

RESUMPTION OF PERFORMANCE (ELITE) SPORT

This guidance is to support Scottish Governing Bodies (SGBs) to put in place appropriate measures to allow the safe 'return to work' for Professional and Performance (Elite) Athletes and support staff.

Table of Contents

INTRODUCTION.....	2
Purpose Of The Guidance.....	2
Five Steps - Resumption Of Performance Sport.....	2
Process - Resumption Of Performance Sport Plans.....	3
GENERAL INFORMATION	4
Health, Safety & Hygiene.....	4
Face Coverings.....	4
Test And Protect.....	5
Workforce.....	5
Travel Guidance.....	5
Additional Links & Resources.....	6
PERFORMANCE ATHLETE DEFINITION.....	6
APPENDIX 1: RESUMPTION OF PERFORMANCE SPORT, STEP 1.....	7
APPENDIX 2: RESUMPTION OF PERFORMANCE SPORT, STEP 2.....	13
APPENDIX 3: RESUMPTION OF PERFORMANCE SPORT, STEP 3.....	18
APPENDIX 4: RESUMPTION OF PERFORMANCE SPORT, STEP 4.....	25
Additional Guidance for international Performance (Elite) Sport Organisations.....	30
Guidance for Scottish based Performance (Elite) Sports Organisations.....	31
Step 4, Annex A: Considerations For Hosting Major Sporting Events.....	32

INTRODUCTION

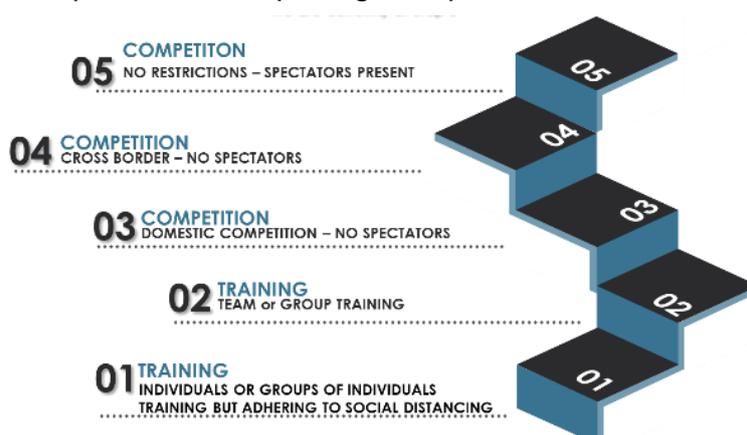
1. As part of a World Class System, the **sportscotland** institute of sport (SIS) has been working in collaboration with Scottish Government, key partners, medical experts and UK Sport to agree an approach for the 'Resumption of Performance Sport' in Scotland.
2. It has been agreed that a coordinated resumption of Professional and Performance (Elite) sport training and competition, herein referred to as 'performance' sport can be undertaken providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene. Information on Scottish Governments approach to managing COVID-19 is available at www.gov.scot/coronavirus-covid-19/ .

Purpose Of The Guidance

3. The purpose of this guidance and associated appendices is to define a set of recommended minimum-practice guidelines for transition to training and competition for performance (Elite) athletes. It is anticipated that following this guidance will assist performance sport organisations to deliver a safe return to organised training for its athletes and staff.
4. Scottish Government have provided legal exemptions for Performance (Elite) sport on the understanding that numbers being supported will be restricted. These exemptions are therefore only applicable to professional paid athletes, Olympic, Paralympic and Commonwealth athletes and their support staff.
5. This guidance does not constitute legal advice or replace any Scottish Government or Public Health advice; nor does it provide any commentary or advice on health-related issues. Performance sports and affected organisations should therefore ensure that they seek independent advice from medical practitioners prior to implementing any resumption of sport. Guidance will be updated as and when Scottish Government advice changes.

Five Steps - Resumption Of Performance Sport

6. Five steps have been outlined for transition from current restrictions through to full unrestricted performance sporting competition.



