



## FREQUENTLY ASKED QUESTIONS - COVID19

Our athletics world has changed dramatically in the last month, and we appreciate that these can be confusing and difficult times with lots of uncertainty and questions. We will be continuing to work across with colleagues across the sport in the UK and Wales to make decisions and provide clarity and guidance when appropriate.

Below is our first set of FAQ responses based on what our staff have been hearing from their regular contact with the community. We will be reviewing and updating these responses on a regular basis, so please check online every Monday lunchtime for updates.

### Questions (You can ctrl + click on the question to go straight to a response)

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## **CLUBS AND MEMBERSHIP**

### **Question:**

1. I have a number of questions in relation to club activities and membership, who can I contact?

### **Response:**

Although we are not physically at the Welsh Athletics head office, we are very much open as usual and you can still use the main contact number (T: 02920 644870), we are always happy to hear from you.

You are also supported by your Regional Club Development Officers who are:

- o South – Hannah Pretty ([hannah.pretty@welshathletics.org](mailto:hannah.pretty@welshathletics.org)) M: 07864613647
- o East – Tom Cole ([tom.cole@welshathletics.org](mailto:tom.cole@welshathletics.org)) M: 07523039115
- o North – Barry Edwards and Eva Brewer  
[barry.edwards@welshathletics.org](mailto:barry.edwards@welshathletics.org) / [eva.brewer@welshathletics.org](mailto:eva.brewer@welshathletics.org) Barry (M): 07930142522  
Eva (M): 07864613644
- o West – Andrew Jenkins ([andrew.jenkins@welshathletics.org](mailto:andrew.jenkins@welshathletics.org)) M: 07894573555

Other enquiries can be directed to Jacqueline Brace (Membership and Licence Coordinator) who can be contacted on T: 02920 644870 or E: [jacqueline.brace@welshathletics.org](mailto:jacqueline.brace@welshathletics.org) or Chris Moss (Head of Development and Participation) via E: [chris.moss@welshathletics.org](mailto:chris.moss@welshathletics.org) or M: 07813 605785

### **Question:**

2. I am a club officer, should the club still affiliate to Welsh Athletics on 1<sup>st</sup> April?

### **Response:**

Yes. It is important that your club still affiliates to Welsh Athletics. The affiliation process allows Welsh Athletics to keep engaging with clubs and ensures that you (and your members) are provided with both insurance cover and the other [benefits of club affiliation](#). This is a vital process and one that will be especially important during these times.

- Affiliation can be completed via the [Welsh Athletics Clubs Portal](#)

### **Question:**

3. As a club should we still be asking members for their membership fees?

### **Response:**

This will be very much an individual club response and will need to be considered on a case-by-case basis. We would advocate that clubs continue to register members as this is

important to fulfil the insurance requirements and access the other individual [athlete membership benefits](#).

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**Question:**

4. We were planning on having our clubs AGM (to elect the new club officers) in April / May, but that is no longer possible – what should we do now?

**Response:**

There are several clubs in this position. We are advising that clubs delay holding their AGM's until which time it is safe and feasible to do so. Where possible, elected officers should continue to fulfil their duties. If there is any advice that you need in relation to this, please contact your Regional Development Officer.

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**Question:**

5. I'm a member of our clubs committee, is there anything I can be doing to ensure the club is in the best place when we are back up and running?

**Response:**

Yes! Now is the time to look at those things that have been put on the back burner whilst you've been busy running the club on a day to day basis. Have a look at the [clubs' portal](#) and work through some of the club reviews to give yourself an action plan of things to work on.

- Contact your regional officer who can support you through this process
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**Question:**

6. As a club, what ways can we engage with our members?

**Response:**

There are many ways in which clubs can keep in contact with their members and many clubs are doing this effectively by the creative use of social media as well as other platforms. Many clubs are already using closed Facebook groups (open to members only) as well as engaging with their members via the clubs official Twitter and Instagram accounts.

Have a look at how you can be creative with your membership. Clubs have already begun to utilise their coaches to do live virtual streams of circuits and strength and conditioning exercises that can be done at home. How about looking at celebrating some of the successes of the club over recent (or historic!) years on your social media channels? Welsh Athletics will be providing content across their social media channels over the coming months to help keep your members active and motivated.

As a club, perhaps this is a time in which you can enhance the communication with your members. We have already had clubs using this time to survey their members; asking them what the club does well but also what things the club can do to improve and support them

more. This way, clubs can refine the 'offer' and 'services' that they provide and ensure that the club is buoyant and fit for purpose when we are all back up and running (no pun intended!!).

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**Question:**

7. What are Welsh Athletics doing to support the reduction on the spread of COVID-19?

**Response:**

Welsh Athletics are continually working with UK Athletics and the other Home Countries in making decisions that are both best for the sport and best for the wider population. All athletics activities have been suspended (currently until 31st of May 2020), and the situation is being reviewed on a continuous basis in line with the Government guidance.

Welsh Athletics is encouraging 'Stay at Home' physical activity challenges and initiatives to promote and maintain the health and wellbeing of the athletics family and public during this time. This is in line with the government social distancing mandate reflecting our collective responsibility to help contain the virus and lessen the pressure on the NHS and the other emergency services.

Government advice on social distancing and contact: consider exercising once a day (if in public) solo or with someone e.g. a family member you live with. This extends to members of the public who are well and have no symptoms and have not recently encountered someone who has tested positive for COVID – 19.

