

Surfing guidance for Phase 3 of the Scottish Government COVID-19 Route Map

This is the SSF's updated guidance for Phase 3 of the Scottish Government's COVID-19 Route Map which came into force on the 10th of July 2020.

An updated framework describing the surfing guidance during the further phases of the Scottish Government's Route Map can be found on the Scottish Government's website. Further, more detailed, guidance on subsequent phases will be published in due course.

We must all continue to follow the government and public health guidelines and to stay at home as much as possible. Our priority remains to protect the health of our members, volunteers and staff and the wider community and help to suppress the spread of the COVID-19 virus. We will continue to do everything we can not to increase the burden on the NHS and emergency services.

Do not leave home to take part in sport or physical activity if Scottish Government advice means you should stay at home because you, or someone you live with, has or has had symptoms of COVID-19. People who are shielding are permitted to undertake activities providing strict physical distancing is adhered to, however the SSF strongly advise that people who are shielding should not go surfing. People who are symptomatic should self-isolate for 7 days; household members for 14 days as per info on NHS guidance. No one who is self-isolating should be surfing.

1. Travel restrictions outlined by the Scottish Government should always be adhered to. You can now drive outwith your local area for the purposes of undertaking outdoor exercise and physical activity. <https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/getting-around/>
2. At all times, participants and facility operators should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others.

All exercise taken must be consistent with current Scottish Government guidance on health, physical distancing and hygiene. There may be a need to adapt to changes in guidance at short notice. Information on Scottish Government's approach to managing covid-19 is available at www.gov.scot/coronavirus-covid-19

If you have any questions about the guidance please don't hesitate to contact the SSF: scottishwaveriders@googlemail.com

Phase 3 guidance

This phase allows surfing and the SSF strongly recommends the following;

1. **To closely follow all advice** - from the Scottish Government in relation to Coronavirus.
[gov.scot/coronavirus](https://www.gov.scot/coronavirus)
2. **Group Size** – Surfing can take place with 4 household groups and a maximum of 15 people with physical distancing. This may allow some surf school and club activity to begin to return, outdoors only and with suitable control measures in place (listed later in this document).
3. **Physical distancing** - Surfers must practice physical distancing at all times and maintain a distance apart of at least 2 metres. Surfers should aim to avoid busy areas and take great care to maintain physical distancing. Children under 12 do not need to maintain physical distance between themselves.
4. **Travel** – You can drive outwith your local area to go surfing, No shared travel can take place with multiple household groups in the same vehicle at any time.
5. **Safety** - You must choose a suitable location, surf within your limits. Surfers are reminded that they are responsible for their own safety. You should let others know of your plans. Refer to Appendix B for more detail.
6. **Surfing Activities** - can include:
 - a. **Independent surfing** - this includes individuals and groups of up to 4 households with a maximum of 15 people surfing whilst following all government guidelines. See [Appendix F](#).
 - b. **Surf Schools/Coaching/Clubs and other organised activity** - this can include activity organised by a qualified coach, under the remit of an organisation such as an SSF accredited surf school or SSF affiliated club. See [Appendix A](#) for further guidance.
 - c. **Governing Body Awards** - courses can take place online, subject to all criteria being met. See [Appendix C](#).
7. **Equipment** - Surfers are encouraged to use their own equipment during this phase, or to have equipment allocated to them for the duration of this phase. Where equipment is to be used by individuals from more than one household (such as shared / borrowed equipment at a club or surf school), refer to the [Appendix E](#) for further details. For guidance on accessing a compound or storage facility safely please see [Appendix D](#)
8. **Be kind, friendly and considerate to everyone you meet** - deliberately being kind, friendly and considerate to everyone you meet whilst out is an incredibly powerful way to show that we are united against Covid-19. This behaviour could make a really positive difference to someone else's day. Remember to observe physical distancing at all times
9. Toilet access - Toilets may now be opened for public use only if the operator follows guidelines outlined on the Scottish Government website:
<https://www.gov.scot/publications/coronavirus-covid-19-public-and-customer-toilets-guidance/pages/overview/>
- **Overnight stays and camping** - Wild camping is allowed from the 15th of July when campsites will also be permitted to open. Some campsites may remain closed or may be operating at a reduced capacity and have limited provision so we would advise to check in advance. The reference is here:

