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, sport 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. Information on Scottish Government's approach to managing COVID-19 is available at link.

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](#). Deliverers, clubs and participants should be aware that local restrictions may also be in place and should be considered as part of risk assessment planning. Further information on guidance which should be followed in areas which Scottish Government has identified as requiring additional local measures and restrictions is available at **Appendix 1**.

**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. Track and Protect measures should be implemented for all activities to assist NHS Scotland in the event of a virus outbreak.

6. Travel guidance outlined by the Scottish Government should always be adhered to. Further information is available at: [link](#).

7. 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.

8. 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.

9. 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](#).

10. **Where Scottish Government local measures and restrictions are in place guidance detailed in Appendix 1 will supersede the corresponding guidance identified within this section.**
4. Facility & Clubs

1. **sports**cotland 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. Operators should only re-open facilities when it is safe to do so, in accordance with Scottish Government guidance.

3. Operators must ensure that users are made aware of the requirement to adhere to the relevant approved SW guidance prior to any sports activity being undertaken at the venue and reserve the right to intervene where there are any clear and visible breaches of this guidance by participants. Where such breaches take place operators should notify the nominated club/activity Covid Officer overseeing the activity and they should in turn take appropriate action to mitigate future risk and protect participants and the wider public.

4. **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.

5. **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](#).

6. **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) Where changing rooms and showering facilities are to be used specific guidance relating to use of ‘Changing and Showers’ is available at [Getting your facilities fit for sport](#).

c) Sports facility operators may open toilets for public use if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).
d) 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.

7. No spectating should take place other than where a parent is supervising a child or vulnerable adult. Physical distancing guidance should always be followed.

8. 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.

9. 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. Where Scottish Government local measures and restrictions are in place guidance detailed in Appendix 1 will supersede the corresponding guidance identified within this section.

2. Organised indoor and outdoor sporting activity/competition for children and adults may be undertaken as outlined below.

3. 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.

4. 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.

5. 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 or as a matter of course encroach within 2m of one another” such as Judo, Netball, Basketball, 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 or teams compete against different opponents as part of an organised league or 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.

6. All forms sports training, activity and competition for children up to and including the age of 11 years can be undertaken.
7. Children aged 11 years and younger are not required to physically distance, as set out in Scottish Government guidance.

8. 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.

9. Normal physical distancing and household number guidelines will however be applicable before and after the sporting activity or when taking breaks.

10. 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.

11. Indoor non-contact sports training, leisure activity may resume by those 12 years of age or older.

12. Non-contact sports can resume if mitigating measures are introduced to limit risk. For instance, the implementation of physically distanced training or competition with amended rules which support physical distancing. Any proposed changes must be included in SW guidance and approved by Scottish Government or sportscotland.

13. No adult indoor contact sport should be undertaken at this time.

14. 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.

15. Total numbers taking part in training, competition or events, other than detailed below, should not exceed 200 people in any one day, including organisers, officials and participants. Once an individual has completed their activity, they should immediately vacate the ‘field of play’ and are then subject to normal household rules.

   a) Permanent outdoor sport, leisure and club facilities which are accessed on regular basis by the general public and/or club members and have in place a designated COVID officer and appropriate risk assessments may exceed the limit of 200 people, in a single day, if mitigating measures are put in place to protect participants and staff. This may for instance include operating separate activity zones, implementing staggered time slots and putting in place other measures to ensure participation bubbles remain separate including consideration of parking and access/egress.

   b) Any further exemptions or variation to training, competition or event participant numbers, including the addition of spectators, must be agreed directly with Scottish Government and may be subject to relevant Scottish Government Guidance.

16. Where sports training, competition or events are planned and include multiple bubbles; facility operators, organisers and deliverers should, as part of their risk assessment, consult with relevant local authorities, environmental health, the police or other body responsible for the safety of the public. Agreement must be reached with these bodies before the training, event or competition takes place.

17. Facility operators, organisers and deliverers should note that the situation around COVID-19 is fluid and activities may need to be cancelled at short notice should there be a change in local or national restrictions. In such circumstance’s plans should be in place to notify participants of event cancellation and to ensure they do not attend the venue.
18. Outdoor group coaching for organised sport and leisure activities including aerobics and fitness classes can take place with up to 30 people at any one time, including the coach, if physical distancing is maintained.

19. 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.

20. 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.

21. 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.

22. 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.

23. 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.

24. 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.

25. Health, safety & hygiene measures for wrestling activity should be in line with guidance provided within this document.

26. 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.

27. 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.

28. 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.

29. 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.

