

Athletics

Return to Sport Guidance Information for users



In line with guidance provided by sportscotland, governing bodies and the Scottish Government on public health, the following guidance is being used for all users of Aberdeen Sports Village. Please familiarise yourself with, and advise your participants of the following information ahead of returning to Aberdeen Sports Village:

1. In line with government guidance, any attendee to Aberdeen Sports Village who has developed signs or symptoms of COVID-19 should not enter ASV
2. Before attending ASV, please ensure you comply with all sportscotland / governing body / public health guidance
3. All clubs / groups / organisations must adhere to the maximum capacity levels set out in their governing bodies guidance
4. Please don't arrive more than 10 minutes before your session starts. You cannot wait in the foyer outside the pitch, or in our reception areas and will not be permitted in to ASV earlier than this time. Please adhere to social distancing guidance at all times
5. Come ready to participate in your sport / activity
6. Please do not enter the athletics area before your session time starts. Please wait for the previous group to leave the area before entering
7. Please ensure your session comes to an end 10 minutes prior to the end of your booking to allow time to clean down all touch points as well as your own equipment, before your session is finished. (Additional cleaning is also undertaken by ASV throughout the day).
8. Please leave the athletics area in plenty of time before the next group arrive to reduce the possibility of any groups forming.

9. ASV has introduced one way systems throughout the building for all users to follow
10. ASV have installed hygiene stations and hand gel dispensers throughout the building and we ask that all users use these on a regular basis, and in particular on entry and exit
11. Please ensure physical distancing at all times when in ASV
12. Face coverings must be worn in all non-sporting areas. In line with sportscotland guidance all coaches must wear masks when coaching indoors, except where exemptions apply
13. Spectators are currently not permitted within ASV
14. Please ask all users to refer to our Covid page prior to returning to ASV to familiarise themselves with our new procedures <https://www.aberdeensportsvillage.com/covid-19-updates>
15. Please ask all users to refer to the Scottish Government website to remain up to date with all the latest information on COVID-19 <https://www.gov.scot/coronavirus-covid-19>
16. Athletics facilities are to be used in compliance with governing body guidance COVID-19 - Scottish Athletics
17. Failure to comply with this guidance will result in bookings being cancelled

ASV Athletics Facility Etiquette

This policy is to be used alongside existing ASV guidelines. During Athletics time (5pm-8pm weekdays, 9am-12pm weekends) AAAC Coaches will co-ordinate usage of the outdoor and indoor athletics facilities. All groups using the facilities are to liaise with AAAC coaches to clarify and coordinate the availability of space necessary for the duration of their session.

Athletics Area – Customer Etiquette

- Appropriate clothing must be worn at all times – no bare torsos please
- Bags and clothing should be kept in the lockers, or if required near the track, they should be out of the way of other users
- No headphones to be worn during activities in the athletics facilities as they can be dangerous in athletics areas (as instructions cannot be heard)
- We recommend that long hair is tied back and jewellery removed
- Please report any breakages or faulty equipment to a member of staff
- Please report any first aid requirements to a member of staff
- All specialist activities (high jump, throwing and pole-vault activities) must be supervised by a qualified person (All qualifications and insurance must be shared with ASV in advance)
- Special care must be taken around the throwing areas when throw training is in progress
- All equipment and touch points must be cleaned in line with Covid-19 guidance and should be tidied away and sand pits swept
- Do not train whilst under the influence of alcohol or drugs, or if feeling unwell
- Intimidating or abusive behaviour will not be tolerated
- Coaches should confer with each other to confirm areas intended for use
- The high jump and pole vault mats are for landing on, not for resting or playing
- Treat the track and infield like you would a road – look both ways and make sure it is safe to cross

- Drills should be completed off the track
- The term “track” is used to indicate someone is running towards you. When you hear this, react appropriately and move to the side
- No ball activities, with the exception of medicine balls in the designated areas
- Lane 1 of the outdoor track is restricted to reps in excess of 400m

Indoor Area

- Suitable, clean footwear must be worn – normal athletics shoes with short spikes (max. 6mm) or training shoes (No high heels)
- Equipment must not be dragged across the floor
- Athletics and running activity only permitted. No ball games
- Try to alternate start & finish on track during training sessions
- Only water is allowed in this area – in a suitable, sealed water bottle
- No other drinks are permitted
- Food cannot be consumed in the Indoor Athletics area

Outdoor Area

- Participants are asked to minimise cross contamination from the grass area onto to the track

And finally...