- <https://www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-scotlands-route-map-through-out-crisis-phase-3-update/pages/2/>
10. **SSF membership** - If surfers want to ensure they are insured they can join the SSF at www.thessf.com
 11. **Administration** - Where applicable, all bookings and payment should be operated online or by phone. Keep an accurate record of attendance for each session so that if someone reports as having tested positive for COVID-19 Test and Protect can easily be implemented. This should **not** be done via a shared sign in sheet and pen.
 12. **Insurance** - Ensure to follow the Scottish Government and SSF guidance to operate within the scope of the SSF insurance.
 13. **First Aid Protocols** – Ensure first aid equipment has been updated appropriately for the COVID pandemic and first aiders have undertaken appropriate additional training. Follow the advice from the Resuscitation Council (UK)
 14. **Hand sanitiser** – Should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.
 15. **If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.**
 16. **Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.**
 17. **Be aware guidance can change and restrictions may be reintroduced – ensure you have checked the latest version of your governing body Covid-19 guidance**

Further guidance available at:

<http://www.hps.scot.nhs.uk/web-resources/container/covid-19-guidance-for-non-healthcare-settings/>

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

<http://www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/>

<http://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>

Appendix A - Surf Schools/Coaching/Clubs and other organised activity

- I. This is the third phase out of four of the return to surfing and does not include all the surfing activity that took place before COVID-19. It is still important to control the spread of the virus. Unfortunately not every organisation or every person within an organisation might be able to return to operation.
- II. Surfers taking part in surfing lessons, clubs or other organised activity should expect those arranging the activity to put in place suitable measures that reduce the likelihood of COVID-19 transmission. It is essential that these measures include protocols to support physical distancing, hand-washing, and cleaning kit/surfaces that might be contaminated, along with procedures regarding group size/composition in line with government advice.
- III. Participants should expect to be made aware of the measures being implemented, and in turn they are expected to comply as requested. They should also expect organisers to select activities that are unlikely to threaten the delivery of these measures, perhaps with more caution than in 'normal times'. However, it must be acknowledged that we cannot eliminate the risk of COVID-19 transmission entirely, as this could disproportionately impact on their overall safety and the quality of the experience. For example, a short, but close contact intervention might be deemed necessary to undertake a rescue, with the need to quickly recover the person in the water being more important than the small chance that the COVID-19 virus is transmitted during that episode. Or, a coach may step in to offer support or guidance when it is deemed important, such as when a person's safety may be at risk.
- IV. Throughout an engagement in a surfing lesson it is important to minimise these close contact moments. Coaches should accumulatively spend less than 15-minutes with any one person within the group (who is not from within the same household) and always keep a distance of 2m apart if side by side or 5m apart if behind or in front of someone.
- V. The benefits of taking part in surfing to personal health and well-being are significant and well known. The ethos that participation in all surfing activities comes with some risk, and that participants should be made aware of these risks to support their decision on whether or not they wish to participate remains at the heart of high quality surfing provision to enable participation in our sport moving forwards.
- VI. Coaches/instructors should not deliver training/lessons to more than 4 households at any one time or provide coaching to more than 4 households per day.
- VII. A coach/instructor can only coach/instruct a maximum of 14 people per day.
- VIII. Organised Outdoor Sport for Children
 - A. Organised outdoor sport specific activity can be undertaken by children and young people from the 13 July, with a phased implementation, subject to SGBs agreeing guidance with **sportscotland** covering the following;
 - B. All sports organisations providing children's activity must abide by relevant SGB guidance and have a named 'Covid Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place by the sports organisation before any children's outdoor activity is undertaken.

