



SCOTTISH  
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## SW Return to Physical Activity Guidelines Phase 3 (COVID-19)

### 1. Overview

These guidelines apply to Scotland only, and have been produced in line with the Government guidance on public spaces, outdoor activity and exercise.

The document shall remain fluid and shall be updated as further phased guidance is released by the Scottish Government regarding Covid-19 and our route from lockdown.

Sporting activities can now be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene. SW wants to make sure that the club, facility and participants are made aware and can adapt to changes in guidance at short notice. This is possible due to the low prevalence of the virus in Scotland, however it was stressed that the danger has not gone away.

Based on our discussions with Scottish Government/**sportscotland** and following the easing of lockdown restrictions, SW has developed a set of practical guidelines for clubs and participants to follow so that wrestling can happen in Scotland during lockdown, where the local environment allows.

### 2. Introduction

These guidelines apply to wrestling in Scotland and indoor/outdoor adaptations so that wrestling can happen in a way that is in line with Scottish Government advice and helps to prevent the spread of COVID-19. Wrestling venues/facilities across the country are often different and operate in different local contexts including club, private or local authority run. Assessing whether safe exercise can be provided depends on a range of factors, which apply differently at each venue/location. It is the responsibility of each venue, club and participant to risk assess based on their local environment.

Clubs and participants should be aware that not all facilities will be able to open immediately following guidance changes. Owners and operators will require time to consider all the implications of opening facilities/venues and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers. This is a difficult time for everyone so please be patient.

These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing and hygiene. Facility operators, clubs and participants should be aware of and can adapt to changes in guidance at short notice. Information on Scottish Government's approach to managing COVID-19 is available at [link](#).

To manage a safe return to sport and leisure activities it is a **mandatory requirement** that all clubs, facility operators and deliverers put in place comprehensive **Test & Protect** procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available within this guidance and at: [link](#).

People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend a sports facility/activity.

### 3. General Guidelines

1. The club committee or venue operator should ensure all appropriate management processes are in place so that they can effectively oversee and maintain the implementation of measures outlined herein. Venue operators are advised to take time to ensure they reopen safely.
2. It is the responsibility of each club committee, sports facility operator and/or deliverer (herein referred to as the sport facility operator) to appoint a responsible person/s, referred to as the **COVID officer**, to act as the point of contact on all things related to COVID-19.  
**An e-learning module for COVID officers is available at: [link](#).**
3. The COVID officer must ensure that full risk assessments, processes and mitigating actions are in place before any sport or leisure activity takes place. Specific consideration should be given to the needs of those who are at greater risk including some older adults or those with disabilities.
4. Sporting events or activities involving more than 30 people should not take place at this time unless following SW specific guidance agreed with **sportscotland** and available under request.
5. An indicative date of 05 October 2020 has been identified by Scottish Government for further changes to sport and leisure activity including:
  - a) limited spectator access to sports stadia. Planned test events will go ahead and further test events may take place before 5 October.
  - b) resumption of indoor contact sports and competition for those 12 years of age and older.
6. Track and Protect measures should be implemented for all activities to assist NHS Scotland in the event of a virus outbreak.
7. Travel guidance outlined by the Scottish Government should always be adhered to. Further information is available at: [link](#)
8. It is the responsibility of each venue, club and coach to ensure documented risk assessments, based on local circumstances, are completed prior to any activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are protected at all times.
9. Clubs, deliverers, and operators should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.
10. If traveling to and from training:
  - a) Avoid using public transport where possible. Please note that if public transport cannot be avoided, it is mandatory to wear a face mask or covering. This applies to travel on all forms of transport including taxis and private hire cabs.
  - b) Arrive as close as possible to when you need to be there
  - c) Avoid touching entrance gates, fences, benches, etc. if you can.
  - d) Adhere to Scottish Government physical distancing and travel guidelines [link](#).

