



Return to Athletics: Frequently asked Questions V5

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1. Where do I find out about current restrictions?

The Firebreak Lockdown in Wales has now ended, and no local lockdowns are currently in place. More specific information can be found on the Welsh Government website – available here: <https://gov.wales/firebreak-lockdown-in-wales-ends> and the Welsh Government guidance on [Sport and Outdoor activity is here](#)

2. So, what has changed now that we have come to the end of the Firebreak period?

The main thing to have changed is that, before the Firebreak period there were a number of localised lockdowns restricting travel to/from some local authorities, these have now been removed therefore travel within Wales is no longer restricted. In addition, the new regulations state that; 'up to 15 people can take part in an organised indoors activity (such as an exercise class – where a responsible body is managing the event) and up to 30 in an organised activity outdoors, providing all social distancing, hand hygiene and other COVID safety measures are followed'. Most clubs / groups can now return to a reasonable level of training (up to the point that they were at pre-firebreak).

3. We are predominantly a junior club, can we increase the number of athletes that can attend training?

Yes, the Welsh Government have eased restrictions relating to those under 11. Guidelines state that; '*the number of children aged under 11 who can legally participate is constrained only by the boundaries of the setting and the need for sufficient adults to be present to supervise. Young children are not included in our numerical restrictions because studies have found that young children are less likely to transmit the virus, whether to other children or to adults, and the virus appears to take a milder course in children than in adults for most cases*'.

Therefore for the clubs organising training / activities for junior members, the following Welsh Government guideline applies in relation to organised sporting activities; '*Children aged under 11 and those organising the activity (such as coaches) are not included in these numbers, but the organisers will need to take all reasonable measures to reduce the risk of spreading the virus*'.

4. Can we have multiple groups operating within a facility / track?

Yes, this is now permitted. The Welsh Government guidelines state that; '*simultaneous gatherings of groups and individuals are also allowed, both indoors and outdoors, where there is sufficient space to do so safely and independently*'. Therefore it is possible for clubs and groups to operate multiple groups as long as they operate totally independently (i.e. groups including the coach of those groups, are not to mix, nor are coaches permitted to coach multiple groups simultaneously). Each group effectively must be independent of one another. and the operational detail is included in the associated Risk Assessment (e.g. activity areas defined which outlines how the groups will operate and function independently).

5. 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

6. 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.

7. 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.

8. 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.

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

If you are the 'responsible person' organising an athletics activity at a fixed physical location e.g. a training session at a track, you 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>

10. 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.

11. Will my athletics facility be open?

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.

Useful Links:

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