

PHASE 3 - RESUMPTION OF PERFORMANCE (ELITE) SPORT GUIDANCE

Step 4 (return to cross border competition – no spectators)

INTRODUCTION

The following guidance covers Step 4 of the proposed five step framework for returning to full unrestricted professional or performance (elite) sporting Competition, without spectators, herein referred to as performance (elite) competition.

As part of a World Class System, the **sportscotland** institute of sport (SIS) has been working in collaboration with Scottish Government, key partners, medical experts and UK Sport to agree an approach for the [Resumption of Performance Sport](#) in Scotland.

It has been agreed that a coordinated resumption of performance sport training and competition is necessary to minimise the risk to the wider community as well as sports community of fans, friends and family who support them. This includes minimising the pressure on the health service.

Step 4 provides a set of minimum standards to progress from Return to Domestic Competition – No Spectators (RTDC - detailed in Step 3) to Return to Cross Border Competition – No Spectators (RTCBC). Its purpose is to assist Competition Delivery Partners and Performance (Elite) Sport Organisations to deliver a controlled RTCBC for all Competition User Groups, including those requiring cross-border travel.

It also includes guidance for Scottish based Performance (Elite) Sports Organisations and Individuals travelling to Competition outside Scotland/UK.

The guidance for Step 1, 2 and 3 activity remain in place and this document must be read in conjunction with the Step 3 guidance.

All existing government and Public Health Scotland (PHS) guidance continues to apply and takes precedent over any other standards (specified by international Competition Organisers, International Federations or governments) unless otherwise specified. This guidance does not constitute legal advice or replace any Scottish Government or PHS advice; nor does it provide any commentary or advice on health-related issues. Competition Delivery Partners and other User Groups should seek independent advice prior to implementing any RTCBC plan.

When considering any RTCBC, and where travelling within the UK (outside of Scotland), it is important that Competition Organisers, Competition Delivery Partners, Performance Sport Organisations and all User Groups comply with any government guidance or legislation implemented by the government authorities of England, Wales and Northern Ireland.

The COVID-19 pandemic is a rapidly developing situation and it is likely that this guidance and the reference sources it refers to will be regularly updated.

DEFINITIONS

All definitions in Steps 1, 2 and 3 continue to apply, with the addition of those below:

Cross Border Competition – No Spectators: Competition exclusively involving Performance (Elite) Athletes, hosted within the UK, where cross border travel (from outside the UK and Ireland) is permitted for individuals essential to the delivery of the Competition.

Performance (Elite) Sport Organisations and Individuals: The definition remains the same as in Step 3, with the inclusion of overseas National Governing Bodies of sport. Where an individual performance (elite) athlete is unable to fulfil the responsibilities of the Performance Sport Organisation, they should consult with the Competition Organiser and/or their relevant International Federation (either global or continental) to agree how those responsibilities can be met.

International Federation: The international/continental organisation responsible for governing one or more sports at world/continental level. For some Competitions, an International Federation may be responsible for sanctioning the Competition and/or areas of Competition delivery.

International User Groups: Any personnel that form part of the essential groups in attendance during the Competition that have travelled from outside the UK and Ireland. This may include, but is not limited to, the Competition Delivery Partners, teams/athletes, team support staff, competition officials, volunteers and staff, contractors/suppliers, anti-doping officers, medical providers and media and broadcast.

KEY PRINCIPLES

1. Roles & Responsibilities

Competitions are typically delivered in partnership by multiple organisations. Complexity is increased when International Performance (Elite) Sports Organisations, International Federations and other International User Groups are introduced to the Competition environment. It is important that all User Groups work collectively to ensure that the Competition can be staged safely. It is critical that the roles, responsibilities and command, control and coordination arrangements between the Competition Delivery Partners and the Performance (Elite) Sport Organisation(s) are agreed at the outset, including consideration of the role of the International Federation(s) where appropriate, and any requirements of International Performance (Elite) Sport Organisations/Individuals.