## 4. Facility & Clubs

1. **sportscotland** has produced the [Getting your facilities fit for sport](#) guidance to help owners and operators of sports facilities as they prepare for when sport/activity resumes. The guidance is applicable to all phases of the Scottish Government route map, and can be adapted to support other planning-based work being undertaken by sports, clubs and community organisations.
2. **Test and Protect:**
  - a) [Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.
  - b) Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.
  - c) It is a mandatory requirement that sport facility operators collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient.
  - d) Sports facility operators should store information for 21 days and share it when requested to do so by public health officers.
  - e) In order to gather and store customer information securely refer to SW GDPR policy.
3. **Protect Scotland App**
  - a) NHS Scotland has launched a free mobile app designed to help with contact tracing efforts and slow the spread of COVID-19. The app will alert users if they have been in close contact with another app user who tests positive for coronavirus.
  - b) Supported by a dedicated Protect Scotland website, the app is an extra tool complementing existing person-to-person contact tracing which remains the main component of NHS Scotland's Test and Protect system.
  - c) Further information on the Protect Scotland app is available at [www.protect.scot](http://www.protect.scot)
4. **Changing rooms, showers and toilet:**
  - a) Use of changing rooms and showering facilities should be avoided where possible, although they may be made available for participants who require additional support such as disabled people or those with special needs.
  - b) Sports facility operators may open toilets for public use if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).
  - c) Access to indoor locker rooms and storage areas is permitted for dropping off and collecting sports equipment or clothing. The sports facility operator should ensure mitigating actions are put in place to minimise the risk of virus transmission including physical distancing, hygiene and cleaning measures.
  - d) For detailed facility guidance including a checklist that covers use of changing rooms, showers and toilets visit [link sportscotland dedicated page link](#).
5. No spectating should take place other than where a parent is supervising a child or vulnerable adult. Physical distancing guidance should always be followed.
6. Limits on the number of participants accessing sports facilities should be risk assessed to ensure physical distancing can be maintained. This should take into consideration Scottish Government guidance on physical distancing and any exceptions highlighted within this document where sporting 'bubbles' are created for the duration of an activity.

7. Risk assessments should be carried out and documented for all activities and facilities. Consider safety first, particularly minimising the risk of infection/transmission and following Scottish Government guidance regarding health, hygiene, travel, and physical distancing..

## 5. Organised Sporting Activity for Children and Adults

1. Organised indoor and outdoor sporting activity/competition for children and adults may be undertaken as outlined below.
2. All clubs/ organisations providing wrestling activity must abide by SW 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 wrestling activity is undertaken.
3. Definitions - for the purposes of this guidance:
  - Contact sport or activity is defined as "a sport or activity in which the participants necessarily come into bodily contact with one another" such as Judo, Wrestling, Rugby and Boxing.
  - Non-contact sport or activity is defined as "a sport or activity in which the participants are physically separated by playing rules such as to make it difficult for them to make physical contact during an activity. Examples include Tennis, Cricket, Boccia and Curling.
  - Sports competition refers to where participants compete against different opponents as part of an organised competition.
  - For the purposes of this guidance 'organised sporting or leisure activity' refers to activities which are undertaken in a structured and managed way following specific rules and SW guidance, local authorities or businesses who in turn have fully applied related Scottish Government and **sportscotland** guidance. All organised activity should be overseen by a Covid Officer with documented risk assessments undertaken and mitigating actions put in place to ensure the health, safety and welfare of participants, coaches and officials.
4. All forms sports training, activity and competition for children up to and including the age of 11 years can be undertaken.
5. Children aged 11 years and younger are not required to physically distance, as set out in Scottish Government guidance.
6. For those 12 years of age and over taking part in sport or leisure activity, normal Scottish Government physical distancing and household number guidelines should be followed.
7. Normal physical distancing and household number guidelines will however be applicable before and after the sporting activity or when taking breaks.
8. Adults and children can take part in organised outdoor non-contact and contact sports training, competition or events if guidance within this document is followed.
9. Indoor non-contact sports training, leisure activity may resume by those 12 years of age or older.
10. No adult indoor contact sport should be undertaken at this time.
11. Subject to the guidelines below a 'field of play bubble' can be created whilst an organised sporting or leisure activity is taking place indoors or outdoors, in effect suspending physical distancing guidelines for the duration of the activity.
12. A sporting 'field of play bubble' can consist of a maximum of 30 people including coaches and officials at any one time. In exceptional circumstances, numbers may be increased, but only if approved directly by Scottish Government SW guidance and mitigating actions have been agreed by **sportscotland**.