C. Physical distancing;

1. Children aged 11 years and younger are not required to physically distance, as set out in Scottish Government guidance. This extends to organised sports activity and the field of play.
 2. For older children aged 12-17 a 'field of play bubble' can be created during organised sports activity that allows contact whilst the activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity. Normal physical distancing guidelines will however apply before and after the activity takes place.
 3. Coaches and other adults supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the club 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment.
 4. Specific consideration should be given to supervision of children under the age of 5 years as it is not appropriate for young children to maintain the models of physical distancing that are suitable for older children, either practically or in terms of child development. You may, for instance, ask a parent to be present.
 5. Where an employee is providing an activity, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken. See the Businesses, workplaces and self-employed people section at [Scottish Govt: Covid-19](#)
 6. Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
- 1.1 Health, safety & hygiene measures for children's activity should be in line with guidance provided within this document.
- 1.1.1 In the event of first aid treatment being required it is recognised that a suitably qualified coach/supervising adult may require to attend to a child. The sports organisation 'Covid Officer' should consider processes for managing this as part of the risk assessment. This could include but not be limited to;
- Provision of suitable PPE
 - Training of coaches/supervising adults
 - Presence of one parent/guardian being required at the activity

- 1.2 Participant numbers and duration of organised activity;
- 1.2.1 Where there is likely to be close contact between children in an organised sporting activity mitigation should be put in place to minimise risk and keep participants safe.
 - 1.2.2 SGB guidance should therefore consider limiting the numbers taking part and the required duration of the activity.
 - 1.2.3 The focus should be on delivering the organised activity with as few participants as possible interacting with each other and for the minimum amount of time, whilst still allowing the activity to be run effectively.
 - 1.2.4 The focus of activity at this stage should be non-competitive, essentially a return to training. No competition, matches or other activity between sporting clubs/organisations should be arranged.
 - 1.2.5 Holiday camps or extended sports activity which would not normally come under the jurisdiction of an SGB should refer to the appropriate local authority, umbrella body or care commission guidance. These bodies may wish to use relevant SGB guidance but if not applicable, Scottish Government household, physical distancing and group size limits should be applied.

For clarification: In organised SSF activities (including surf schools) for all children 17 and under the 4 other household rule and max 15 persons rule does not apply when it is exclusively children in the activity. The rules for children numbers are governed by the ISA coach/instructor ratio and safety regulations (1 to 8). Coaches and instructors should still maintain the 2m socially distance if possible (except for safety reasons).

If there are any adults within the group then the 4 other households and max of 15 persons applies. This includes the coach as one of the households and persons. Therefore a coach/instructor can have a group size of 14 plus themselves from a maximum of 4 other households in an all adult group or a group with adults and children – even if it is only 1 child.

- IX. Guidance for coaches and instructors is available at:
<http://www.sportscotland.org.uk/covid-19/getting-your-coaches-ready-for-sport/>
- X. Workforce – Surf Schools, 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.

Appendix B - Safety

- I. Know your ability and be familiar with the spots you choose to surf
- II. Avoid crowding spots
- III. Surf within your limits and know the wind, wave and tide conditions
- IV. Unless in an emergency, use members of the same household if any assistance to another surfer is required

Appendix C - Governing Body Awards

- I. **International Surfing Association - Coaching, instructing and judging** training courses can only take place online as well as relevant lifesaving awards. Training courses should continue to take place with prior reading and online theory and even practical as much as possible following the ISA's recommendations for online courses. Some assessments will be deferred and additional time granted in order to pass these modules to allow for practical assessment when circumstances allow.

Appendix D - Guidelines for accessing and cleaning equipment

Organisations and individuals that provide surfing activities are responsible for planning and risk assessing how they operate. Where people might touch the same object/surface it is essential to implement the SSF guidelines below;

All indoor facilities including changing rooms, club houses, showers must remain closed during Phase 3.

