



Return to Athletics: Frequently asked Questions V3

Questions

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1. I live in a local authority that is currently subject to lockdown restrictions, can I travel out of this area to attend club / group training?

No, the Welsh Government has made it clear that travelling increases the risk of spreading the virus, therefore travelling into / out of an area of lockdown should be avoided where possible. In addition, Welsh Athletics guidance states that;

- No athletes, coaches, officials or staff residing in area of lockdown are to attend athletics activities outside of that area (e.g. Competitions, training, face to face education courses, etc).
- All affiliated clubs and running groups are advised to continue adhering to the Welsh Athletics 'Return to Athletics' guidance. Given the lockdown measure, a club's athletes are not permitted to travel across Local Authority borders to train with their club. Clubs should explore where possible establishing satellite sessions to enable training to continue. Clubs should also explore liaising with clubs in a neighbouring Local Authority and request that their members join the relevant training session.
- No athletes or coaches residing outside the area of lockdown are to attend facilities or training sessions in the area.

2. I am currently living in an area NOT experiencing lockdown restrictions, can I travel into an area of lockdown to attend club / group training?

No, the Welsh Government has made it clear that travelling increases the risk of spreading the virus, therefore travelling into / out of an area of lockdown should be avoided where possible. In addition, Welsh Athletics guidance states that;

- No athletes, coaches, officials, or staff residing in area of lockdown are to attend athletics activities outside of that area (e.g. Competitions, training, face to face education courses, etc).
- All affiliated clubs and running groups are advised to continue adhering to the Welsh Athletics 'Return to Athletics' guidance. Given the lockdown measure, a club's athletes are not permitted to travel across Local Authority borders to train with their club. Clubs should explore where possible establishing satellite sessions to enable training to continue. Clubs should also explore liaising with clubs in a neighbouring Local Authority and request that their members join the relevant training session.
- No athletes or coaches residing outside the area of lockdown are to attend facilities or training sessions in the area.

3. One of our younger club members has been sent home from school (the whole year group has been excluded from school for a 14-day period due to a positive COVID-19 test) can that member still come to club training?

In this case no. The athlete should not attend club training or any club activities. The athlete in question has been told to self-isolate by their school (and not return for 14 days). It would obviously not be appropriate for a pupil that has directly been told not to attend school (self-

isolate) to then attend club activities and potentially come into contact with other young athletes / athletes from other schools

4. A club / group member's child has been sent home from school (the whole year group has been excluded from school due to a positive COVID-19 test) should we exclude that member from club training sessions?

Obviously, the choice will be very individual, however unless the member has been contacted and told to self-isolate then there is no need to exclude that person from training. If that member has been experiencing any symptoms or has arranged a test (or is waiting on the results of a test) then they should self-isolate, avoid all contact with others and therefore not attend any training sessions. All those attending training should continue to be monitored for symptoms, and we encourage regular cleaning of the training areas as per return to sport guidance.

5. We have heard that someone within our club / group has tested positive for COVID-19, should the rest of the club now be tested?

The person that has tested positive would obviously have to self-isolate (along with people that they live with, etc). At the point of a positive test, the Track and Trace system ([Test, Trace, Protect in Wales](#)) would identify those that were in prolonged close contact and ask that they self-isolate and potentially arrange to be tested. The interpretation of 'prolonged close contact' is decided centrally via the NHS. If people have not been told to arrange a test or told self-isolate then they would continue to go about their usual activity in line with any local restrictions and in line with the most current Welsh Government guidelines.

6. If someone within our club / group has tested positive for COVID-19, would the rest of the training group that they were in have to self-isolate for 14 days?

No, obviously the person that has tested positive would have to self-isolate and not attend any training sessions however, the Test, Trace, Protect system in Wales would determine those that were potentially exposed to prolonged contact with the individual and they would potentially be asked to self-isolate and arrange to be tested. It may be that the club / group may consider informing the wider training group of a positive test to allow individuals to make an informed decision on seeking a COVID-19 test.

7. Can coaching of small groups take place outdoors in local lockdown?

Group coaching can still take place within Local Lockdowns as long as all participants reside within the County Borough. Any Group Coaching must be within [Welsh Government Guidelines](#) – as above. More detailed advice on preparing for a [Return to Coaching is available](#). All participants should be strongly encouraged to download and use the [NHS COVID-19 track and trace app](#) and scan the venues QR code to check in on arrival.

8. Do I need a Venue QR code for my activity?

Yes, any 'responsible person' organising an athletics activity in a physical location e.g. a training session at a track, must set up and make available a QR Venue Poster for participants to scan using the NHS Track and Trace app. **If you have more than one venue,**

you need to create a separate QR code for each location. More information is available here: <https://www.gov.uk/create-coronavirus-qr-poster>

9. Do I need to wear a face covering when I run or train outside?

No, face coverings are not required for outdoor exercise. If you are indoors whilst preparing to exercise, changing or undertaking any activity that isn't strenuous especially when in close contact with other people, you will need to wear a face covering.

10. Where do I find out about local lockdown restrictions in my area?

Currently there are a number of local lockdowns in place across Wales, further and more specific information can be found on the Welsh Government website – available here: <https://gov.wales/local-lockdown>

11. We are under local lockdown however my children usually attend an athletics club that is just outside my local area, can I still take them to club training?

No, if you live in an area currently in local lockdown, all sport and physical activity that you undertake must be carried out within that area. Crossing a county boundary to attend classes or other provision in another county is not permitted, even if that is the normal or preferred site of attendance and participation. In addition, the Welsh Government has made it clear that travelling increases the risk of spreading the virus, therefore travelling into / out of an area of lockdown should be avoided where possible. **Also see answers to Question 1 & 2**

12. Will my athletics facility remain open?

We sincerely hope so. The vast majority of athletics facilities across Wales are currently open in some capacity. As we have seen in recent weeks, facility operators have taken the necessary steps in order to open in a safe and responsible manner. The Welsh Athletics 'Return to Activity' guidance for clubs and facilities remains in place and sets out the current restrictions and required risk management processes required.

13. I live in an area under local lockdown, who can I go running with?

You can only exercise with others from within the local area (local authority) as long as you follow the Return to Group Running guidance, maintain social distancing, all reasonable steps are taken to minimise risk, and only do so in groups of up to 30 people. Note: to reiterate, you should not travel outside of your local area to participate in any sport or exercise.

14. I live in an area in local lockdown, I have mobility problems and need to drive to exercise – can I do that?

Yes. People with specific health or mobility issues that need to travel from their home to exercise, can do so if there is a good reason for this. For example, some wheelchair users or users of mobility scooters may not be able to exercise immediately outside their homes for practical reasons. In such circumstances the journey should be to the nearest convenient accessible location.

Useful Links:

- NHS Guidance: [Self Isolation](#)

- Central Government Guidance: [Contact tracing & what to do](#)