13. No formal presentation ceremonies should take place during or after an activity or competition and the focus should be on reducing numbers in attendance at any one time.
14. 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.
15. 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.
16. In general, young people find it harder than adults to stick to physical distancing rules. Special attention should be given to how you communicate physical distancing rules to young people.
17. Where a participant with a disability requires functional support to enable their participation in physical activity and sport this can be provided without maintaining physical distancing. This support can be provided by a coach or other individual. In such circumstances the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions.
18. 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.
19. Health, safety & hygiene measures for wrestling activity should be in line with guidance provided within this document.
20. Where there is likely to be close contact between children in an organised wrestling activity mitigation should be put in place to minimise risk and keep participants safe.
21. 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.
22. Holiday camps or extended sports activity which would not normally come under the jurisdiction of SW should refer to the appropriate local authority, umbrella body or care commission guidance. These bodies may wish to use relevant SW guidance but if not applicable, Scottish Government household, physical distancing and group size limits should be applied.
23. All adults involved in coaching / actively engaging with children in an organised environment should have undertaken appropriate SW safeguarding and, where available, Covid-19 training.
24. Sports organisations should always ensure appropriate ratios of coach/adult to child/vulnerable adult as per SW guidance and follow all related safeguarding advice.
25. Health, safety and welfare policies should always be risk assessed and implemented.
26. Coaches, officials, parents and carers should continue to observe physical distancing when involved in children's activity as a coach, official or spectator.

## **6. Health, Safety & Hygiene**

1. Ensure access to first aid and emergency equipment is maintained.
2. Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.

3. In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may be required to attend to the injured participant. The 'Covid Officer' should consider processes for managing this as part of their 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 for children/vulnerable adults.
4. Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
5. 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.
6. Make hand sanitizers or wipes available for use at entrance/exit to the 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.
7. If you need to sneeze or cough, do so into a tissue or upper sleeve.
8. Avoid touching your face.
9. Use the checklist produced by **sportscotland** "[Getting your facilities fit for sport](#)"
10. BEFORE LEAVING HOME & AFTER YOU RETURN wash your hands with soap and water for at least 20 seconds before leaving home to go outside.
- 11. Face Coverings:**
  - Sports facility operators should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility e.g. reception, locker rooms and storage areas. This is a mandatory requirement except where an exemption applies, or where there is a 'reasonable excuse' not to wear a face covering. For example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability.
  - Be aware that face coverings discriminate against some deaf people who need to look at lips to help communicate. Staff in facilities should be made aware that it is okay to remove their face coverings to communicate with someone who relies on lip reading and facial expressions.
  - Guidance on general use and exemptions are available [here](#).

## 7. Coaching and equipment

1. During group training sessions appropriate risk assessed physical distancing and hygiene measures should be put in place to protect participants.
2. All activity should be consistent with the government guidance regarding health, travel, social distancing and hygiene at all times.
3. Coaches, personal trainers, and instructors should risk assess and plan appropriately for the session in advance, be aware of responsibilities and be clear on expectations with participants. They should also build in a review period to reflect on effectiveness and safety of the session.
4. Guidance for coaches, leaders, personal trainers, and instructors is available at [link](#).

5. 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.
6. There are no restrictions on the number of households (or extended households) that a coach can instruct per day.
7. Coaches can take organised group training sessions with a maximum of 30 people involved at any one time. All sessions should be risk assessed with physical distancing and hygiene measures put in place to protect participants and coaches.
8. Participants should, where possible, use their own personal equipment and ensure appropriate hygiene rules are adhered to.
9. Where shared equipment is used appropriate hygiene measures must be put in place to ensure equipment is thoroughly cleaned before, during and after use.
10. Where possible, ensure all equipment is checked prior to use to avoid participants having to adjust or touch it.
11. Remove unnecessary equipment from the venue/facility.
12. No personal equipment should be left at the facility by the participant once activity has ended.
13. Children under 12 do not need to maintain physical distance between themselves.
14. From 1 August, people shielding can undertake work, including sports coaching (paid or voluntary).
15. Where possible operate electronic bookings/payments for sessions. Avoid cash handling.
16. Implement a short buffer period (e.g. 10 minutes) between booking slots to allow time for participants to leave before the next participant arrives.
17. Consider staggering the start time of bookings so that participants do not all arrive/leave at the same time.
18. Coaches and instructors working with children should familiarise themselves with the additional considerations developed by *Children 1st* [link](#).
- 19. This guide has been produced to assist coaches in delivering wrestling activities during Coronavirus COVID-19 Phase 3.**

Please note that Scottish Wrestling in partnership with **sportscotland** will be providing guidelines for the resumption of competitive wrestling activity in Scotland!

