

# COVID

# Frequently Asked Questions



Updated 8<sup>th</sup> December 2020

This guidance might be updated in due course

## Guidance FAQs

### 1. What is a Covid secure environment for running and athletics activity and how do we know whether our environment meets the required standard?

A Covid secure environment is a new term which for our members essentially covers any environment where athletics and running activity is taking place. The guidance document we have produced covers the key considerations you will need to work through in order to determine if your environment can be classed as [Covid secure](#). Individual venues may have additional considerations you need to take into account so always liaise with the venue operator / land owner if appropriate. EA will not be assessing any environment to determine whether it meets the criteria for being Covid secure other than those we use for our own events.

### 2. What are the protocols for health screening at club training sessions?

Clubs should ensure that anyone at their training sessions has completed their standard health questionnaire (often part of the membership form) and it is up to date for the 2020-21 season. This should outline key injuries / illnesses that the club needs to take into consideration. Additional health screening should consist of reminding individuals not to take part in training or group sessions if they are unwell or showing signs of Covid. Those individuals who have previously been ill with Covid-19 might wish to seek medical advice before restarting physical activity and highlight this to any coaches or leaders as you would with any illness or injury concern.

### 3. I have seen information about different group sizes and ratios. What exactly is the guidance recommending?

- Covid secure sessions can operate outside the rule of 6.
- There is variation across the tiers and for indoor and outdoor training. Please see the latest tier restrictions table for more information.
- Sessions which include children and young people under the age of 18 should be meticulously planned to ensure their needs are catered for. Sessions for young people should have no more than 15 athletes in attendance. If there are more than 12 young people in any group you will need at least two coaches/leaders to meet 1:12 coach/leader ratio. See more information on planning sessions for young people [here](#) on the Department for Education website.
- For safeguarding purposes, 1:1 coaching for under 18s must have adult supervision (ie a coach plus parent or carer).
- Where a venue is owned or operated by a third party there may be restrictions in place covering overall numbers on site, so you need to take these into consideration separately in addition to the official EA guidance

#### **4. I have seen the term 'Covid action plan' and would like to know what format this needs to be in and what information it needs to include?**

An action plan is a document that outlines the process you are following to make your venue and activity Covid secure and would detail information such as the owner (Covid Officer/ Coordinator), risk assessments being carried out, tracking protocol and communication plans with all members and participants.

#### **5. What is the role of the Covid coordinator?**

Please see the details in our club guidance document.

#### **6. Some of the EA guidance appears to contradict the UK government guidance so how do I know if I'm doing the right thing?**

Government advice states that groups can consist of no more than 6 individuals unless certain criteria is met under different government guidelines. For sports, activity can take place in groups larger than 6 when organised by groups such as athletics clubs, running clubs and RunTogether groups, in Covid secure environments. [Disclaimer](#).

#### **7. There seems to be a difference in the requirements between clubs / groups and competition.**

There are different requirements dependent on which guise the activity is taking place. Clubs/ groups which offer training can sustain social distancing within a training environment that would not be possible as part of a competitive event – examples of this are lane use and zoning

Clubs and groups have an ongoing (often weekly) relationship with their members and have a lot of the required steps for activity already in place which simply need to be adapted and updated to put Covid requirements in place. Competitions are held more infrequently and the engagement with athletes, coaches and officials are on a much more ad hoc/ sporadic basis and thus event preparation is different.

#### **8. How is our insurance affected by Covid?**

Normal club, group, coaches and licenced competition insurance remains in place. [Disclaimer](#).

We would expect clubs, groups, coaches and competition providers to have put into place Covid action plans (see above on action plans).

Activity will need to take place within any restrictions highlighted in the Return to Activity Guidance.

#### **9. You mention a health screening questionnaire for club and group athletes. What is this and how is it different from what we already have in place?**

Your standard club or group health questionnaire will suffice for this as long as you have up to date copies for all members. We would advise asking all members to complete this on a regular basis anyway.

We are not asking clubs to conduct a formal medical / health questionnaire at the start of each session, but would recommend that clubs and groups ensure their members are aware of the relevant points and carry out the following:

- Ensure that all members are aware not to attend club training sessions in any capacity if they have any Covid related symptoms or have recently had a positive test. This also applies if they are self-isolating due to exposure to a person infected with Covid, have been requested to do so as part of the formal NHS test and trace programme ([contact-tracing.phe.gov.uk](https://www.contact-tracing.phe.gov.uk)) or have recently returned to / arrived into the UK from abroad. The only exception to this would be if they are returning from a country on the official [government exempt list](#)
- All members should inform the club or group Covid coordinator if they have any Covid symptoms or have a positive Covid test after attending a club training session
- The club or group should ensure details of everyone who attends each club training session is recorded and made available if requested as part of the NHS test and trace programme
- The club or group should also ensure anyone returning to physical activity after a lengthy break is fit and well to take part, especially if they have had a positive Covid test

## **10. What happens if a club member tests positive for Covid-19**

If there is a club member who has tested positive, they must from that point self-isolate (or if they have symptoms, from the moment of symptoms) and NHS Test and Trace will pick up from this point. The club member should contact NHS 111. The club can carry on but be mindful to ensure all the guidelines are strictly followed on social distancing, hand washing etc... If Test and Trace contact them, they must provide the details and then if deemed anyone needs to isolate on their instruction, do so.

## **11. How does the new Covid Alert (Tier) Level System affect Athletics and Running?**

Athletics and Running is still permitted in all parts of the country. However, there might be some slight differences depending on where you live and what level that area is in - particularly at Level 3 (Very High) areas. The restrictions are mainly in relation to travel, indoor training for over 18s and competition. Please refer to our Athletics and Running Tier Restrictions table for more information (found in the news section)

## **12. What does the government define as an area for travel purposes?**

The government has not defined the areas. Sport England currently state "Travel should be short distances only and kept as local as possible. You can travel within your area but not overall region. [To see the full list of regions in each tier please see the government's website](#)". Travel advice varies across the tiers and we have provided general guidance in our tier restrictions table. We recommend that you seek clarity from your local authority where possible.