In some instances, the Competition Organiser may contract directly with the International Performance (Elite) Athletes. When this occurs, the Competition Organiser must communicate with each Performance (Elite) Athlete individually to ensure that: (a) the guidelines are clearly communicated to individual Performance (Elite) Athletes and that they fully understand their responsibilities, and; (b) Performance (Elite) Athletes are appropriately educated about the risks associated with attending the Competition (in advance of travelling) and the mitigation measures which have been put in place by Competition Delivery Partners (before the Competition).

As with the Step 3 guidance, the following key principles continue to apply for Step 4:

- a) Physical distancing (PD) should always be maintained between the competing athletes, their support staff and personnel from all other User Groups in the Competition Venue. Where PD is not possible, including on the field of play and in team areas, additional risk and mitigation strategies must be put in place;
- b) Attendance at the Competition should be restricted to those individuals that are essential to the delivery of the Competition, and which are accredited by the Competition Organiser. Spectators will not be permitted;
- c) All User Groups, including any attendees from outside of Scotland/UK should be appraised of risk and mitigation plans and given the opportunity to actively 'opt in' to RTCBC by way of consent;
- d) Competition Delivery Partners retain the right to remove any individuals from the Competition Venue if their actions are viewed to breach any health and safety protocols (COVID-19 related or otherwise) and;
- e) Appropriate risk mitigation through screening of individuals prior to entry into the Competition Venue must be implemented and this should include, but not be limited to, COVID-19 symptom questionnaires and where symptomatic, appropriate COVID-19 testing or as otherwise detailed within this guidance.

The Step 4 guidance places no additional requirements, particularly in relation to the testing and screening processes, on International User Groups attending the Competition over and above the requirements of entry to Scotland/UK as supplemented by the Health Protection (Coronavirus)(International Travel) (Scotland) Regulations 2020. There is a general obligation for people who arrive in Scotland from a non-exempt country or territory to self-isolate for 14 days. Competition Organisers may seek to be listed as a "specified event" where, subject to meeting strict criteria, accredited attendees may be exempt from self-isolation requirements. It will be the responsibility of the Competition Organiser to agree any listing of their event as a "specified event" directly with the Scottish Government. This must be done at the event planning stage. All other Competitions, and attendees of other competitions, must continue to adhere to the Regulations in full.

2. General Guidance

In addition to the measures defined in the Step 3 guidance, Competition Delivery Partners and Performance (Elite) Sport Organisations must implement the following: (a) when assessing the viability of whether a Competition can be safely hosted, (b) throughout the duration of its planning, and; (c) during the Competition Period:

- a) Make early contact with the International (Elite) Performance Sports Organisations/ Individuals, International Federations (where appropriate) and other International User Groups to discuss:
 - i. Current Scottish COVID-19 status, risk levels and Scottish Government policy including the existence of any local or regional 'lockdown' measures and consideration of how these may impact planned accommodation, training, transportation, and match fixtures
 - ii. If local/regional lockdowns are in place a further discussion with relevant local and national Public Health agencies

- iii. Resumption of Performance Sport guidelines (Steps 1 to 4)
- iv. The COVID-19 plans and policies of visiting National Governing Bodies
- v. COVID-19 plans, policies and risk assessment/mitigation for the Competition
- vi. Operational and safety plans for the Competition
- vii. Any cultural, language, religious or vulnerability considerations associated with the current COVID-19 regulations and medical requirements which international attendees may have
- viii. The requirement for Performance Sports Organisations to appoint a competition COVID-19 Medical Officer(s) to liaise with the Competition Delivery Partners
- ix. COVID-19 medical protocols for the Competition and screening requirements for entry into the Competition Venue
- x. The requirement for international attendees to have in place appropriate medical insurance and/or funding to cover routine medical and performance related healthcare such as musculoskeletal injuries, including outpatient investigation. Insurance must include Covid-19 care if reciprocal country arrangements do not apply. This will include the whole delegation for the duration of their stay in the UK, in order that all appropriate medical care is provided outside the NHS.
- xi. Any PPE (equipment and training) that will be required for International User Groups to fulfil their role in the Competition, noting that it must comply with PPE standards as set by HSE, for use in situations as described by PHS, irrespective of whether it is provided by the Performance Sport Organisation, User Groups or the Competition Delivery Partners
- xii. Travel arrangements to the UK, including:
 - i. The country of embarkment of International User Groups and any entry requirements, such as visas, screening or isolation, to enter the UK
 - ii. All countries that the individual(s) have been in within the 14 days preceding entry
 - iii. Travel and transit through international airports and specific COVID-19 risks associated with this
- xiii. Any equipment (sporting or non-sporting) that will be required to deliver the competition and will be imported from outside the UK
- xiv. Procedures for arrivals/departures, accommodation and ground transport within the UK for all User Groups to ensure adherence with current PHS guidance
- xv. Requirement to adhere to a code of behaviour and any sanctions in place for breaches of protocol
- xvi. All the above should be incorporated into the Competition operational plans,