Sports venue operators and clubs may open toilets for public use if they follow the guidelines outlined on the Scottish Government website: <http://www.gov.scot/publications/coronavirus-covid-19-public-and-customer-toilets-guidance/pages/overview/>

Public toilets are defined as any toilets accessible to the public. The opening of toilets should be accompanied by local risk assessment, and control measures should be proactively monitored by clubs and venue operators.

All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance.

The aim of this document is to provide surf school and clubs with guidance on how they can safely access equipment from an outside store or compound only. This information should be shared with all those engaged with this process either by sharing this document or briefing those concerned.

All surfers using a shared storage facility will be required to follow this guidance.

While this advice tries to cover as many situations as possible, and even if all the advice is followed it does not guarantee that the risk of contracting COVID-19 is completely eliminated.

Appendix D - Procedure for entering an equipment store or compound

The aim is to limit the opportunity for the virus to be passed either directly from one person to another, or from contact from shared surfaces. This procedure looks at cleaning surfaces where the virus may be transferred. If there are soft surfaces and materials that would prove more difficult to clean and disinfect it should be considered whether these should be removed prior to reopening of the club.

The basic principles to **minimise person to person infection** are:

- Maintain physical distancing between household groups
- Brief members/participants/staff on storage facility procedure
- Access should be for one household group at a time unless a one way system can be implemented.
- No person with any symptoms (temperature, cough, disturbed taste), even if more than 7 days from onset of symptoms, should participate in the activity even as a spectator

The basic principles to **minimise the chance of infection from contact with surfaces** are:

- Brief everyone prior to entering the equipment storage facility to only make contact with their own kit and not to touch other equipment or surfaces within the equipment storage facility
- Every person to wash hands using soap and water or minimum 60% Alcohol hand sanitiser prior to gaining access to the facility and if they come into contact with surfaces and when leaving the facility. Hands should be visibly clean before using hand sanitiser to ensure effectiveness.
- Hand sanitiser should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.
- Limit the number of people who open or close the equipment storage facility
- Limit the number of people who enter the equipment storage facility to those that require equipment and limit their access to just this purpose
- Devise a timetable of when people will access the equipment storage facility in order to observe physical distancing and to avoid concentration of people at a certain time
- Should more than one person be required to move any equipment
 - Ideally use a member of their own household group
 - The same people contact the same end of the board for that session every time assistance is required (cleaning protocols to be followed at end of session)
 - Use protective gloves if needed, gloves should be regarded as infected following a single use and either disposed of or properly cleaned by the person using the gloves. They are not a replacement for appropriate hand washing which of itself should be adequate to limit contact spread
 - Clean contact points following contact. (See cleaning protocols)
 - Avoid touching your face at all until hands have subsequently been washed or cleaned
- Keep an accurate record of attendance for each session so that if someone reports as having tested positive for COVID-19 Test and Protect can easily be implemented.
 - This should **not** be done via a shared sign in sheet and pen.
- Payments - no cash payments should be taken, consider contactless or bank transfers

Cleaning protocols for equipment stores/compounds

Either the person who opened the facility or another nominated person/team cleans the common contact points such as padlocks, door handles, light switches etc. This should take place after every use of the facility.

Suggested cleaning equipment

- Minimum 60% alcohol hand sanitiser or 60% alcohol detergent wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent. Caution should be taken, particularly with sprays, as alcohol is flammable.
- Domestic household bleach containing 5-6% bleach diluted 1 part bleach to 49 parts water minimum to achieve a 0.1% solution, applied with a cloth. (Household bleach may be supplied in other concentrations e.g. commonly between 3-8%. Diluted bleach will degrade with time and should be prepared on the day it is required.)
- Protective gloves, these may be cleaned and dried for reuse if not disposable
- Disposable cloths soaked in disinfectant, ideally biodegradable
- Waste bags for safely disposing of used cleaning materials

All disinfectant solutions should be stored in opaque containers, in a well-ventilated, covered area that is not exposed to direct sunlight and ideally should be freshly prepared every day.

