

COVID-19 TIER RESTRICTIONS

ATHLETICS & RUNNING: OUTDOOR



ACTIVITY	TIER 1 (Medium)	TIER 2 (High)	TIER 3 (Very High)	TIER 4 (Stay at home)
Outdoor Organised Group Activity / Group Coaching in Covid-secure environments	<ul style="list-style-type: none"> Permitted (all adults and children). Groups larger than 6 allowed, however please adhere to coaching ratios. If running off-track avoid running into Tier 3 areas. No socialising before and after sessions. 	<ul style="list-style-type: none"> Permitted (all adults and children). Groups larger than 6 allowed, however please adhere to coaching ratios. If running off-track avoid running into Tier 3 areas. No socialising before and after sessions. 	<ul style="list-style-type: none"> Permitted (all adults and children). Groups larger than 6 allowed, however please adhere to coaching ratios. If running off-track avoid running into Tier 1 or Tier 2 areas. No socialising before and after sessions. 	<ul style="list-style-type: none"> Under 18s, disabled people, elite athletes, and over 18s for educational purposes, can train in larger groups (please adhere to coaching ratios). If running off-track avoid running into Tier 1, 2 or 3 areas. Not permitted for over 18s. No socialising before and after sessions.
Outdoor non Covid-secure environments (including unorganised and non-coached activity)	<ul style="list-style-type: none"> Permitted but required to follow the Rule of 6 (all adults and children) If running off-track avoid running into Tier 3 areas. No socialising before and after sessions. 	<ul style="list-style-type: none"> Permitted but required to follow the Rule of 6 (all adults and children) If running off-track avoid running into Tier 3 areas. No socialising before and after sessions. 	<ul style="list-style-type: none"> Permitted but required to follow the Rule of 6 (all adults and children). If running off-track avoid running into Tier 1 or Tier 2 areas. No socialising before and after sessions. 	<ul style="list-style-type: none"> Individual training is permitted (for all adults and children) if all activities are performed individually. Athletes and runners can train with household bubbles or one other person Group training should not operate in a non Covid-secure environment. No socialising before and after sessions.
Outdoor Competition	<ul style="list-style-type: none"> Permitted (all adults and children) Adhere to England Athletics and government competition guidance. 	<ul style="list-style-type: none"> Permitted (all adults and children) Adhere to England Athletics and government competition guidance. 	<ul style="list-style-type: none"> Permitted (all adults and children). Adhere to England Athletics and government competition guidance. 	<ul style="list-style-type: none"> Under 18s, disabled people, elite athletes and over 18s for educational purpose can compete within their own tier 4 area
Outdoor Spectators/Supervision	<ul style="list-style-type: none"> Spectating to adhere to government guidance on large events and be within the capacity of the venue. Parent/guardian supervision permitted (one per athlete). 	<ul style="list-style-type: none"> Spectating to adhere to government guidance on large events and be within the capacity of the venue. 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: INDOOR



