



Return to Athletics: Frequently asked Questions V6

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1. Where do I find out about current restrictions?

As Wales starts to come out of the most recent Lockdown in 2021, restrictions are being lifted gradually. More specific information can be found on the Welsh Government website – available here: <https://gov.wales/coronavirus>

2. Can I travel to train?

The recent change to the restrictions now allows local travel – defined as up to 5 miles – although there is an understanding that in more rural areas travel distances may need to be longer.

3. How many people can I now exercise with outdoors/at a facility?

Four adults from two separate households are allowed to meet outdoors to exercise. Children u11 are not included in this number.

The maximum number of athletes using the facility at any given time period may need to be limited and will need to be in line with government guidelines. From Saturday 13th March 2021 it is now permissible for 4 people from 2 households to exercise together (Note: under 18s are not included in this number) therefore consideration will need to be given to the use of space within the facility (ensuring that within the small groups operating, numbers do not exceed those outlined in Welsh Government guidance and are operating safely, independently with social distancing measures in place).

4. Will my athletics facility be open?

Athletics facilities across Wales are currently reviewing the latest guidance and preparing to 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. Opening outdoor track and field facilities is at the discretion and consent of the facility provider / operator. Welsh Athletics has advised clubs to work closely with facility providers / operators in order to ensure a safe

return of the sport to using dedicated athletics facilities. A list of all the facilities in Wales can be found on our website; <https://www.welshathletics.org/en/facility>

5. We are predominantly a junior club, when will we be able to restart training sessions for young athletes?

If the public health conditions continue to be favourable, from **27 March** organised children's activities outdoors will restart. At this point we are still awaiting clarification on the numbers of young people allowed per training group – we anticipate this to return to 30 as previously.

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

Yes, this is now permitted. Therefore, it is possible for small groups (not exceeding 4 adults from 2 households) to operate within a facility / area as long as they do so totally independently (i.e. groups including the coach of those groups, are not to mix, nor are coaches permitted to coach multiple groups simultaneously). This approach should be detailed in the associated Risk Assessment (e.g. activity areas defined which outlines how the groups will operate and function independently).

7. 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.

8. Useful Links:

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