

COVID-19 TIER RESTRICTIONS

ATHLETICS & RUNNING: OUTDOOR



ACTIVITY	TIER 1 (Medium)	TIER 2 (High)	TIER 3 (Very High)
Outdoor Organised Group Activity / Group Coaching in Covid-secure environments	<ul style="list-style-type: none"> Permitted (adults and children). No socialising before and after sessions. Groups larger than 6 allowed. If running off-track avoid running into Tier 3 areas. Adhere to coaching ratios. 	<ul style="list-style-type: none"> Permitted (adults and children). No socialising before and after sessions. Groups larger than 6 allowed. If running off-track avoid running into Tier 3 areas. Adhere to coaching ratios. 	<ul style="list-style-type: none"> Permitted (adults and children). No socialising before and after sessions. Groups larger than 6 allowed. If running off-track avoid running into Tier 1 or Tier 2 areas. Adhere to coaching ratios.
Outdoor non Covid-secure environments (including unorganised and non-coached activity)	<ul style="list-style-type: none"> Permitted but required to follow the Rule of 6. If running off-track avoid running into Tier 3 areas. 	<ul style="list-style-type: none"> Permitted but required to follow the Rule of 6. If running off-track avoid running into Tier 3 areas. 	<ul style="list-style-type: none"> Permitted but required to follow the Rule of 6. If running off-track avoid running into Tier 1 or Tier 2 areas.
Outdoor Competition	<ul style="list-style-type: none"> Permitted. Adhere to England Athletics and government competition guidance. Do not travel into Tier 3 areas. 	<ul style="list-style-type: none"> Permitted. Adhere to England Athletics and government competition guidance. Do not travel into Tier 3 areas. 	<ul style="list-style-type: none"> Permitted. Adhere to England Athletics and government competition guidance. No travel into or out of area to compete or officiate.
Outdoor Spectators/Supervision	<ul style="list-style-type: none"> Spectating to adhere to government guidance on large events and be within the capacity of the venue. Parent/guardian supervision permitted (one per athlete). 	<ul style="list-style-type: none"> Spectating to adhere to government guidance on large events and be within the capacity of the venue. Parent/guardian supervision permitted (one per athlete). 	<ul style="list-style-type: none"> Spectating NOT permitted. Parent/guardian for supervision or safeguarding purposes.

PLEASE NOTE that guidance may change at short notice and restrictions may be reintroduced.
 To stay up to date with England Athletics return to activity guidelines visit www.Englandathletics.org
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COVID-19 TIER RESTRICTIONS

ATHLETICS & RUNNING: INDOOR



ACTIVITY	TIER 1 (Medium)	TIER 2 (High)	TIER 3 (Very High)
Indoor Organised Group Activity / Group Coaching in Covid-secure environments	<ul style="list-style-type: none"> Permitted (all adults and children). No socialising before and after sessions. Groups of 6 adults (coaches not included in 6). Multiple groups of 6 can train in a Covid-secure environment (space dependent) but should not mix. Under 18s, disabled and elite athletes can train in larger groups. 	<ul style="list-style-type: none"> Under 18s, disabled people, elite athletes and over 18s for educational purposes can train in larger groups. Over 18s is only permitted if it is possible for people to avoid mixing with people they do not live with (or share a support bubble with). 	<ul style="list-style-type: none"> Under 18s, disabled people, elite athletes, and over 18s for educational purposes, can train in larger groups. Not permitted for over 18s.
Indoor non Covid-secure environments (including unorganised and non-coached activity)	<ul style="list-style-type: none"> Permitted but required to follow the Rule of 6. 	<ul style="list-style-type: none"> Under 18s, disabled people, elite athletes, over 18s for educational purposes can train in large groups. Over 18s is only permitted if it is possible for people to avoid mixing with people they do not live with (or share a support bubble with). 	<ul style="list-style-type: none"> Under 18s, disabled people, elite athletes, and over 18s for educational purposes, can train in larger groups. Not permitted for over 18s.
Indoor Competition	<ul style="list-style-type: none"> To be confirmed. 	<ul style="list-style-type: none"> To be confirmed. 	<ul style="list-style-type: none"> To be confirmed.
Indoor Spectators/ Supervision	<ul style="list-style-type: none"> Spectating to adhere to government guidance on large events and be within the capacity of the building. Parent/guardian supervision permitted (one per athlete). 	<ul style="list-style-type: none"> Spectating NOT permitted. Parent/guardian supervision permitted (one per athlete). 	<ul style="list-style-type: none"> Spectating NOT permitted. Parent/guardian supervision permitted (one per athlete).

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COVID-19 TIER RESTRICTIONS

ATHLETICS & RUNNING: TRAVEL



ACTIVITY	TIER 1 (Medium)	TIER 2 (High)	TIER 3 (Very High)
Travel to and from training	<ul style="list-style-type: none"> • Under 18s, disabled people and elite athletes can travel into or out of all Tier areas to train at their club. • Over 18s can travel into or out of Tier 1 & Tier 2 areas but should not travel into Tier 3 areas. • Leaders and/or coaches can travel into or out of all Tier areas to deliver athletics and running activity. 	<ul style="list-style-type: none"> • Under 18s, disabled people and elite athletes can travel into or out of Tier areas to train at their club. • Over 18s – minimise travel and should not travel into Tier 3 areas. • Leaders and/or coaches can travel into or out of Tier areas to deliver athletics and running activity. 	<ul style="list-style-type: none"> • Under 18s, disabled people and elite athletes can travel into or out of Tier areas to train, • Over 18s – NO TRAVEL into or out of Tier 3 areas to participate. • Leaders and/or coaches can travel into or out of Tier areas to deliver athletics and running activity.
Travel to and from competition	<ul style="list-style-type: none"> • Athletes, runners, coaches & officials can travel in/to Tier 1 & Tier 2 areas but should not travel to Tier 3 areas. 	<ul style="list-style-type: none"> • Athletes, runners, coaches and officials can travel in/to Tier 1 & Tier 2 areas but should not travel to Tier 3 areas. 	<ul style="list-style-type: none"> • NO TRAVEL in or out of Tier 3 areas to compete or officiate.

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