

**Athletics NI Covid-19 Exit Plan**

Subject to:

* Any changes or recommendations issued by NI Executive, Sport NI, UK Athletics
* Continued adherence to PHA and Government guidance with regards social distancing, use of PPE, use of hand sanitiser/hand washing (where available)
* Further details to be added as each Step approaches following consultation with stakeholders

**This plan is flexible and can be amended as we move through the Steps**

|  |  |
| --- | --- |
|  | **Impact** |
| **NI Executive Guidance** | **Venues** | **Coaching** | **Clubs** | **T&F Competition** | **Endurance Competition** |
| **Step1**Groups of 4 – 6 people can meet outdoors maintaining social distancingOutdoor spaces and public sport amenities to open | Outdoor tracks can open (subject to individual councils)Limit number on track to 12 athletes, with max 6 per group (booking system implemented). All users to provide own hand sanitiser, face masks etc No shared equipmentStand, toilets & changing remain closedPPE for staff (masks, wipes, gloves, anti-bac spray, hand sanitisers) | Small group coaching of coach and up to 5 athletes. Risk assessment carried out by coach in advance of each sessionNo shared equipment (incl high jump/pole vault beds, rakes, blocks etc). Long jump pits remain closedSocial distancing, use of hand sanitiser, face masks | Club activities remain suspended (recommended) | T&F Competition (non-virtual) remains suspended | Road Races (non-virtual) remain suspended |
| **Step 2**Groups of up to 10 can meet outdoorsResumption of training on a non-contact basis in small groupsOutdoor activities involving small groups of less than 10 people during which it may be difficult to maintain social distancing but where contacts are brief (less than 10 minutes). | As Step 1 but increase capacity on track to 30 athletes with max 10 per group | As Step 1 but group coaching of up to 10 athletes  | Club activity can resume up to 10 athletes in a groupCovid Co-ordinator identified in each club to take responsibility for ensuring club compliance and liaison with ANIClub to complete a risk assessment before resuming any activitiesAll athlete contact details should be up to date and a register taken of those attending each session to ensure contact tracing can be implemented in the case of an athlete reporting with Covid-19 | T&F Competition (non-virtual) remains suspended | Road Races (non-virtual) remain suspended |
| **Step 3**Gatherings can accommodate up to 30 people while maintaining social distancingResumption of team sports training on a non-contact basisIndoor activities involving larger number of individuals where social distancing can be maintained for individuals who do not share a household connection. Outdoor activities involving larger groups of less than 30 people during which it may be difficult to maintain social distancing but where contacts are brief (less than 10 minutes). | Capacity of tracks increased to 50 with max 30 per groupToilets can be opened, but no showering facilities. Toilets cleaned dailyEquipment can be borrowed if athlete doesn’t have own, but must be wiped down between use and before returningNo high jump/pole vault beds used. Long jump pits remain closed(\*HJ/PV/LJ/TJ may be able to resume in this Step, subject to protocols being developed by UKA) | As Step 2 but group coaching of up to 30 athletes Equipment shared only if absolutely necessary but disinfected between usesNo high jump/pole vault beds used. Long jump pits remain closed (\*HJ/PV/LJ/TJ may be able to resume in this Step, subject to protocols being developed by UKA) | Larger club sessions allowed (up to 30 athletes) subject to social distancingCommittee meetings can take place | Non-competitive small event group T&F events can be held with max 30 athletes at any one time. (eg practice competitions to assist with preparation for competitions in Step 4, results not on Power of 10)Pre-registration onlineIdeally athlete’s own equipment used (throwing events)No high jump/pole vault/long jump/triple jumpDistribution of masks & PPE for Officials, staff, volunteers etc | Non-competitive Road and Cross Country events can commence with max 30 athletes at any start line. (eg timed runs, results not on Power of 10 or runbritain)Pre-registration onlineRolling starts allowed provided traffic management permits this. Distribution of masks & PPE for Officials, marshals, staff, volunteers etc No water stations, water at finish or goodie bagsNo spectators or supporters. Finishers must move on quickly from finish line |
| **Step 4**Resumption of competitive sport ‘behind closed doors’ or with limitations on the number of spectators Leisure centres and other indoor leisure facilities openIndoor activities involving larger numbers of individuals where social distancing cannot be consistently maintained but contacts are limited and last less than 10 minutes or longer if effective mitigation is possible. Outdoor gatherings involving larger numbers of individuals where social distancing cannot be easily maintained and multiple contacts of less than 10 minutes are likely. | Outdoor track capacity increased to 100 Indoor facility at UUJ open (subject to Ulster University)High jump/pole vault subject to strict cleaning between jumps. Long jump pits raked thoroughly between jumps | As per Step 3High jump/pole vault subject to strict cleaning between jumps. Long jump pits raked thoroughly between jumps | As per Step 3 | Larger competitions – eg Championships-Pre registration-Limit field sizes-Spread timetable across longer timescale-PPE for officials (masks, wipes, gloves, anti-bac spray, hand sanitisers)-Stand remains closed-Limit spectators (one parent/coach per athlete)- High jump/pole vault subject to strict cleaning between jumps | As per Step 3 but competitive road and cross country races and allow larger start lines *(need guidance from Exec as to numbers)*Athletes lift own medal (not handed out by marshal) |
| **Step 5**Return to competitive sport and full use of sporting facilities. Spectators to attend live events on restricted basisIndoor gatherings of large numbers of people where social distancing cannot be easily maintained and multiple contacts of more than 10 minutes are likely. | As Step 4Opening of stand and showers subject to social distancing and cleaning | As Step 4 | As Step 4 | As Step 4Spectators allowed subject to social distancing  | As Step 4Spectators /Supporters allowed |