

**INFORMATION FOR SPECTATORS**  
**4J Studios scottishathletics Indoor National Open**  
**Saturday 8th January 2022**  
**Emirates Arena, London Road, Glasgow, G40 3HG**

Thank you for registering to attend the 4J Studios **scottishathletics** National Indoor Open 2022.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website:  
[4J Studios scottishathletics Indoor Open](#)

**COVID-19 Information**

Due to the ongoing COVID-19 pandemic there are a number of changes to procedures and protocols for all attendees at these events. These changes are for everyone's safety, and all attendees must take responsibility for their own hygiene and safe conduct before, during and after the event. **scottishathletics'** COVID-19 protocols will be in place for this event, including the wearing of appropriate face coverings, hand sanitiser stations and physical distancing. For further details please [click here](#).

**Withdrawals**

Under the latest COVID-19 guidance for indoor events, spectator numbers have been limited to 200 people. If you have booked a spectator place and are no longer able to attend this event, please notify us on [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk) as soon as possible so that a place may be offered to a spectator on the waiting list.

**Arrival - Car Parking**

Car parking at the arena is available on a first come first served basis. We anticipate a large number of cars to arrive at the venue, so please ensure you arrive in plenty of time. All drivers must be considerate to local residents and other venue users and park responsibly.

All non-athlete attendees must have registered with scottishathletics in advance via the dedicated Coaches and Spectators page – [4J scottishathletics National Indoor Open – COACHES/SPECTATORS](#)

All attendees will need to show their confirmation e-mail (either printed or on a mobile device) to gain access to the venue. Please have this ready on arrival to avoid long queues. Thank you.

**Spectator Areas**

Spectators and coaches must not access the competition area at any time during this event. Spectators must remain in the stands, and remain seated where possible. Please follow signage and directions from officials on the day. One coach may accompany each athlete to the warm up area to help them to prepare to compete, and is expected to leave this area and return to the seating areas when the athlete reports to assembly. General spectators are not permitted within the warm up area. Any coach or spectator found within restricted areas will be asked to return to the spectator areas immediately.

Please note that as all spectator areas are indoor public spaces, face coverings are mandatory (unless you are exempt), even whilst seated.

**Opening Hours:      0830hrs Athletes, Spectators & Coaches**

**Athlete Assistance**

Any athlete requiring assistance during competition should complete and return an assistance request form by noon on Thursday 6<sup>th</sup> January. If you require a form, please contact [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

**Event Help Line**

Mobile No. **07584146796** is available to athletes, coaches, officials or spectators for on the day enquiries, if required. If unanswered, a message should be left detailing name, issue and return contact telephone/mobile number.