

General Guidance

RESUMPTION OF PERFORMANCE SPORT (Step 1b & Step 2a)

This guidance is to support Scottish Governing Bodies (SGBs) to put in place appropriate measures to allow the safe 'return to work' for professional and/or performance athletes and support staff in outdoor and controlled indoor (individual training) environments.

Introduction

- 1 Some sporting activities can now be undertaken outdoors and in indoors for individual training, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that professional and/or performance athletes are made aware and can adapt to changes in guidance at short notice.
- 2 Information on Scottish Governments approach to managing covid-19 is available at www.gov.scot/coronavirus-covid-19/ .
- 3 The information outlined below should be used to inform the development of suitable sport specific plans to support the 'return to work' of professional and/or performance athletes and support staff.
- 4 SGBs, clubs and athletes should be aware that the easing of restrictions does not mean that all facilities/venues will open immediately. Local authorities/trusts and clubs will require time to consider all the implications of opening venues and put plans in place to re-engage staff and set up operations that ensure everyones safety. This is a difficult time for everyone so please be patient.
- 5 The **sportscotland** institute of sport (SIS) has been working in collaboration with Scottish Government, key partners, medical experts and UK Sport to agree a five step approach for the 'Resumption of Performance Sport' in Scotland.
- 6 The aim of the five step approach is not to set specific timelines and actions but rather to provide a framework that key partners (SGB's & facility operators) can use to forward plan and ensure a consistent approach which is in line with, and adapts to, Scottish Government and Public Health Scotland route map phases.
- 7 SGB's should discuss their draft plans directly with the Scottish Institute of Sport prior to final versions being agreed. It is however encumbant on the SGB to ensure tha all criteria outlined in this guidance is met prior to any performance activity being sanctioned.
- 8 Guidance will be updated as and when Scottish Government advice changes.

Resumption of Performance Sport - Guidance

- 9 As part of Phase 2 of Scotland's Route Map out of the current crisis the Scottish Government have agreed that guidance can be extended to support the 'return to work' of professional and performance athletes .
- 10 This will facilitate the implementation of Step 1B and Step 2A of the "Resumption of Performance Sport" where all appropriate health, physical distancing and hygiene practices are put in place.
- 11 The key changes include;
 - 13.1 **Step 1B** (indoor): Individual training can now be undertaken by professional and/or performance athletes as long as appropriate physical distancing, health and hygiene measures are implemented. Full details are attached at **Appendix 1**.
 - 13.2 **Step 2A** (outdoor): A level of 'social clustering' within a controlled training environment where small groups of athletes and staff will be able to interact with closer contact e.g. close quarters coaching, teams sports tackling, equipment sharing. Full details are attached at **Appendix 2**.
- 12 This approach will ensure that performance athletes are protected as much as possible and in doing so facilitate accelerated steps of the 'Resumption of Performance Sport' route map in line with agreed Scottish Government Phased changes or dispensations.
- 13 A definition of a Performance Athlete is provided in the appendices.

General Information

- 14 Sport specific guidance

Further information on sport specific 'Phase 2: extension to exercise, outdoor sport' guidance can be found on the [sportsotland website](#) .
- 15 There is no expectation that sports, clubs or athletes will be ready to return immediately. Prior to resumption of performance activity robust risk assessments and checks must be undertaken to ensure that all procedures can be fully and effectively implemented as required in this document. Please continue to err on the side of caution with the health and safety of athletes and support staff being the priority.
- 16 Health, Safety & Hygiene
 - 18.1 People who are symptomatic should self-isolate for 7 days and household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend any sports facility or activity.

- 18.2 Ensure access is made available to first aid and emergency equipment that should be maintained and updated regularly and appropriately for the COVID pandemic.
- 18.3 Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
- 18.4 Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.
- 18.5 Make hand sanitizers or wipes available for use at entrance/exit to venue/facility where possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.
- 18.6 Further guidance is available at;

[Health Protection Scotland: General guidance for non-healthcare settings](#)
[Health Protection Scotland: Cleaning in a non-healthcare setting](#)
[Health Protection Scotland: Hand hygiene techniques](#)
[HSE guidance: First aid during the coronavirus \(covid-19\) breakout](#)

19 Facility Equipment

- 19.1 Sports, clubs and venue operators should, where possible, remove equipment including benches, scoreboards, tables and any other objects that are not essential for participation purposes.
- 19.2 Where the above is not possible appropriate cleaning measures, including provision of sanitiser and disposable gloves, should be put in place to reduce the risk of contamination.

20 Facility re-instatement advice & support

sportscotland has produced the [Getting your facilities fit for sport](#) document to provide support to operators of sports venues to help them plan and prepare for when sport can resume. This guidance includes a four-stage best practice plan that we recommend owners and operators follow to ensure the health and safety of participants is protected.

21 Workforce

Sports, clubs and venue operators must ensure that relevant workplace guidance is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.