



Return to Athletics: Frequently asked Questions

1. Hi, just checking - are clubs allowed to meet for group runs from Monday as outdoor sports are allowed?

The [Welsh Govt. guidance for exercise](#) is still as follows:

'Exercise alone, with members of your household or with members of one other household - exercising in groups with friends is still not allowed. Maintaining a distance of at least 2 metres if exercising with members of another household is crucial – this is embedded in regulation.

The Return to Athletics guidance we've produced is to help Clubs & Groups to plan for a return to group running as and when these restrictions change and larger groups are able to meet up.

2. Can coaching of small groups now begin outdoors?

Any Group Coaching must be within Welsh Government Guidelines – as above. More detailed advice on preparing for a Return to Coaching is available.

3. So, is there any change based on today's [19/6/20] Welsh Government announcement?

Athletics facilities will now legally be allowed to open from Monday 22nd June, however not all facilities will be open immediately, many will take a few weeks to be ready to open safely to clubs and the public.

4. Any update on when the suspension of all athletics will be lifted? Your last update said all Welsh athletics is suspended till 19th June. Is there going to be any changes?

The formal suspension of athletics activity in Wales expired today (19th June) and will not be extended (Competition remains suspended until 30th June at present).