7. The aim of the five step approach is not to set specific timelines and actions but rather to provide a framework that key partners including SGB's and sports facility operators, herein referred to as 'operators' can use to forward plan and ensure a consistent approach which is in line with, and adapts to, Scottish Government and Public Health Scotland guidance.
8. Whilst there will initially be 'no specators' at Step 3 or 4 competitions, Scottish Government may consider a phased return in the future.
9. Specific guidance relating to each of the Steps is available as follows;
 - 9.1 [Appendix 1: Step 1 \(1A & 1B\)](#), RTT Individuals or groups of individuals
 - 9.2 [Appendix 2: Step 2 \(2A & 2B\)](#), RTT Close contact training
 - 9.3 [Appendix 3: Step 3](#), Return to domestic competition
 - 9.4 [Appendix 4: Step 4](#), Return to cross border competition

Process - Resumption Of Performance Sport Plans

10. SGBs or relevant professional bodies should contact the **sportscotland** institute of sport (SIS) where they believe their sport meets the criteria outlined within this guidance and wish to seek approval for the Resumption of Performance sport plans at Step 1 and Step 2.
11. An assessment of proposed 'Resumption of Performance Sport' plans will be undertaken by SIS (or Scottish Government) and only approved where designated performance 'hubs/training venues' are identified and where full implementation of guidance can be confirmed by the applicant.



GENERAL INFORMATION

12. 'Return to Sport & Physical Activity' guidance and SGB/sport specific guidance can be found on the [sportscotland website](#). These should be considered when undertaking planning for the Resumption of Performance sport.
13. There is no expectation that sports, clubs or athletes will be ready to return immediately. Prior to resumption of performance activity robust risk assessments and checks must be undertaken to ensure that all procedures can be fully and effectively implemented. Please continue to err on the side of caution with the health and safety of athletes and support staff being the priority.
14. Facility access may be limited, particularly in Level 3 or Level 4 areas. Ensure appropriate access and hygiene protocols are agreed with operators prior to resuming performance sport training or competition.

Health, Safety & Hygiene

15. Scottish Government has produced the [Coronavirus \(COVID-19\): FACTS poster including translations and accessible formats](#). Where possible use this document to reinforce messages. FACTS stands for: **F**ace Coverings, **A**void crowded places, **C**lean your hands regularly, **T**wo metre distance and **S**elf isolate and book a test if you have symptoms.
16. Ensure access to first aid and emergency equipment is maintained and has been updated appropriately for the COVID-19 pandemic.
17. Hand sanitizers and/or access to hand washing facilities should be available for use at the entrance/exit to the sports venue/facility where this is possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.
18. Be aware that disabled people may face greater challenges implementing regular handwashing because of additional support needs. Some disabled people may need to use touch to help them get information from their environment and physical support. It is important they are not prevented from doing this, but operators should be aware that this increases the likelihood of virus transmission.
19. [Getting your Facilities Fit for Sport](#) provides a checklist for health, hygiene and cleaning considerations and actions.

Face Coverings

20. Participants should wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility. For example: 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 e.g. if you have a health condition or a disability. Further details can be found below.

21. 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.
22. The [Coronavirus \(COVID-19\): public use of face coverings](#) provides guidance on general use and exemptions.

Test And Protect

23. Test and Protect is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy. Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives..
24. Collect the name, contact number, date of visit, time of arrival, and the departure time of all athletes and support staff attending facilities or performance activities.
25. Where groups are training together this should also be logged so that outbreaks of the virus can be tracked and isolated.
26. Information should be stored for 21 days and shared when requested to do so by public health officers.
27. The [Coronavirus \(COVID-19\): Test and Protect information leaflet](#) provides additional information on the Test and Protect service from NHS Scotland.
28. NHS Scotland has also 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. Athletes and coaches should be encouraged to use it. Further information is available at www.protect.scot.

Workforce

29. 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.
30. Scottish Government guidance can be found here [Coronavirus \(COVID-19\) Guidance on individual risk assessment for the workplace](#)

Travel Guidance

31. Where training or competition has been approved through the 'Resumption of Performance' sport process athletes and their coaches and/or support staff are exempt from Scottish Government Travel restrictions where they are travelling to or from the authorised activity. Exemptions do not apply otherwise.
32. Specific information on car sharing is available also from [Transport Scotland: advice on how to travel safely](#).