and risk assessments and mitigation plans

- b) The COVID-19 Officer(s) for each party should develop a risk assessment and mitigation strategy for Step 4 RTCBC, which should build upon the Step 3 risk assessment and mitigation plans. This should include the following considerations:
- i. Ensure that all incoming User Groups and individuals have undertaken an effective educational programme to enable informed assessment and delivery of the essential training and competition components in Steps 1-3. An emphasis on the maintenance of strict and frequent personal hygiene measures will be included in all educational resources.
 - ii. Competition COVID-19 Medical Officer to inform local NHS Health Protection Team and be aware that depending upon competition and accommodation locations multiple NHS protection teams may need informing. This will ensure that NHS Test and Trace procedures can be followed and complied with.
 - iii. Ensure that the Competition medical plans and isolation areas for suspected or positive COVID-19 cases consider the medical care and health care requirements for International User Groups.
 - iv. Ensure that all plans, signage and instruction support the cultural and language requirements of International User Groups.
- c) The following considerations should be made when arranging travel and accommodation for International User Groups:
- i. User Groups / individuals may have to remain in isolation for a prolonged period due to potential Covid-19 viral spread, local or national viral resurgence and further lockdown measures and/or changes in international travel restrictions.
 - ii. User Groups / individuals may be unable to return to their home/household. As a result, isolation will need to take place in hotels / shared accommodation. Considerations including ventilation / air flow need to be considered.
 - iii. Transportation of User Groups should be risk assessed and travel between the point of entry, the Competition Venue and accommodation should minimise the use of public transport.

3. Additional Guidance for international Performance (Elite) Sport Organisations/ Individuals and International User Groups visiting Scotland

- a) International Performance (Elite) Sport Organisations/Individuals and User Groups should:
- i. Work in conjunction with Competition Delivery Partners to establish NHS medical pathways of care and be mindful that access to private

healthcare may be needed depending on impact on NHS resources and reciprocal healthcare arrangements between countries.

- ii. Always abide by the Scottish Government and PHS guidelines, both inside and outside the Competition Venue.
- b) Where there is a known or suspected COVID-19 case international (Elite) Performance Sport Organisations/ Individuals and User Groups must:
- i. Immediately inform the Competition COVID-19 Medical Officer who should have oversight of all individuals with suspected or confirmed cases of COVID-19 and ensure any suspected or confirmed COVID-19 cases are managed in line with COVID-19 case management protocols and latest Scottish Government guidance.
 - ii. Ensure any individuals are placed in isolation and follow the current PHS guidelines and the Competition COVID-19 protocols.
 - iii. Ensure that personnel report any signs of ill-health before leaving home and should not travel to the Competition Venue until cleared by phone by the Competition COVID-19 medical officer.
 - iv. Where international Performance (Elite) Sport Organisations do not have a medical officer to cover the COVID-19 case response, secure appropriate medical advice to oversee these processes must be arranged prior to arrival in the Scotland/UK. Individual Athletes should discuss with the Competition Organisers the COVID-19 protocols and requirements that will be in place for the Competition – and ensure that they are fully understood – before travelling to Scotland/UK.

