

A ROUTE MAP FOR RECOVERY

Any area where government advice is a return to Lockdown is here

WE ARE HERE

RECOVERY STEPS Showing the UK Government's Recovery Phases, Alert Levels and provisional dates	LOCKDOWN Recovery phase 1 Alert Level 5 23 March - 13 May	STEP 1 Recovery phase 2 Alert Levels 3-4 from 13 May	STEP 2 Recovery phase 2 Alert Levels 3-4 from 1 June	STEP 3 Recovery phase 2 Alert Levels 3-4 from 4 July at earliest	STEP 4 Recovery phase 3 Alert Levels 1-2 dates to be announced
WHAT CAN HAPPEN	One session per day of personal exercise from home location.	Exercise outdoors only. 2 people can exercise together provided they maintain social distancing. A coach and one athlete can train together provided they maintain social distancing.	Exercise outdoors only in 'bubbles'. Groups of up to 6 can exercise and train together provided they maintain social distancing. A coach and up to 5 athletes or runners can train together provided they maintain social distancing.	Exercise outdoors only in 'bubbles'. Larger groups can exercise and train together provided they maintain social distancing. A coach and a larger group can train together provided they maintain social distancing. Limited competition.	Exercise outdoors and indoor with special distancing. Larger groups can exercise and train together provided they maintain social distancing. A coach and a larger group can train together provided they maintain social distancing. Full competition, national & international International travel.
WHERE	Public outdoor spaces.	Public outdoor spaces including any outdoor athletics venues that are open.	Public outdoor spaces including any outdoor athletics venues that are open.	Public outdoor spaces including any outdoor athletics venues that are open.	Unlimited.
HOW MANY PEOPLE	1 person or household groups only.	Up to 2 people unless in same household group.	Up to 6 people unless in same household group.	To be confirmed (Government draft guidance scenario up to 200).	Unlimited.
WHAT IT MEANS FOR CLUBS	Online club activity to keep members engaged. NO face-to-face activity. Please contact your CSM if you are unsure of the guidance for Lockdown at: clubsupport@englandathletics.org	Club activity on a restricted basis, only if compliant with current guidance. Group activity is not permitted in person. Clubs should consider alternative virtual options for group training, coaching and committee meetings. Club should start to develop a plan for Step 2. Covid-19 Co-ordinator identified in each club to take responsibility for club plan and risk assessments. This must be in place before any activity can happen.	Club activity can start to progress as per each club's own plan. Clubs should consider alternative virtual options for group training, coaching and committee meetings. Liaise with venue operators for updates & guidance. Covid-19 Co-ordinator identified in each club to take responsibility for club plan and risk assessments. This must be in place before any activity can happen. Further guidance available.	Club activity can start to progress as per each club's own plan. Clubs should consider alternative virtual options for group training, coaching and committee meetings. Liaise with venue operators for updates and guidance. Covid-19 Co-ordinator identified in each club to take responsibility for club plan and risk assessments. This must be in place before any activity can happen.	Club activity can increase to the new normal. All club activity may be undertaken face to face. Venues open to the new normal.
WHAT IT MEANS FOR COACHES	Online coaching. Please contact your CSM if you are unsure of the guidance for Lockdown at: clubsupport@englandathletics.org	Online coaching. 1:1 coaching outdoors. Familiarise with venue guidance (national & local). You must complete a risk assessment before sessions take place. Follow the coaches' code of conduct.	Online coaching. Small group coaching outdoors. Familiarise with venue guidance (national & local). You must complete a risk assessment before sessions take place. Follow the coaches' code of conduct. Further guidance available	Larger group coaching outdoors. Familiarise with venue guidance (national & local). You must complete a risk assessment before sessions take place. Follow the coaches' code of conduct.	Larger group coaching outdoors. Familiarise with venue guidance (national & local). You must complete a risk assessment before sessions take place. Follow the coaches' code of conduct.
WHAT IT MEANS FOR VENUES	No Venues open. Please contact your CSM if you are unsure of the guidance for Lockdown at: clubsupport@englandathletics.org	Outdoor venues may open. Online Bookings. Social distancing measures put into place. Covid-19 secure guidelines followed. NO social spaces or changing rooms open. NO Jumps.	Outdoor venues may open. Online Bookings. Social distancing measures put into place. Covid-19 secure guidelines followed. NO social spaces or changing rooms open. Jump restrictions. Further guidance available	Outdoor venues may open. Online Bookings. Social distancing measures put into place. Covid-19 secure guidelines followed. NO social spaces or changing rooms open. Jump restrictions.	Venues open and operating within the new normal. This will include the opening of jumping facilities. All indoor facilities re-opened.
WHAT IT MEANS FOR TRACK & FIELD COMPETITION	No competition.	No competition.	No competition. With competition framework potentially starting from 18 July, competition providers will be able to apply for a licence from 4 July. This licence application process will be subject to any government guidance due 4 July and ALL Covid-19 and other risk assessments being in place.	Competition potential from 18 July 2020. Domestic competitions might resume. New guidelines may include virtual competition, travel limits, social distancing and enhanced hygiene measures. Changes to traditional formats may be required. Licence application needed (for official result). Application through UKA against competition framework. Coordination by England Athletics Regional Councils. Officials required if club group is aiming to record performance for Po10 and applies for a competition licence. Coordination of officials will be carried out by COFSEC and UKA. Protection of vulnerable individuals will be paramount. Competition providers must be flexible and aware that there maybe limitations.	Domestic competitions will resume under new guidelines with social distancing and enhanced hygiene measures. Changes to traditional formats of competitions may be required. Licence application needed (for official result). Application through UKA against competition framework. Coordination by England Athletics Regional Councils. Standard allocation of officials through COFSEC against competition framework.
WHAT IT MEANS FOR ROAD RUNNING Further guidance available	Individual household training. Virtual races. No face to face competition.	Individual, household or 2 individuals training. Virtual races. No face to face competition.	Small group training. Virtual races. No face to face competition.	Larger group training. Virtual races. No face to face competition.	Domestic competitions will resume under new guidelines with social distancing and enhanced hygiene measures. Changes to traditional formats of competitions may be required such as numbers of runners.

Further guidance on the UK Government's overall recovery strategy is available from the [Government's website](#).