Additional Links & Resources

[Scottish Government: COVID-19 general guidance](#)

[NHS Inform COVID-19](#)

[Scottish Government: creating and maintaining safer workplaces](#)

[Health Protection Scotland: guidance for non-healthcare settings](#)

[Health Protection Scotland: Hand hygiene techniques](#)

[HSE: First Aid during the coronavirus \(Covid-19\) pandemic](#)

[NHS Inform: Access to testing for coronavirus](#)

PERFORMANCE ATHLETE DEFINITION

For the purposes of this guidance the definition of a 'performance athlete' is defined as:

1) Athletes who derive a living from competing in a sport as:

- a. Professional athletes, and / or
- b. Athletes in professional teams, or
- c. Athletes on performance development pathways for professional sports established by the national governing body.

or

2) For GB Olympic and Paralympic sport, athletes who are:

- a. GB senior (i.e. those not classified by age group) representatives for NGB's on a Summer or Winter Olympic and Paralympic Games (Tokyo/Beijing) pathway, **or**
- b. On GB senior training squads (i.e. those not classified by age group) for NGB's on a Summer or Winter Olympic and Paralympic Games (Tokyo/Beijing) pathway, **or**
- c. On performance development pathways for NGB's on a Summer or Winter Olympic and Paralympic Games pathway.

or

3) Athletes from territories in the British Isles who are senior representatives or on senior training squads (i.e. those not classified by age group) for sports in the Birmingham 2022 Commonwealth Games programme.

APPENDIX 1: RESUMPTION OF PERFORMANCE SPORT, STEP 1

Return to Training (Individuals Or Groups Of Individuals)

1. Taking into consideration Scottish Government and Health Protection Scotland advice, **Step 1** has been divided in to two parts. Resumption of Performance Sport plans should detail under which Step training is to take place (1A or 1B) and provide relevant risk assessments for each area:

1.1 **Step 1A - Individual training outdoors**

Step 1A refers to a return to a level of organised individual programme training in a defined outdoor performance facility whilst adhering to strict health, hygiene and physical distancing guidelines. This might be individual training or groups of individual athletes training at the same facility/space but adhering to physical distancing and other steps to minimise the spread of COVID-19.

1.2 **Step 1B – Individual training in indoor facilities**

Step 1B refers to a return to a level of organised individual programme training in a defined indoor performance facility whilst adhering to the government physical distancing advice. This will be for individual athletes training in the same facility/space but adhering to physical distancing and other mitigating guidance (health & hygiene) to minimise the spread of COVID-19.

2. To help with planning this guidance is further broken down into two areas:

2.1 **Guidance for Performance sports, clubs and service provision partners** (e.g. SGBs, Clubs, Institutes)

2.2 **Guidance for Performance training centre venue hosts and operators** (If the venue hosting/operating is not the full responsibility of the sport)

The guidance within both sections must be considered within plans to give the highest confidence that the approach taken to returning to organised training is in line with the current minimum practice and could be considered appropriate.

Guidance for Performance sports, clubs and support service providers

3. Each performance sport's/club's Accountable Officer should 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 to support those undertaking the role.
4. The COVID officer **must** ensure that full risk assessments, processes and mitigating actions are in place before any performance (Elite) sport activity takes place. Specific consideration should be given to the needs of those who are at greater risk including those with disabilities.

5. Each sport should have a named COVID medical officer (physician), familiar with the emerging evidence related to post-COVID-19 pathology, who is expected to:
 - 5.1 Lead on ensuring any suspected or confirmed COVID-19 cases are managed in line with the sports COVID-19 case management protocols and current government guidance.
 - 5.2 Have medical oversight of the return to training of any athletes with suspected or confirmed cases of COVID-19.
 - 5.3 Support the COVID-19 Officer with any medical aspects of the risk assessment and mitigation process.
 - 5.4 Sports who do not have a medical officer to cover these responsibilities should secure medical cover to oversee these processes prior to resuming organised training. Regular screening for symptoms within the training environment may be implemented on the ground by an appropriately trained healthcare professional working with a set of protocols defined in the risk assessment mitigation plan and signed off by the medical officer.
6. Organised training should only be resumed where government guidelines on physical distancing can be adhered to (considering any terms of dispensation allowed for performance sport) and the sport/club is confident the minimum level of guidance can be achieved within the local context.
7. Sports should prepare a risk assessment and risk mitigation plan to be completed before resumption of Step 1 training at each venue that determines and communicates what can or cannot be achieved training wise in the local context. The risk assessment and mitigation plan should include but not be restricted to:
 - 7.1 Ensuring that prior to the resumption of training, all athletes and staff who are engaged in the training environment are formally appraised of the risks, mitigating steps being taken and all athletes and staff who choose to engage actively 'opt in' by way of written consent.
 - 7.2 Agreeing a clear position on how athletes and staff who are deemed vulnerable or are in a household with vulnerable individuals, interact with the training environment, which must be in line with government advice on clinically vulnerable individuals.
 - 7.3 Identifying additional actions that need to be taken to enable athletes with disabilities who need support with complex impairments, or the consequences of these impairments, to interact safely with the training environment in line with government guidance. This should include a decision on where these actions can be achieved or where engagement of athletes with the environment is not feasible.