4. Guidance for Scottish based Performance (Elite) Sports Organisations and Individuals travelling to competition outside Scotland/UK

- a) Foreign and Commonwealth Office advice on [Foreign Travel](#) should be followed, and periodically reviewed prior to travel to ensure that the latest COVID-19 related information is appropriately incorporated into travel plans.
- b) Plans prior to travel should take account of any Scottish /UK Government regulations on return to the UK, such as a required isolation period.
- c) The COVID-19 Officer and COVID-19 Medical Officer responsible for the Performance (Elite) Sports Organisation or Individual(s) should liaise with the organisers of any competition to be held outside the UK in a sufficiently timely manner in order to comply with the entry requirements of the country, including any quarantine / isolation regulations.
- d) The travelling performance (elite) athletes and support staff will be expected to abide by the guidelines and regulations of the host country and organisation for the duration of their stay in the host country.

Annex A: Considerations for hosting major sporting events in line with The Health Protection (Coronavirus) (International Travel) (Scotland) Regulations 2020

While these regulations require people who arrive in Scotland from a non-exempt country, or who have travelled through a non-exempt country within the last 14 days, to self-isolate, the law currently allows international performance (elite) sportspeople and essential ancillary support staff (e.g. coaches, medical and technical staff, and essential broadcast staff for the event) to participate in a specified list of UK-based performance (elite) sports events without having to self-isolate for up to 14 days, provided they comply with certain conditions.

This is in recognition that public health risks associated with these events will be very low as a result of meticulous planning and mitigation strategies, effectively operating so far as possible within a distinct bubble, or footprint. The events are required to develop plans, including for:

- an appropriate testing regime
- a clear statement on minimising or eliminating any unavoidable encroachment of physical distancing within the event environment
- restricting movement to designated accommodation, training and competition sites
- and contact only with other accredited event participants unless for other exceptional reasons such as medical need or legal requirements

Under the Regulations, all international performance (elite) sportspeople and ancillary support staff coming to Scotland for a listed performance (elite) sport event are required to complete the [Public Health Passenger Locator Form](#) in advance of their arrival in Scotland (which requests passenger and journey details, as outlined in the Regulations). On arrival in Scotland, if they are arriving from a non-exempt country or territory, or have been in a non-exempt country within the last 14 days, and do not wish to self-isolate for 14 days, they are also required to provide written evidence from a United Kingdom or Scottish sport national governing body of their status as an international performance (elite) sportsperson or international ancillary sportsperson attending a specified competition.

On arrival in Scotland they are required to proceed directly to the event site and remain in isolation with other people within that sporting bubble or may proceed to other accommodation and self-isolate outside the sporting bubble, until they leave Scotland. The Regulations recognise that the competitions (or training for the competitions) may be taking place on multiple sites, and travel between them is permitted. Once the event or competition has concluded, should the athlete remain in Scotland they will be required to self-isolate for whatever period remains up to 14 days from when they entered the country.

The Regulations also exempt domestic performance (elite) sportspersons and essential sport ancillary staff (not including domestic broadcast staff and journalists) from the duty to self-isolate on their return to Scotland from a performance (elite) sports event after travelling to or through a non-exempt country. This is in recognition that they will be operating under the published [Resumption of Performance Sport Guidance](#) (including appropriate testing and monitoring health protocols). Domestic performance (elite) sportspersons based abroad returning to Scotland for performance (elite) sport training or competition are also exempt from the requirement to self-isolate, in recognition that they will also be operating under that guidance.

