER 3 (Very High)
Travel to and from training	<ul style="list-style-type: none"> Over 18's can travel into or out of Tier 1 & 2 areas but should avoid travel into Tier 3 areas. Under 18's, disabled people, elite athletes and over 18s for educational purposes (University students) can travel into or out of tiers to train at their club. Leaders and/or coaches can travel into or out of all tiers to deliver athletics and running activity. 	<ul style="list-style-type: none"> Over 18's - minimise travel and avoid Tier 3 areas. Under 18's, disabled people, elite athletes and over 18s for educational purposes (University students) can travel into or out of tiers to train at their club. Leaders and/or coaches can travel into or out of tiers to deliver athletics and running activity. 	<ul style="list-style-type: none"> Over 18's - NO TRAVEL into or out of Tier 3 areas to participate. Under 18's, disabled people, elite athletes and over 18s for educational purposes (University students) can travel into or out of tiers for train at their club. Leaders and/or coaches can travel into or out of tiers to deliver athletics and running activity.
Travel to and from competition	<ul style="list-style-type: none"> Athletes, Runners, Coaches & Officials can travel in/to Tier 1 & 2 areas but should avoid travel to Tier 3 areas. 	<ul style="list-style-type: none"> Athletes, Runners, Coaches and Officials can travel in/to Tier 1 & 2 areas but should minimise travel and avoid Tier 3 areas. 	<ul style="list-style-type: none"> NO TRAVEL in or out of Tier 3 areas to compete or officiate.

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