

INFORMATION FOR SPECTATORS

4J Studios scottishathletics Indoor Combined Events and Masters 3000m Championships and Relay Heats Saturday 29th and Sunday 30th January 2022 Emirates Arena, London Road, Glasgow, G40 3HG

Thank you for registering to attend the 4J Studios **scottishathletics** National Indoor Combined Events and Masters 3000m Championships and Relay Heats.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website:

[4J Studios scottishathletics Indoor Combined Events Championships](#)

[4J Studios scottishathletics Indoor Masters 3000m Championships](#)

[4J Studios scottishathletics Indoor Relay Championships](#)

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](#).

Arrival & Parking

Opening Hours: 0830hrs Athletes, Spectators & Coaches

Celtic FC have a home fixture on Saturday 29th January which will impact available parking spaces.

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 –

[Saturday 29th January SPECTATORS/COACHES](#)

[Sunday 30th January SPECTATORS/COACHES](#)

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

Warm Up Area – Coach Supervision

In order to ensure a safe and enjoyable environment for all attendees at events it is vital that the published **scottishathletics** Warm Up Etiquette is adhered to at all times. Safety is the responsibility of all, and we politely request that coaches supervising warm up activity ensure compliance to the agreed warm up one way system and take responsibility to challenge athletes not adhering to the etiquette.

Athlete Assistance

Any athlete requiring assistance during competition should complete and return an assistance request form by noon on Thursday 27th January. If you require a form, please contact events@scottishathletics.org.uk

Event Help Line

Mobile No. **07718526373** 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.