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**Question:**

8. What will Welsh Athletics be doing during throughout the time that the sport is suspended?

**Response:**

Rest assured, as an organisation we are working to help support the breadth of the athletics community in Wales including clubs, individual members, athletes of all levels, coaches, leaders, officials competition providers, running groups and all those effected by the current impact Coronavirus (COVID-19) is having.

The situation is continually changing and we are working daily with UK Athletics and the other Home Countries in order to make the best decisions for the sport in the long term. As a sport, however, we appreciate that many of you have lost our sense of normality and structure, with traditional routines and activities being instantly and dramatically halted.

Through the Regional Development Officers, we are individually contacting all member clubs and offering support. By working closely with you all during this time, we will better understand the needs and pressures as well as how best to assist and support you as the situation develops.

Likewise, the staff team at Run Wales and Run Wales Activators are pro-actively engaging with registered running groups and offering advice and support.

If you have not been in touch with us but would like help and support through this time, please get in contact. [All contact details can be found here.](#)

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## **COACHING QUESTIONS**

### **Question:**

9. Can I still coach?

### **Response:**

You can still help and advise people but there is to be absolutely no face-to-face coaching. In line with the strict government guidelines.

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### **Question:**

10. I signed up to a coach qualification course that was scheduled / postponed, what do I do now?

### **Response:**

During this time, we are in the process of re-scheduling all education and qualification courses (for both coaches and officials). Some content will be transferred online and the learning / development opportunities made available to all however this will depend on where you are on your qualification journey. If you are starting with one of our introductory coaching qualifications, we look forward to welcoming you onto one of our re-scheduled courses as soon as the sport is back up and running. Further information can be found on the Welsh Athletics website or by emailing; [coaching@welshathletics.org](mailto:coaching@welshathletics.org)

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### **Question:**

11. I coach quite a large group of athletes, what is the best way for me to stay in contact?

### **Response:**

There are obviously lots of different communication platforms which can be used to communicate with your group / athletes. The way in which you choose to stay in contact (What's App, Facebook, Microsoft Teams, via Video Conferencing, etc.) will depend on the type of coaching support you will be offering and the age range of the athletes that you are working with.

Treat coaching a group online as you would a physical group. Set up a closed group for you and your young athletes which includes their parents, and communicate with them all through this rather than one to one contact with athletes. Consider asking a parent to set the

group up or at least be an admin so that everything is kept transparent. Facebook or WhatsApp both work well for this and allow the sharing of links, photo's or video clips, chat, and keep a record of the communication. Be sensible and follow the usual thought processes in terms of protecting both you and your athletes.

Please let your Club Coach Coordinator know if you are continuing to coach and what measures you have put in place. Please do contact our Welfare & Safeguarding Officer Steve Jones by email or phone (E: [steve.jones@ws-aa.org](mailto:steve.jones@ws-aa.org), M:07792242153) with any queries or concerns. Further guidance and resources to help address mental well-being at this very challenging time are also being collated and made available.

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**Question:**

12. I have a lot of free time, what can I do to develop my coaching knowledge?

**Response:**

We are aware that there is an enormous amount of coaching content online and it is often difficult to navigate. However, we would advise that in the short term you visit the Welsh Athletics [Coaching Resources page](#) for more information which includes new resources made available for this period.

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## **OFFICIALS**

**Question:**

13. My officials license has lapsed, how can I go about renewing it ready for when we are able to return to the sport?

**Response:**

This will be very much individual based on what is outstanding on your qualifications portal in relation to fulfilling the licensing requirements/standards. Depending on the time that you have been away from the sport, it is likely that you will need to undertake a new DBS check and potentially take the online safeguarding course.

- Please visit the Welsh Athletics [Officials Resources page](#) for more ideas.
  - For further guidance, please contact [officials@welshathletics.org](mailto:officials@welshathletics.org) or contact Zoey Holloway on XXXX
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## **COMPETITIONS**

**Question:**

14. What will happen to competitions that are no longer able to take place during the period of suspension?

**Response:**

- **Track & Field**

The domestic track & field season will now extend until the end of September, however any league fixture or open meeting that has been cancelled during the period of suspension in line with Government guidelines, will not be rescheduled due to the capacity of number of dates available later in the year. Welsh Championship fixtures will be rescheduled as a priority. Schools fixtures that were scheduled to take place during the suspension period will also not be rescheduled.

- **Off-Track**

We would ask that Welsh Athletics are notified of any events that will be either postponed or cancelled during the current suspension period and beyond. If an event is to be rescheduled, please contact [competitions@welshathletics.org](mailto:competitions@welshathletics.org) and inform us of your new provisional date prior to advertising publicly and adjusting your license with Run Britain. This will ensure that we can centrally coordinate any rescheduled events in attempt to avoid clashes wherever possible.

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**Question:**

15. Will my license still be valid if the event was due to be staged during the suspension period?

**Response:**

No. Any competition across all disciplines that was due to take place during a period where UK Athletics and Welsh Athletics have advised that all events should be cancelled will have its license cancelled. If the competition is still staged, it will not be covered by public liability insurance.

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**Question:**

16. When will athletes and coaches find out when training and competitions can commence?

**Response:**

The situation relating to COVID-19 is being continuously reviewed by UK Athletics and Welsh Athletics, whilst also taking into consideration guidance from the UK Government. Welsh Athletics will review the suspension every two weeks and provide an update via the Welsh Athletics website.

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