30. Sports organisations should always ensure appropriate ratios of coach/adult to child/vulnerable adult as per SW guidance and follow all related safeguarding advice.

31. Health, safety and welfare policies should always be risk assessed and implemented.

32. 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:
   - It is mandatory for participants and visitors to indoor sports facilities to wear face coverings before and after activity or when in non-playing areas of the facility. For example: reception, locker rooms and storage areas unless there is a reasonable excuse not to do so. For example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability.
   - If you are deaf and need to look at lips and facial expressions to help you communicate, you can ask staff to remove their face covering.
   - Face coverings do not need to be worn when undertaking physical activity, exercise or showering.
   - Face coverings must be worn in a sports facility hospitality environment other than when you are eating or drinking.
   - 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. It is mandatory for coaches, when coaching indoor sports facilities to wear face coverings before, during and after activity unless there is a reasonable excuse not to do so.
   a) For example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability
   b) When demonstrating any exercises or moves and face covering will not allow you to do so in a confident manner. In such circumstances the club ‘Covid Officer’ should consider this as part of the risk assessment.

7. There are no restrictions on the number of households (or extended households) that a coach can instruct per day.

8. 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.

9. Participants should, where possible, use their own personal equipment and ensure appropriate hygiene rules are adhered to.

10. Where shared equipment is used appropriate hygiene measures must be put in place to ensure equipment is thoroughly cleaned before, during and after use.

11. Where possible, ensure all equipment is checked prior to use to avoid participants having to adjust or touch it.

12. Remove unnecessary equipment from the venue/facility.

13. No personal equipment should be left at the facility by the participant once activity has ended.

14. Children under 12 do not need to maintain physical distance between themselves.

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. All adults involved in coaching / actively engaging with children or vulnerable adults in an organised environment should have undertaken appropriate SW safeguarding training.

19. Sports organisations should always ensure appropriate ratios of coach/adult to child/vulnerable adult as per SGB guidance and follow all related safeguarding advice.

20. Health, safety and welfare policies should always be risk assessed and implemented.

21. Coaches and instructors working with children should familiarise themselves with the additional considerations developed by Children 1st link.
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.

3. Where Scottish Government local measures and restrictions are in place guidance detailed in Appendix 1 should be applied to the identified areas.

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](http://www.NHSinform.scot/test-and-protect) 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 on a regular basis to stay abreast of the latest guidelines.

Further guidance and useful links are available at:
- [sportscotland dedicated COVID-19 page](http://sportscotland.org.uk/covid19)
- [Scottish Government’s approach to managing COVID-19](https://www.gov.scot/healthacceptedcovid19/
- [Scottish Government: Test & Protect](https://www.gov.scot/)
- [COVID-19 officer job description](https://www.gov.scot/
- [e-learning module for COVID officers](https://www.gov.scot/
- [Coronavirus (COVID-19) Phase 3: Staying safe and protecting others](https://www.gov.scot/
- [Test and Protect](https://www.gov.scot/
- [Scottish Government website Opening Public Toilets Guidelines](https://www.gov.scot/
- [Getting your facilities fit for sport](https://www.gov.scot/
- [Getting coaches ready for sport](https://www.gov.scot/
- [Child wellbeing and protection considerations in the return of children and young people to sport](https://www.gov.scot/
- [Coronavirus in Scotland](https://www.gov.scot/)

**DISCLAIMER**

Neither SW, sportscotland, nor any contributor to the content of this guidance, shall be responsible for any loss or damage of any kind, which may arise from your use of or reliance on this guidance note. Care has been taken over the accuracy of the content of this note but SW and sportscotland cannot guarantee that the information is up to date or reflects all relevant legal requirements. We recommend that you obtain professional specialist technical and legal advice before taking, or refraining from, any action based on information contained in this note.
APPENDIX 1: LOCAL MEASURES & RESTRICTIONS

