

SCOTTISH INDOOR ATHLETICS LEAGUE

COVID-19 Guidelines

To provide a safe environment and comply with current Covid-19 guidelines, all athletes, coaches, officials and spectators should ensure the following:

- Stay at home if you have any COVID-19 symptoms or have recently had direct contact with an individual diagnosed with or suspected to have COVID-19
- All attendees should wear a mask when moving around the venue – for spectators, a mask is not required when seated
- Coaches and Officials should wear a face covering indoors unless exempt, including in the warm up and competition area
- Athletes should wear a face covering except when warming up and competing
- Due to the number of athletes taking part, only one adult may accompany each athlete
- All spectators should check in on arrival for Test and Protect purposes. QR code scanning is available. Team managers, officials and athletes do not need to check in as they are pre-registered with event organisers.
- All athletes should arrive at their allocated time to ensure numbers remain below the maximum allowed for the event. All athletes and parents/guardians should leave the arena once the athlete has completed all their events.
- Athletes, coaches and spectators should enter the arena via the first floor entrance and follow the signs for access to the concourse. Clubs should note that some of the seats on the back straight have been retracted to allow a larger warm up area and it may not be possible to sit in their 'normal' section.
- Although sanitisers are provided at the front door clubs must also bring their own sanitisers for their athletes and coaches etc.
- Officials should access the track via the entrance at ground level
- All club managers should collect team numbers and Track access wristbands from the declaration table on the ground floor as soon as possible after arriving.
- Only officials/volunteers, coaches and athletes will be allowed at track level and a maximum of 10 bands will be provided to each club, one per adult per age group team. To gain access to the lower area, athletes must be wearing their number and coaches/volunteers/team managers MUST have a wristband.
- The call up areas will be sited as follows
 - straight track will be outside the warm up area
 - circular track will be diagonally opposite, at the start of the 60m straight.
- Athletes should access the warm up area and track from the stairs closest to the call up areas and should exit the track via the stair just past the finish on the home straight. There will be no access to the circular track via the Shot Put area.
- To avoid crowding, paper results will not be posted on the wall within the arena - results should be available on the SAIL portal on the day.
- All morning athletes, coaches and officials must have vacated the arena by 12.30pm and those competing in the afternoon must vacate the arena by 16.00.