- 7.4 Outlining how regular screening for COVID-19 symptoms will take place before each entry to the training environment. Updated information on the most common symptoms can be found on the NHS inform website. Screening should include a questionnaire and temperature check as a minimum.
- 7.5 Outlining clear protocols to manage any person who becomes symptomatic at the venue as per government guidelines for employers and businesses as the most relevant information.
- 7.6 Outlining how staff who are returning to the training environment from isolation due to suspected or confirmed cases of COVID-19 or other COVID-19 related reasons should be medically assessed prior to return.
- 7.7 Ensuring any practitioners who need to work in close contact with other members have access to the personal protective equipment (PPE) appropriate for the setting and are trained in their appropriate usage and disposal. If suitable PPE cannot be procured without taking away supply intended for key workers, then the practice or work requiring the PPE should not take place.
- 7.8 Ensuring any support staff within the training environment are operating to the minimum standards of practice that ensures any professional body endorsement and professional indemnity insurances they require are still valid.
- 7.9 Ensuring training choices are made to minimise the injury and illness risk/NHS burden as a priority consideration.
- 7.10 Ensuring an appropriate level of medical staffing is in place within the training environment to manage any injuries and illness in training while also meeting the demands of any COVID-19 symptom screening.
- 7.11 Ensuring local emergency medical cover/assistance can be accessed in the event of a potential life or limb threatening injury requiring immediate extrication and urgent medical care or hospitalisation.
- 7.12 Ensuring minimum but necessary training staffing levels are calculated to balance training need, physical distancing protocols and reducing risk of burden to the NHS.
- 7.13 Outlining how equipment being brought into the training venue will be suitably cleaned and disinfected to manage the possible transmission of COVID-19 (e.g. specialist technical equipment, wheelchairs).
- 7.14 Forming an agreement with hosts/venues on what steps need to be taken to ensure physical distancing and appropriate hygiene measures are maintained in the training environment.

- 7.15 Outlining the steps to determine maximum capacity levels for the various spaces in use with hosts/operators.
 - 7.16 Outlining (via agreement with venue hosts as necessary) how all areas will be cleaned between sessions for different groups of athletes.
 - 7.17 Outlining how any equipment/items that must be shared within the training venue (e.g. gym equipment) will be cleaned/disinfected between each user.
8. All performance athletes and support staff should be engaged in a 1:1 check-in prior to resumption of organised Step 1 training to ensure they have understood the sport specific risks and mitigations, training site protocols in place, are physically and mentally well enough to engage in a return to training and have actively 'opted in' to engaging in Step 1 return to training via written consent. All athletes and staff should also be clear on their route to 'opt out' of the organised training environment under Step 1 conditions at any time without unreasonable steps being taken against them consequently.
 9. All performance athletes and staff should adhere to government legislation on physical distancing when travelling to and from the training venue and should not come within the physical distancing range (currently 2m) of anyone outside their household during travelling to and from training. Training time and distance should be minimised where reasonable.
 10. Sports bodies should clearly and regularly communicate any updates to protocols around training, prioritisation of access to venues and any necessary risk mitigation steps to their athletes and any home support network (e.g. parents).
 11. Athletes who are returning to the training environment from isolation due to suspected or confirmed cases of COVID-19 or other COVID-19 related reasons must do so under the direction of a physician / medical officer, familiar with the emerging evidence related to post-COVID-19 pathology.
 - 11.1 This should include a check-up with the same medical officer before re-engaging with the training environment.
 - 11.2 As a minimum these return to training steps should follow the latest version of the **sportscotland** Institute of Sport graduated return to training protocols which are reviewed regularly, unless a sport has more advanced guidance in place. Should a sport wish to utilise these protocols they should contact their relevant **sportscotland** High-Performance Manager to gain access to the most up to date version as the scientific knowledge base is changing rapidly.
 12. Should a known or suspected COVID-19 case occur in the training environment or an individual be identified as a contact of a known case, the individual/s in question should be placed in isolation and follow Scottish Government guidelines. The designated medical officer should be immediately informed, if not involved, with identifying and isolating the case at the training venue.

13. Athletes or staff deemed 'clinically extremely vulnerable' should continue to follow any specific government advice.
14. Sports and hosts (as applicable) will need to discuss and agree how any abnormal costs that arise from mobilising a facility for use during restricted periods will be handled prior to training being resumed.