## 8. Equality & Inclusion

1. Covid-19 is affecting everyone. But the impact of the pandemic is not being felt equally. Before the pandemic certain groups were less likely to participate in sport and physical activity. These groups are also the most at risk of worsening inequalities due to Covid-19:
  - Older people
  - Disabled people
  - Ethnic minorities
  - Women
  - People from deprived communities
2. It is more important than ever to consider inclusive guidance for people who need extra support to be active and sports facility operators should consider this as part of their work to encourage people to return.

3. The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include;
  - a) **Communication** – Digital exclusion is a key issue. With so many services and so much information moving online it risks worsening the health impacts of the pandemic. We have to think innovatively about the range of ways we can provide information to people about sport and physical activity.
  - b) **Accessibility** – Accessibility of our environments is another key issue emerging from the pandemic. As clubs and leisure centres re-open it's important to build understanding of people's specific accessibility needs around things like hygiene, physical distancing and face coverings so we can provide the best possible support to people to take part in sport and physical activity.
  - c) **Anxiety, mental health and wellbeing** – The pandemic is leading to an increased risk of anxiety and mental ill-health for people who share all characteristics. We know that sport and physical activity can have significant benefits for people's mental health so it's vital that we continue to promote those benefits, so people are encouraged to get involved.
  - d) **Confidence** - Confidence to return to sport is a big issue across all groups. We know that some groups are at higher risk from Covid-19 than others (including some ethnic minorities, disabled people and households experiencing poverty). These groups may be even more nervous about returning to sport or starting to participate. They are also less likely to participate in sport in the first place, so we'll need to give extra attention to their needs to help build their confidence.

## 9. Local Outbreaks or Clusters of Coronavirus Cases

1. Scottish Government travel advice and guidance relating to local outbreaks or clusters of coronavirus cases is available at: "Coronavirus (COVID-19) local advice and measures" [link](#).
2. Where a local outbreak has been reported, sports facility operators and deliverers within this locality should review Scottish Government 'local measures' guidance, their facility/operational risk assessment and consider if additional mitigating actions should be put in place to reduce risk. This may, for example, include; suspending activity, enhancing hygiene and physical distancing measures or introducing additional activity restrictions.

If a person has a continuous cough, high temperature, or loss or change in taste or smell, they should self-isolate and request a coronavirus test right away. Further information is available at [www.NHSinform.scot/test-and-protect](http://www.NHSinform.scot/test-and-protect) or by calling **0800 028 2816** if they cannot get online.

The [Coronavirus \(COVID-19\): Test and Protect information leaflet](#) provides information on the Test and Protect service from NHS Scotland.

**Guidelines will be updated as we progress through the different phases of the Scottish Government route map in conjunction with sportscotland. Please ensure to check the official Scottish Wrestling position at [www.wrestling.scot](http://www.wrestling.scot) on a regular basis to stay abreast of the latest guidelines.**

Further guidance and useful links are available at:

[sportscotland dedicated COVID-19 page](#)

[Scottish Government's approach to managing COVID-19](#)

[Scottish Government: Test & Protect](#)

[COVID-19 officer job description](#)

[e-learning module for COVID officers](#)

[Scottish Government Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#)

[Coronavirus \(COVID-19\) Phase 3: Staying safe and protecting others.](#)

[Test and Protect](#)

[Scottish Government website Opening Public Toilets Guidelines.](#)

[Getting your facilities fit for sport](#)

[Getting coaches ready for sport](#)

[Child wellbeing and protection considerations in the return of children and young people to sport](#)

[Coronavirus in Scotland](#)