ACTIVITY	TIER 1 (Medium)	TIER 2 (High)	TIER 3 (Very High)	TIER 4 (Stay at home)
Indoor Organised Group Activity / Group Coaching in Covid-secure environments	<ul style="list-style-type: none"> Permitted (all adults and children). Under 18s, disabled people, elite athletes, and over 18s for educational purposes, can train in larger groups (please adhere to coaching ratios). 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. 1:1 coaching can take place (all adult and children) No socialising before and after sessions. 	<ul style="list-style-type: none"> Under 18s, disabled people, elite athletes, and over 18s for educational purposes, can train in larger groups (please adhere to coaching ratios). 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). 1:1 coaching can take place (all adult and children) No socialising before and after sessions. 	<ul style="list-style-type: none"> Under 18s, disabled people, elite athletes, and over 18s for educational purposes, can train in larger groups (please adhere to coaching ratios). Not permitted for over 18s. 1:1 coaching can take place (all adults and children) No socialising before and after sessions. 	<ul style="list-style-type: none"> Under 18s training is only permitted for education or to facilitate childcare that enables parents or carers to work, seek work or take part in education. There are no exceptions for disabled people taking part in sport or physical activity indoors.
Indoor non Covid-secure environments (including unorganised and non-coached activity)	<ul style="list-style-type: none"> Permitted but required to follow the Rule of 6 (all adults and children) No socialising before and after sessions. 	<ul style="list-style-type: none"> Individual training is permitted (for all adults and children) if all activities are performed individually. Athletes and runners should not mix with people they do not live with (or share a support bubble with). Group training should not operate in a non Covid-secure environment. No socialising before and after sessions. 	<ul style="list-style-type: none"> Individual training is permitted (for all adults and children) if all activities are performed individually. Athletes and runners should not mix with people they do not live with (or share a support bubble with). Group training should not operate in a non Covid-secure environment. No socialising before and after sessions. 	<ul style="list-style-type: none"> Not permitted
Indoor Competition	<ul style="list-style-type: none"> Under 18s, disabled and elite athletes can compete indoors. Groups of 6 adults (officials not included). Venue capacity will be restricted. Adhere to England Athletics and government guidance. 	<ul style="list-style-type: none"> Under 18s, disabled and elite athletes can compete indoors. Not permitted for over 18s. Venue capacity will be restricted. Adhere to England Athletics and government guidance. 	<ul style="list-style-type: none"> Under 18s, disabled and elite athletes can compete indoors. Not permitted for over 18s. Venue capacity will be restricted. Adhere to England Athletics and government guidance. 	<ul style="list-style-type: none"> Not permitted Exception for elite athletes
Indoor Spectators/ Supervision	<ul style="list-style-type: none"> Spectating to adhere to government guidance on large events and be within the capacity of the building. 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). 	<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)	TIER 4 (Stay at home)
Training and competition	<ul style="list-style-type: none"> Under 18s, disabled people, elite athletes, and over 18s for educational purposes, can travel into or out of all tier areas to train at their club and/or to compete. Over 18s living in Tier 1 areas can travel within and between Tier 1 and Tier 2 areas to train at their club or compete. Over 18s living in Tier 1 areas are advised not to travel into a Tier 3 to train at their club or compete (unless for individual training). Travel is not permitted into a Tier 4 area for training or competition 	<ul style="list-style-type: none"> Under 18s, disabled people, elite athletes, and over 18s for educational purposes, can travel into or out of all tier areas to train at their club and/or to compete. Over 18s living in Tier 2 areas can travel within and between Tier 1 and Tier 2 areas to train at their club or compete. Over 18s living in Tier 2 areas are advised not to travel into a Tier 3 area to train at their club or compete (unless for individual training). Travel is not permitted into a Tier 4 area for training or competition 	<ul style="list-style-type: none"> Under 18s, disabled people, elite athletes, and over 18s for educational purposes, can travel into or out of all tier areas to train at their club and/or to compete. Over 18s living in Tier 3 areas can travel within their own specific Tier 3 area to train at their club or compete. Over 18s living in Tier 3 areas are advised not to travel into another Tier 3 area, nor into a Tier 1 or Tier 2 area, to train or compete (unless for individual training). Travel is not permitted into a Tier 4 area for training or competition. 	<ul style="list-style-type: none"> All adults and children living in a Tier 4 area are permitted to leave their home for outdoor training (for example, to access a local space). Wherever possible this should be done locally. It is not permitted (all adults and children) to leave their Tier 4 area for training purposes (this includes disabled people).
Volunteers	<ul style="list-style-type: none"> Volunteers (including leaders, coaches and officials) may travel across Tiers 1,2 and 3 where necessary to enable participation to take place. However, to protect all involved, we strongly recommend this is kept to an absolute minimum. Volunteers cannot travel into a Tier 4 area. 	<ul style="list-style-type: none"> Volunteers (including leaders, coaches and officials) may travel across Tiers 1,2 and 3 where necessary to enable participation to take place. However, to protect all involved, we strongly recommend this is kept to an absolute minimum. Volunteers cannot travel into a Tier 4 area. 	<ul style="list-style-type: none"> Volunteers (including leaders, coaches and officials) may travel across Tiers 1, 2 and 3 where necessary to enable participation to take place. However, to protect all involved, we strongly recommend this is kept to an absolute minimum. Volunteers cannot travel into a Tier 4 area. 	<ul style="list-style-type: none"> Volunteers (including leaders, coaches and officials) may travel within their own Tier 4 area to enable participation to take place, but they are not permitted to travel out of their Tier 4 area.

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COVID-19 TIER RESTRICTIONS

ATHLETICS & RUNNING: DEFINITIONS



TERM	DEFINITION
Under 18s	<ul style="list-style-type: none">• Defined as young people under-18, including young people who were under 18 on 31 August 2020, even if they turn 18 during the remainder of the academic year.
Educational purposes	<ul style="list-style-type: none">• Sport for the purpose of education is defined as school sport such as PE, and curriculum-related sport for students in further and higher education (e.g. a student studying a sport course being able to practice). These are exempt from legal gathering limits. However, this doesn't cover extra-curricular sport (such as playing for a college team).
Coaching ratios	<ul style="list-style-type: none">• 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.• We recommend that under 18s 1:1 coaching takes place under supervision of an adult (parent or carer)• All coaches must adhere to the coach license terms and conditions.
Disabled people	<ul style="list-style-type: none">• Additional exemptions are in place for people with disabilities. Click here.

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