

Return to Training (RTT) – FAQs

We understand that the current situation is having a large impact on the way the high-performance system operates and on the wellbeing of those within it. Following the release of the [RTT Stage 1 Guidance](#) and [RTT Stage 2 Guidance](#) we have provided the below FAQ to provide clarity and further explanation.

We will be updating this FAQ on a regular basis to ensure the most current information is available to you.

If you have a question or concerns which are not answered below, please contact [Duncan Rolley](#) (Elite Training Centre Advisor) in the first instance.

Q. Can I move back to my place of residence before Government restrictions were in place so that I can return to training?

A. Any travel should be in accordance with the latest Government guidance.

Please refer to the [guidance on moving home during coronavirus outbreak](#).

If you live between two or more residences you should refer to the following [Government guidance on essential travel](#).

Q. If a sport operates over several facilities, do we need multiple COVID-19 Officers?

A. There is no requirement to have multiple COVID-19 Officers. However, it will be for the Accountable Officer of that sport to decide on what is the most appropriate approach for the sport and the facilities. All appointed COVID-19 Officer(s) must be endorsed by the Accountable Officer, be fully competent in meeting the requirements of the role and be fully aware of the requirements of the guidance to ensure that RTT activity at all facilities they oversee meets the guidelines.

COVID-19 Officers do not need to be on site at all times but should be able to articulate how adherence to the guidelines will be monitored on a regular basis and how any issues can be flagged if the COVID-19 Officer is not on site.

Q. Should sports, service provision providers (e.g. EIS) and Hosts share both the individual risk assessments and risk mitigation plans developed to meet the guidance with each other?

A. Yes, it is the expectation that all parties involved in RTT will share their risk assessments and risk mitigation plans to ensure the requirements in the guidance can be met.

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Q. Can elite athletes and coaches use hotels and accommodation that is not their primary home address for the purposes of return to training / competition activity?

HM Government guidance regarding Coronavirus (COVID-19) advice for accommodation providers is available [here](#)

A. There is a specific reference within the Guidance for Accommodation Providers section as follows:

Hotels and other accommodation providers may provide services to those listed below:

- An elite athlete, their coach, or (in the case of an elite athlete under the age of 18) the parent of an elite athlete, if they need accommodation for the purposes of training or competition

Q. Will UKAD still continue with anti-doping procedures during the COVID-19 pandemic?

A. In light of government guidance on the COVID-19 pandemic and the return to training following the UK lockdown, UKAD has [created this page](#) to share up-to-date information in relation to changes to testing procedures and other anti-doping operations.

UKAD will continuously review its processes and procedures to ensure that they are in line with evolving government guidance. Updates to processes will be made and shared on the same page - <https://www.ukad.org.uk/covid-19-updates>

Useful links - Advice on cleaning in non-healthcare settings:

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

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