Guidance for Performance training centre venue hosts and operators

15. The resumption of organised performance sport training should not in any way limit the hosts/operator's ability to support ongoing usage of the facility for supporting the NHS or key worker requirements.
16. Each facility which is a performance training host / operator should have its own named COVID-19 officer if the venue is not sport run. The officer should be responsible for oversight of the venues COVID-19 risk assessment and mitigation plan, ensuring the necessary level of risk assessment and mitigation has taken place and that sports and hosts can adhere to the guidance within their facility.
17. All hosts/operators must ensure staff supporting performance sport resumption are formally appraised of the risks, mitigating steps being taken and requested to actively 'opt in' if they are comfortable to return to working within the training environment by way of written consent.
18. Where multiple sports/clubs are utilising the same training site/s all COVID-19 officers should share their risk assessments and operational plans to ensure alignment and avoid any potential conflict between plans.
19. Hosts/operators of venues being used for Step 1 resumption of performance sport training should ensure that all areas to be accessed by performance athletes, support staff and facilities staff are deep cleaned prior to return to a standard which follows Scottish Government guidance for post-COVID-19 case non-hospital facilities cleaning as a minimum.
20. Hosts/operators of venues should agree with sports/clubs in advance about how any relevant areas will be cleaned between sessions for different groups of athletes.
21. Hosts/operators should ensure their cleaning staff have all the necessary levels of PPE and cleaning material needed to complete deep cleaning and daily cleaning protocols.
22. Hosts/operators should ensure their cleaning staff have any necessary levels of training needed to complete deep clean and daily cleaning protocols prior to organised training resuming.
23. Hosts/operators should ensure that government advised physical distancing guidelines can be maintained within their facility and work with sports/clubs to determine maximum capacity levels for the various spaces in use.

24. A single host/operator liaison should be appointed daily and made known to the sports/clubs to be the single interaction point as necessary. Interaction should be kept to that which is essential.
25. Hosts/operators of venues being used for Step 1 return to training should only agree to operate where they are able to comply with law, current Scottish Government and Public Health Scotland advice and all the normal essential insurance cover that is required to run the facilities are in place and remain valid.
26. The venue should take reasonable steps, in partnership with the sport/club to ensure only approved performance athletes and those staff required to support their training enter the site. This should be in keeping with relevant Health & Safety and Fire Regulations.
27. Sports and hosts (as applicable) should discuss and agree how any abnormal costs that arise from mobilising a facility for use during restricted periods will be handled prior to training being resumed.

APPENDIX 2: RESUMPTION OF PERFORMANCE SPORT, STEP 2

Return to Training (close contact training)

1. Taking into consideration Scottish Government and Health Protection Scotland advice, **Step 2** has been divided into two parts. Resumption of Performance Sport plans should detail under which Step training is to take place (2A or 2B) and provide relevant risk assessments for each area:
2. **Step 2** – allowance of a level of ‘physical clustering’ and contact within a training environment.
 - 2.1 **Step 2A - Group training outdoors**

Step 2A refers to a return to group activity with a resumption of close contact (interaction within 2m physical distancing) training where pairs, small groups and/or teams will be able to interact in much closer contact e.g. close quarters coaching, teams sports tackling, technical equipment sharing, etc).
 - 2.2 **Step 2B – Group training in indoor facilities**

Step 2B refers to a return to group activity with athletes and staff being able to interact in much closer contact ‘*indoors*’ e.g. close quarters coaching, combat sports sparring, teams sports tackling, but with appropriate safety protocols in place.
3. Engagement in this type of training should start with smaller ‘clusters’ of 2-3 athletes before progressing to larger groups i.e. 4-12 athletes, and ultimately full team training. Under Step 2 conditions, as per Step 1, physical distancing will continue to be the expectation at all other times aside from technical training.
4. The purpose of this Step 2 guidance is to build upon the Step 1 guidance and define an additional set of minimum ‘resumption of performance sport training’ considerations that will help SGBs and teams to deliver a return to close contact training. This document outlines guidance that applies to all athletes, players and the staff who support them. No resumption of Step 2 training, where risk of transmission is increased, should go ahead without a documented risk assessment and risk mitigation strategy that addresses the points raised in this guidance.
5. To help with planning this guidance is further broken down into two areas:
 - 5.1 **Guidance for Performance sports, clubs and service provision partners** (e.g. SGBs, Clubs, Institutes)
 - 5.2 **Guidance for Performance training centre venue hosts and operators** (If the venue hosting/operating is not the full responsibility of the sport)