1. Introduction

1. The guidance within this appendix is applicable to sport and physical activity facilities and activities where Scottish Government has identified the requirement for local measures and restrictions to be applied.
2. This guidance is not applicable to professional or performance sports activity which is approved through the ‘Resumption of Performance Sport’ process.
3. Local measures and restrictions will come into force for licensed premises from 18:00 on Friday 9 October, with all other restrictions applying from 00:01 Saturday 10 October and run until midnight on Sunday 02nd November 2020.
4. The restrictions currently apply to the following NHS Health Boards and local authorities, but be aware these may change if infection rates increase in other parts of Scotland; NHS Ayrshire & Arran (North, South and East Ayrshire), NHS Greater Glasgow & Clyde (Glasgow, East and West Dunbartonshire, Renfrewshire and East Renfrewshire, and Inverclyde), NHS Lanarkshire (North and South Lanarkshire), NHS Forth Valley (Clackmannanshire, Stirling and Falkirk) and NHS Lothian (Edinburgh, East, West and Mid-Lothian).
5. The information outlined below should be used in conjunction with, and where appropriate supersede, the ‘Phase 3: return to sport and physical activity guidance’ and shared with participants, clubs, local authorities/trusts, third sector and other sports facility operators within local areas identified by Scottish Government as requiring additional measures/restrictions to reduce the spread of COVID-19 infection.
6. It is the responsibility of the relevant facility operator / COVID officer to ensure that full risk assessments, processes and mitigating actions are in place before any sport or leisure activity takes place and to check if the activity is in an area which is subject to additional Scottish Government localised measures and restrictions.
7. Where a local outbreak has been reported, sports facility operators and deliverers should review 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.
8. Travel to or from an area with Scottish Government local measures or restrictions in place to undertake sport or physical activity should where possible be avoided.
9. People living in areas with Scottish Government local measures or restrictions should not participate in outdoor amateur contact sport in any location (unless they are under 18 years of age.
10. Be aware that the Scottish Government may update or change measures and restrictions at any time, including the local areas subject to them. Therefore COVID officers should regularly check Scottish Government advice and guidance relating to local outbreaks and measures at [link](#).

2. Outdoor Sport & Leisure Activity – local measures
1. Facility operators in areas subject to local measures and restrictions may continue to open all outdoor sports areas, courts and pitches if documented risk assessments are undertaken and all appropriate mitigating actions including the guidance herein is put in place to ensure the safety of participants, staff and volunteers. Please also refer to additional guidance produced by sportscotland at: link.

2. Children and young people under 18 years of age can continue to take part in organised outdoor non-contact and contact sports training, competition or events if all relevant guidance is followed.

3. Adults (18 years of age or older) can take part in organised outdoor non-contact sports training, competition or events if all relevant guidance is followed.

4. Adults should not take part in any form of contact sport in areas which are subject to Scottish Government local measures or restrictions.

5. Where outdoor sports training, competition or events are planned and include multiple bubbles; facility operators, organisers and deliverers should, as part of their risk assessment, consult with relevant local authorities, environmental health, the police or other body responsible for the safety of the public. Agreement must be reached with these bodies before the training, event or competition takes place.

6. Facility operators, organisers and deliverers should note that the situation around COVID-19 is fluid and activities may need to be cancelled at short notice should there be a change in local or national restrictions. In such circumstance’s plans should be in place to notify participants of event cancellation and to ensure they do not attend the venue or activity.

7. Outdoor group coaching for organised sport and leisure activities including aerobics and fitness classes can continue to take place with up to 30 people at any one time, including the coach as long as physical distancing is maintained at all times.

### 3. Indoor Sport & Leisure Activity – local measures

1. Indoor sport and leisure facilities can remain open if Scottish Government Coronavirus (COVID-19):Guidance for the opening of indoor and outdoor sport and leisure facilities is fully implemented.

2. Children under 12 years of age can continue to take part in organised indoor contact and non-contact sports training, activity and competition.

3. Young adults under 18 years of age can continue to take part in indoor non-contact sports training, activity and competition.

4. Adults (18 years of age or older) should not take part in any indoor group activity such as exercise classes, any form of contact sport, group competitions or group coaching/training.

5. Adult group activity for the purposes of this guidance is activity, involving adults, from more than 2 households / 6 members of those households who take part in an activity.

6. Recreational activity, such as gym use, 1:1 personal training, swimming, ice skating and indoor snowsports activity where physical distancing can be maintained is permitted.

7. Coaches can take multiple sessions per day, but each session should not include more than one other household if adults are involved (maximum of 6 people in total).
8. The number of participants allowed to take part in indoor sport or leisure activity must be risk assessed by the sports facility operator following Scottish Government (COVID-19): Guidance for the opening of indoor and outdoor sport and leisure facilities and SW guidance.

9. Guidance for coaches, leaders, personal trainers, and instructors (referred to as coaches) is available at: link.

**DISCLAIMER**

Neither SW, sportscotland, nor any contributor to the content of this guidance, shall be responsible for any loss or damage of any kind, which may arise from your use of or reliance on this guidance note. Care has been taken over the accuracy of the content of this note but SW and sportscotland cannot guarantee that the information is up to date or reflects all relevant legal requirements. We recommend that you obtain professional specialist technical and legal advice before taking, or refraining from, any action based on information contained in this note.