

# COVID-19 TIER RESTRICTIONS

## ATHLETICS & RUNNING: OUTDOOR



ACTIVITY	TIER 1 (Medium)	TIER 2 (High)	TIER 3 (Very High)
<b>Outdoor Organised Group Activity / Group Coaching in 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 ratios.</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 ratios.</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 1 or Tier 2 areas.</li> <li>Adhere to coaching ratios.</li> </ul>
<b>Outdoor non Covid-secure environments (including unorganised and non-coached activity)</b>	<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 Tier 1 or Tier 2 areas.</li> </ul>
<b>Outdoor Competition</b>	<ul style="list-style-type: none"> <li>Permitted.</li> <li>Adhere to England Athletics and government competition guidance.</li> <li>Do not travel into Tier 3 areas.</li> </ul>	<ul style="list-style-type: none"> <li>Permitted.</li> <li>Adhere to England Athletics and government competition guidance.</li> <li>Do not travel into Tier 3 areas.</li> </ul>	<ul style="list-style-type: none"> <li>Permitted.</li> <li>Adhere to England Athletics and government competition guidance.</li> <li>No travel into or out of area to compete or officiate.</li> </ul>
<b>Outdoor Spectators/Supervision</b>	<ul style="list-style-type: none"> <li>Spectating to adhere to government guidance on large events and be within the capacity of the venue.</li> <li>Parent/guardian supervision permitted (one per athlete).</li> </ul>	<ul style="list-style-type: none"> <li>Spectating to adhere to government guidance on large events and be within the capacity of the venue.</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>

**PLEASE NOTE** that guidance may change at short notice and restrictions may be reintroduced.  
 To stay up to date with England Athletics return to activity guidelines visit [www.Englandathletics.org](http://www.Englandathletics.org)  
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# COVID-19 TIER RESTRICTIONS

## ATHLETICS & RUNNING: INDOOR



ACTIVITY	TIER 1 (Medium)	TIER 2 (High)	TIER 3 (Very High)
<b>Indoor Organised Group Activity / Group Coaching in 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 18s, disabled and elite athletes can train in larger groups.</li> </ul>	<ul style="list-style-type: none"> <li>Under 18s, disabled people, elite athletes and over 18s for educational purposes can train in larger groups.</li> <li>Over 18s is only permitted if it is possible for people to avoid mixing with people they do not live with (or share a support bubble with).</li> </ul>	<ul style="list-style-type: none"> <li>Under 18s, disabled people, elite athletes, and over 18s for educational purposes, can train in larger groups.</li> <li>Not permitted for over 18's</li> </ul>
<b>Indoor non Covid-secure environments (including unorganised and non-coached activity)</b>	<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>Under 18s, disabled people, elite athletes, over 18s for educational purposes can train in large groups.</li> <li>Over 18s is only permitted if it is possible for people to avoid mixing with people they do not live with (or share a support bubble with).</li> </ul>	<ul style="list-style-type: none"> <li>Under 18s, disabled people, elite athletes, and over 18s for educational purposes, can train in larger groups.</li> <li>Not permitted for over 18'.</li> </ul>
<b>Indoor Competition</b>	<ul style="list-style-type: none"> <li>To be confirmed.</li> </ul>	<ul style="list-style-type: none"> <li>To be confirmed.</li> </ul>	<ul style="list-style-type: none"> <li>To be confirmed.</li> </ul>
<b>Indoor Spectators/ Supervision</b>	<ul style="list-style-type: none"> <li>Spectating to adhere to government guidance on large events and be within the capacity of the building.</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>

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# COVID-19 TIER RESTRICTIONS

## ATHLETICS & RUNNING: TRAVEL



ACTIVITY	TIER 1 (Medium)	TIER 2 (High)	TIER 3 (Very High)
<b>Travel to and from training</b>	<ul style="list-style-type: none"> <li>• Under 18s, disabled people and elite athletes can travel into or out of all Tier areas to train at their club.</li> <li>• Over 18s can travel into or out of Tier 1 &amp; Tier 2 areas but should not travel into Tier 3 areas.</li> <li>• Leaders and/or coaches can travel into or out of all Tier areas to deliver athletics and running activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Under 18s, disabled people and elite athletes can travel into or out of Tier areas to train at their club.</li> <li>• Over 18s – minimise travel and should not travel into Tier 3 areas.</li> <li>• Leaders and/or coaches can travel into or out of Tier areas to deliver athletics and running activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Under 18s, disabled people and elite athletes can travel into or out of Tier areas to train,</li> <li>• Over 18s – NO TRAVEL into or out of Tier 3 areas to participate.</li> <li>• Leaders and/or coaches can travel into or out of Tier areas to deliver athletics and running activity.</li> </ul>
<b>Travel to and from competition</b>	<ul style="list-style-type: none"> <li>• Athletes, runners, coaches &amp; officials can travel in/to Tier 1 &amp; Tier 2 areas but should not travel to Tier 3 areas.</li> </ul>	<ul style="list-style-type: none"> <li>• Athletes, runners, coaches and officials can travel in/to Tier 1 &amp; Tier 2 areas but should not travel to Tier 3 areas.</li> </ul>	<ul style="list-style-type: none"> <li>• NO TRAVEL in or out of Tier 3 areas to compete or officiate.</li> </ul>

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