The non-exhaustive list of ancillary sportspersons includes: operational staff essential to the running of a performance (elite) sports event; event officials and referees; sports team medical, logistical, technical and administration staff; individual sportsperson medical and technical support staff; horse grooms and trainers; motorsport mechanics and technical staff; and the parent or carer of a performance (elite) sportsperson under the age of 18. The Regulations explicitly include incoming international media who are accredited to cover specified competitions in Scotland, but do not include domestic media looking to cover overseas events which take place in (or involve travelling through) a non-exempt country

For Event Organisers

Principles

1. All participants must be accredited and identifiable. This is particularly important should NHS Scotland's Test and Protect protocols and the sports own protocols need to be engaged. Confirmation of their accreditation will also be required at various points in their journey including at their point of entry to the event footprint.
2. Movement of participants should be strictly limited. Participants are expected to only move between event travel hubs, accommodation, training, and competition venues- this will effectively be a 'bubble' environment. Where this transit is lengthy, steps should be taken to carefully limit contact with anyone beyond the event staff.
3. Access to all elements of the bubble should be strictly controlled. This should be in line with step 3 of the [Resumption of Performance Sport Guidance](#) .
4. Comprehensive guidance (more details below) for each specific event must be produced and reviewed by the Scottish Government.
5. Clear communication and education about the requirements imposed by the law and guidance must be provided to all participants so they are in no doubt about their responsibilities.
6. Plans for rapid curtailment or cancellation of an event should either the overarching threat level increase, or a local concern arise.

Guidance

Events must have established their own protocols, in line with the resumption of performance sport guidance and any relevant sport specific protocols issued by their national, or international, governing body.

Event specific protocols must set out how accredited participants entering the country will be expected to act in accordance with general travel health requirements.

This should include detail on:

- an appropriate testing regime
- a clear statement on minimising or eliminating any unavoidable encroachment of physical distancing within the event environment
- restricting movement to designated accommodation, training and competition sites
- contact only with other accredited event participants unless for other exceptional reasons such as medical need or legal requirements
- Presentation of accreditation to support exemption from self-isolation where required.

Accountability

As per the resumption of performance guidance, each event should appoint a Covid 19 Officer to deliver against the event protocols. Event specific protocols must set out an approach to accountability that will be applied to everyone connected with that event, including all athletes, teams and event staff. There must be clear sporting repercussions for any accredited participants acting contrary to the event specific protocols, and commitment to referring accredited participants to the relevant authorities if appropriate.

Engagement

Event specific protocols must be clearly communicated to accredited participants before they travel to the event. Events must set out an appropriate way in which to seek compliance from individuals. Individuals must indicate to event organisers their awareness of sporting, and legal, repercussions of acting contrary to the event specific protocols and wider public health restrictions in place at the time.

For athletes and essential support staff

International performance (elite) sportspersons and essential support staff participating in a sports event listed in The Health Protection (Coronavirus) (International Travel) (Scotland) Regulations 2020 (as amended)

You'll need to complete the [Public Health passenger locator form](#) before you travel to Scotland.

You'll need to provide written evidence from a United Kingdom or Scottish sport national governing body of your status as an international performance (elite) sportsperson or international ancillary sportsperson attending a specified competition

You will not need to self-isolate for up to 14 days as long as you proceed directly to the footprint of the listed sports event you are participating in, and remain either self-isolated or within the event location (or locations if the event has multiple venues) until your departure from the UK. You must isolate within the event footprint with performance (elite) sportspersons training for or competing in that event, and also ancillary sportspersons who are involved in that event. Travel between multiple venue locations for the sports event is permitted. The sports event may include provision of hotel or other suitable accommodation within its location(s).

You remain obligated to self-isolate if you stay somewhere other than the event footprint (e.g. if you own a residence in Scotland).

The 14-day period for which you are subject to these additional conditions begins from when you were last in a non-exempt country or territory.

Domestic performance (elite) sportspersons and their essential support staff returning from non-exempt countries or territories to continue their competition or training in Scotland

You'll need to complete the [Public Health passenger locator form](#) before you travel back to Scotland.

You'll also need to provide written evidence from a United Kingdom or Scottish sport national governing body of your status as an international performance (elite) sportsperson or international ancillary sportsperson who has travelled to a non-exempt country or territory to compete, train or otherwise participate in a performance (elite) sports event, and that you will be continuing those activities on your return.

You will not need to self-isolate for 14 days, but you must observe the [Resumption of Performance Sport Guidance](#) .

Current Specified Competitions and Countries and Territories exempt from the requirement to self-isolate, can be found [here](#)