Guidance for Performance sports, clubs and service provision partners

6. Step 2 is a progression from Step 1. No sports or service providers should begin at Step 2 and must have completed Step 1 with a formal assessment of safe operability before proceeding to Step 2.
7. The COVID-19 officer(s) for each Club/Team/Training Group should conduct a risk assessment and form a risk mitigation strategy prior to the resumption of Step 2 training, which should build upon the Step 1 risk assessment and mitigation plan. The Step 2 element should encompass the following sub-headings of specific risk considerations:
 - 7.1 Training facilities and environment
 - 7.2 Athletes, coaches and wider staff interactions (e.g. medical support practitioners, Paralympic guides/carers)
 - 7.3 Sport specific activity with reference to the number, duration and nature of close and face to face contacts for athletes and support staff during all training activities to inform a sport specific close contact exposure risk assessment
8. The risk assessment and mitigation plan should include but not be restricted to:
 - 8.1 Defining how Step 2 training exercises will be appropriately modified so that the time spent by two or more individuals within a 2m distance of one another, and level of face to face contact, is kept to a reasonable minimum, consistent with effective training
 - 8.2 Ensuring hygiene protocols and risk mitigation strategies are in place for the use of sports specific items that may be shared by athletes and coaches or be a point of interaction between individuals because of Step 2 training. These items may include but not be limited to balls, technical clothing, technical equipment (e.g. wheelchairs, shared boats), tackle bags and other similar technical accessories, and protective equipment. These instances of equipment sharing, and interaction points, should be minimised or eliminated wherever possible.
 - 8.3 Clearly articulating which staff and athletes are considered essential to conduct an effective Step 2 training session and limiting attendance to this list. Within the 'essential staff' cohort, minimum determined numbers for medical supervision of sessions should be in place to maintain a minimised injury and illness risk/NHS burden as a priority consideration. Appropriate healthcare support also needs to meet the demands of any COVID-19 player/staff assessments.

- 8.4 Ensuring that physical distancing is maintained during all preparatory or post training activities, briefings etc. The exemption on physical distancing is for the period of actual training itself but not to activities which are peripheral (under which all existing Scottish Government restrictions still apply)
 - 8.5 Communicating to the athlete cohort(s) the maximum number of athletes allowed to engage in the Step 2 training activity at any one time
 - 8.6 Defining what close contact coaching practices (technical coaching and physical coaching) should be classed as essential and therefore delivered under the Step 2 context in line with the chosen training activities. In cases deemed as essential, the risk mitigation strategy should outline the precautions that should be taken including minimum hygiene practices (e.g. hand washing) and the use of any reasonable PPE relevant to the interaction(s) (e.g. face coverings).
 - 8.7 Defining what treatment by medical, physiotherapy and soft tissue therapists should be classed as essential and delivered under the Step 2 conditions. In cases deemed as essential, the risk mitigation strategy should outline the precautions medical staff should take in keeping with current Health Protection Scotland advice such as the use of health care setting and athlete infection risk appropriate PPE that is also influenced by the procedure or treatment being conducted at that time.
 - 8.8 Determining what level of monitoring for COVID-19 symptoms or testing for COVID-19 is required to engage athletes and staff in a Step 2 training scenario that has as reasonable a level of risk mitigation as possible. This may include approaches over and above, including Antigen testing, but no less than the questionnaire checks that are set out in Step 1 guidance.
 - 8.9 Keeping meticulous, time and date sensitive, written records of player groups and interactions
 - 8.10 Ensuring that there is no swapping between designated 'small clusters' or between 'larger groups' unless strictly required for realistic training. Any such swapping should be meticulously recorded. This is to reduce the risk of whole squad impact in the event of an athlete contracting COVID-19
9. The relevant sporting body responsible for each Club/Team/Training Group should ensure coaches and athletes are briefed on, understand and are able to operate within the risk mitigation strategy associated with Step 2 training.
 - 9.1 An emphasis on the maintenance of strict and frequent personal hygiene measures should be included as part of these briefings.
 - 9.2 It will be for individual sports to agree with their athletes any conditions for their engagement in Step 2 training.