Follow all manufacturer's instructions for Personal Protective Equipment required and use of any product used for cleaning. Reference should be made to the Control of Substances Hazardous to Health [COSHH](#) regarding the handling, storage, use and disposal of chemicals.

Facility Cleaning Procedures

1. **Wipe down** all touch points using cleaning products such as - padlocks, door handles, light switches etc. to remove any dirt from surfaces, as this would reduce the effectiveness of disinfecting the surface afterwards.
2. **Disinfect** all Touch points using either alcohol or diluted bleach as described above.

Appendix E - Cleaning Procedures for Surfing Equipment

Equipment that is only accessed and used by one individual or within a household group does not need to be cleaned if no one else makes contact with it.

Procedures must be in place to ensure that no one makes contact with other people's personal or designated equipment beyond a household group. A colour coding or numbering system could be used for this. All participants and others who have access to the equipment must be briefed on the procedures.

Where assistance outside a household group is required to carry heavy equipment, disposable gloves should be worn or hands cleaned as per the advice in Part A before and after lifting. Hand sanitiser should be carried by all surfers for this purpose.

Hand sanitiser should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.

SURFBOARDS AND ACCESSORIES

Where equipment such as boards and accessories are touched or used by others there are two options:

Option A - all equipment is quarantined for 72 hours after each use

Given that the cleaning of equipment is difficult, the preferred recommendation is to rinse, dry and allow a period of 72 hours between the use of any equipment by members from different household groups.

Option B - equipment is cleaned after each use

Equipment manufacturers do not recommend using chemicals to clean equipment as it might shorten its life and/or change its appearance but recognise that it might be required in order to adequately clean equipment between sessions where different people will use it. If equipment needs to be used frequently then this option should be used.

Boards and accessories should be cleaned using the cleaning equipment and methods described in Appendix D for storage facilities and particular attention paid to touch points.

WETSUITS

Where wetsuits are to be touched or used by others there is only one option:

Rinse suits in soapy water or a barrel with Milton solution added and quarantine suit for 72hrs before being reused.

It is expected that the risks will continue to fall in time and at the time of writing there is a current expectation that around 1:1000 in the community is potentially transmitting the virus. The processes outlined here are designed to minimise the chance that a surfing activity will be a focus of transmission. Remember also that the young and otherwise fit are the most likely to be asymptomatic carriers. This advice will be reviewed and potentially updated regularly.

Appendix F – Individual Surfing

- **MAINTAIN APPROPRIATE PHYSICAL DISTANCING & HYGIENE**

At all times surfers should adhere to the Scottish Government's social distancing guidelines of staying at least 2m away from others including before, during and after surfing

- **ONLY USE YOUR OWN EQUIPMENT & AVOID COMMON TOUCHPOINT SURFACES**

Don't borrow your friend's board or wetsuit and when you are surfing try to avoid touching things like gates, door handles and handrails

- **SURF WITHIN YOUR LIMITS**

Know your own ability, the conditions and be familiar with the spots you choose to surf. You should only surf if you are competent.

- **AVOID TRAVEL WHERE POSSIBLE**

Travel restrictions outlined by the Scottish Government should always be adhered to. You are now allowed to leave your local area for exercise but you should try and avoid to as much as possible. No shared travel can take place with multiple household groups in the same vehicle at any time. The latest advice can be found on the Scottish Government website.

- **AVOID CROWDING SPOTS**

If there are people already surfing it is advised to wait or choose another spot to surf to ensure physical distancing can be maintained. Park your car away from others and try to leave a spot as promptly as possible after surfing.

Appendix G - Further sources of information:

- [Scottish Government](#) COVID-19 information
- [sportscotland](#)
- [RNLI](#)