- Please be polite and courteous to other athletics users always

During peak club training times, the following guidelines are to be referred to:

On the Outdoor Track

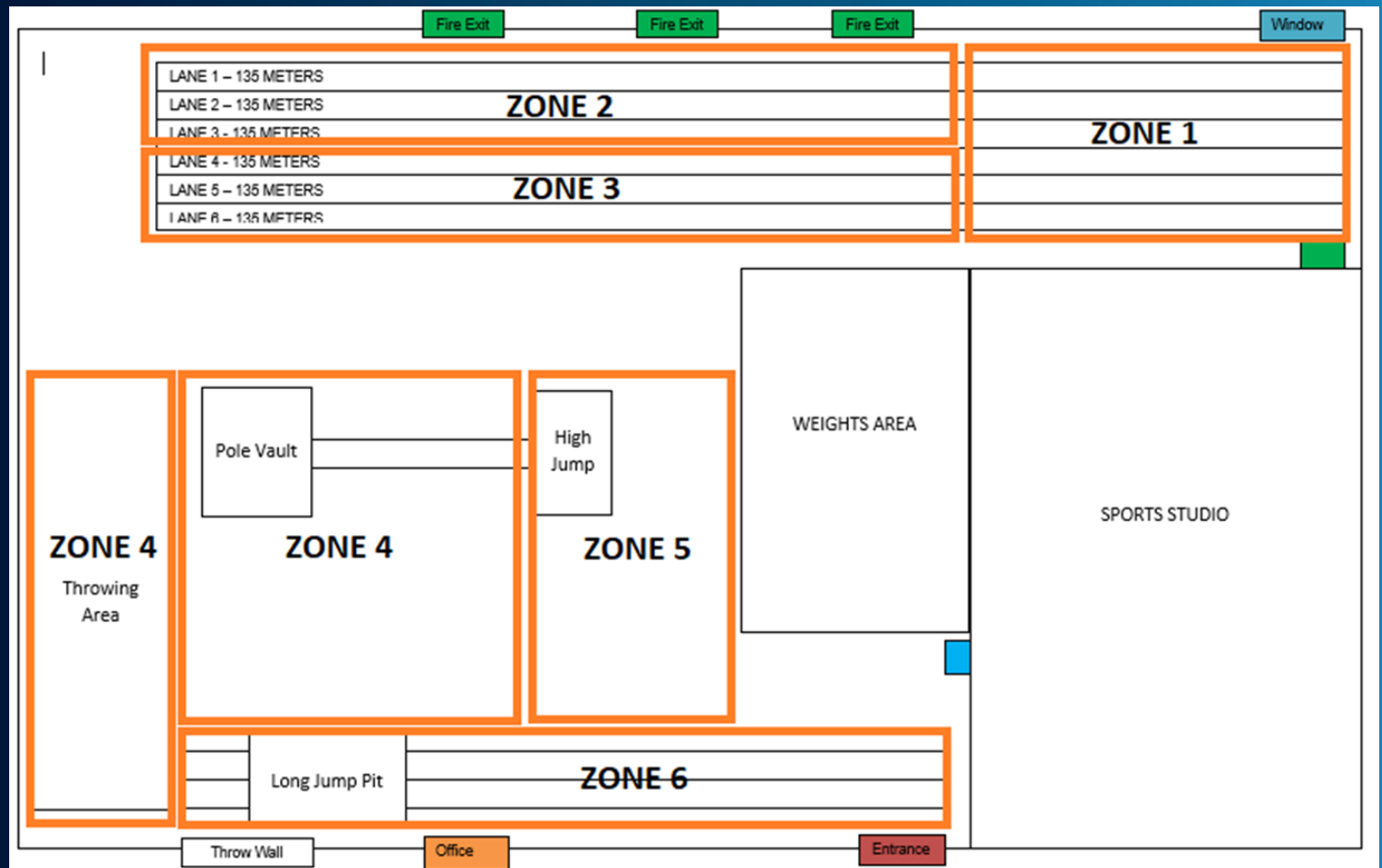
- All running on the track in an anti-clockwise direction, unless performing wind sprints in agreement with other coaches
- The MIDDLE-DISTANCE groups are to use the inside 4 lanes, 1-4, and the SPRINTING groups are to use the outside 4 lanes, 5-8
- HURDLES are to be used in lanes 7 & 8
- The infield will be out of bounds to long throws between 6.30pm and 7.30pm

On the Indoor Track

- Hurdles to be restricted to lanes 4, 5 & 6

Indoor Athletics Zones

Coaches will coordinate the use of these zones to ensure all groups are able to manage their training session. Zones are used as congregation areas between activities with usage of the track agreed between all coaches.



Outdoor Athletics Zones

Coaches will coordinate the use of these zones to ensure all groups are able to manage their training session. Zones are used as congregation areas between activities with usage of the track agreed between all coaches



Use of Outdoor Stand

During bad weather athletes are permitted to utilise the back of the stands for storing bags, but they must not block the walkway which must always remain clear. The stands can be accessed as the below diagram and a one-way system must always be adhered to.



Athletics and Running Outdoors

Regular updates can be found via the links below. We ask that all users continue to check these links to stay up to date with the guidance

Scottish Athletics - <https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>

Sport Scotland - Coronavirus (COVID-19) information and resources (sportscotland.org.uk)