- 9.3 All athletes and staff should also be clear on their route to 'opt out' of the Step 2 training environment at any time without any resulting discrimination not associated with the potential natural competitive impact resulting from any loss of training time.
10. Sports should continually assess whether the extent to which Step 2 is applied in their training environment means a different level of COVID-19 symptoms monitoring or possible testing is required to mitigate the increased risks that come with close contact training.
- 10.1 Symptom monitoring and testing approaches are likely to develop over time, as understanding in this area improves. Therefore, each sport should continue to regularly reassess their risk assessment and mitigation strategy via their named COVID-19 medical officer (physician), who is required to maintain familiarity with the emerging evidence related to post-COVID-19 pathology.
11. Due to the unavoidable increased risk of transmission under Step 2 conditions the COVID-19 officer should re-emphasise the need for all individuals engaging with the training environment to abide by government and HPS guidelines whilst away from the training facility. Specifically, adherence to physical distancing rules always when away from Step 2 training, maintaining high standards of personal hygiene to reduce the risk of transmission, and never attending a training venue if in the slightest doubt about possible COVID-19 symptoms.
12. Due to the increased risk of transmission under Step 2 conditions the COVID-19 officer must have a clear policy for managing a COVID-19 positive individual and abide by government and PHE guidelines and reporting requirements.
13. Once Step 2 training resumes, any cases identified as a result of club/sport organised testing, will have immediate implications for contact tracing (as physical distancing is breached under Step 2 training conditions). Such instances must be notified immediately to the local Health Protection Unit of Health Protection Scotland.

Guidance for Performance training centre venue hosts and operators

14. Host/operators of venues should liaise with SGBs/clubs and take joint steps to confine the behavioural practice of close contact to Step 2 training environments.
- 14.1 This includes making informed assessments about which other aspects of training venues that are shared and/or commonly used for physical interaction and carry an increased risk of transmission through reduced physical distancing and common surfaces. Only those that are essential should remain open.

- 14.2 Areas such as changing rooms, cafeterias, athlete lounges, team rooms and recovery spaces should remain closed unless there is an exceptional circumstance such as requirements of athletes with disabilities or special needs or where required after an activity such as swimming. In such circumstances this should be risk assessed and appropriate measures put in place to mitigate risk.
- 14.3 Exemptions to physical distancing applies to sport training itself but NOT to activities which are peripheral to this (under which all existing Scottish Government restrictions still apply).
15. Host/operators of venues should consult with all sports proposing to utilise their venue for Step 2 training and agree the specific space(s) where Step 2 training will take place.
 - 15.1 Host/operators should ensure that any venue modifications required to operate the Step 2 training environment in line with risk assessments can be achieved while maintaining physical distancing and hygiene to government standards elsewhere.
 - 15.2 In particular there should be no opportunity for physical distancing to be breached between training clusters or between different sports; and no opportunities for the wider formation of large non physically distanced groups whether formal or spontaneous.
16. Hosts/operators of venues being used for Step 2 resumption of performance training should take active steps to ensure that close contact training, coaching and support within their facility does not invalidate their relevant insurance cover while COVID-19 physical distancing rules remain in place.

APPENDIX 3: RESUMPTION OF PERFORMANCE SPORT, STEP 3

Return to Domestic Competition

1. The following guidance covers Step 3 of the 'Resumption of Performance Sport' framework.
2. Step 3 supports the return to domestic competition and provides a framework to progress from Step 2, to the Return to Domestic Competition (RTDC) for performance (Elite) teams/athletes. The guidance for Steps 1 and 2 activity must remain in place to underpin the progression to Step 3.
3. The purpose of this Step 3 guidance is to define a set of minimum standards for RTDC for all parties. It is expected that the guidelines are considered by the Competition Delivery Partners (CDPs) and Sports Governing Bodies (SGBs) and applied to their individual Competitions.
4. Domestic Performance (Elite) competition or events planned to take place in Scotland will need to operate under the latest [Sport & Physical Activity guidance](#) or Scottish Government COVID-19 travel and household rules, unless otherwise agreed directly with Scottish Government.
5. SGBs and CDPs should also check relevant Scottish Government [Coronavirus \(COVID-19\): Events Sector guidance](#) to ensure all planned activities comply with relevant guidance.
6. All existing Scottish Government and Health Protection Scotland (HPS) guidance continues to apply unless otherwise specified. This guidance does not constitute legal advice or replace any Scottish Government or HPS advice; nor does it provide any commentary or advice on health-related issues. Competition Delivery Partners and other User Groups should seek independent advice prior to implementing any RTDC plan.
7. The COVID-19 pandemic is a rapidly developing situation and it is likely that this guidance and the reference sources it refers to will be regularly updated.

Definitions

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

Domestic Competition – No Spectators:

Domestic sporting competition exclusively involving performance athletes, hosted within the UK, where no cross-border travel (from outside the UK & Ireland) is required for the Competition to take place. Access to the Competition will be restricted to individuals with essential functional roles.

Performance (Elite) Athlete: An individual as defined as a Professional or Performance Athlete in [this guidance](#).

Competition Organiser: The Competition Organiser will organise the Competition and liaise with all User Groups essential to its delivery. Where they do not own the Competition Venue, they should contract with the Competition Venue Operator under a venue use agreement (or equivalent). They may also contract suppliers to support competition delivery.

Competition Venue Operator: The Competition Venue Operator owns or is licensed to operate the Competition Venue during the Competition Period and should (where it is not the Competition Organiser) enter into an agreement with the Competition Organiser for the use of the Competition Venue. They should be in control of the Competition Venue during the Competition Period. They may also contract suppliers to support competition delivery.

Competition Delivery Partners (CDPs): The Competition Organiser and the Competition Venue Operator.

Performance (Elite) Sport Organisations and Individuals: The organisation and/or individual that is responsible for entering the team and/or athlete(s) into the Competition. These may include, but are not limited to, Sports Governing Bodies, professional leagues and clubs and individual performance (elite) athletes. Where an individual performance (elite) athlete is unable to fulfil the responsibilities of the Performance (Elite) Sport Organisation, they should consult with the Competition Organiser and/or their Performance Governing Body to agree how those responsibilities can be met.

User Groups: The essential groups in attendance during the Competition. These may include, but are not limited to, the CDPs, teams/athletes, team support staff, competition officials, volunteers and staff, contractors/suppliers, anti-doping officers, medical providers and media and broadcast.

Competition: The activity taking place at the Competition Venue(s) during the Competition Period, either at (a) a single venue on a single day; (b) at a single venue over multiple days, or: (c) at multiple venues over multiple days.

Competition Venue: The venue(s) permitted to host Competition safely and in accordance with this guidance.

Competition Period: The period taken to set up and prepare the Competition Venue, to host the Competition and reinstate the Competition Venue after the Competition.

Key Principles

9. Minimum Standards

9.1 Competitions are typically delivered in partnership by multiple organisations and delivery models can be complex. There may be cross-over in responsibilities between the Competition Delivery Partners and the Performance (Elite) Sport Organisations. It is critical that all User Groups work collectively to ensure that the Competition can be staged safely.

- 9.2 The following minimum standards must be in place before progressing with RTDC plans:
- 9.2.1 Agreement over the roles and responsibilities and command, control and coordination (C3) arrangements between the Competition Delivery Partners and the Performance (Elite) Sport Organisation(s).
 - 9.2.2 All standards defined in Steps 1 and 2 for Resumption of Performance Sport must continue to apply. Performance Sport Organisations must consider the presence of other User Groups (from Steps 1 and 2) and that, during the competition phase, movements on the field of play are less controllable. The latter should influence the delivery of Physical Distancing (PD) requirements.
 - 9.2.3 An appropriate Competition Venue which can comply with these guidelines and reasonably accommodate modifications required to implement PD protocols. The Competition should not in any way limit the use of the Competition Venue to support the NHS or key workers requirements.
 - 9.2.4 That any concessions required to comply with Scottish Government/HPS guidelines (relating to sport-specific rules, technical requirements or equipment) are obtained from the national/international governing body
 - 9.2.5 A satisfactory assessment that there will be no detrimental impact of hosting the Competition on the wider community and healthcare systems.
 - 9.2.6 Ensuring that the required PPE for practitioners or staff can be procured without taking away supply intended for key workers.
 - 9.2.7 A decision-making structure and agreed procedure in place to modify, restrict, postpone or cancel the competition.
 - 9.2.8 All User Groups must be appraised of risk and mitigation plans and given the opportunity to actively 'opt in' to RTDC by way of written consent. If any of the Competition Delivery Partners or key User Groups choose not to 'opt in', consideration must be given to the integrity of the Competition, the ability to implement this guidance and whether the Competition can safely proceed.

General Guidance

10. Physical distancing (PD) will be maintained wherever possible during the Competition Period. Furthermore, a key principle of the Step 3 guidance is that maintaining PD between the competing athletes, their support staff and personnel from all other User Groups in the Competition Venue will be a priority.

Where PD is not possible, including on the field of play and in team areas, a full risk and mitigation strategy must be put in place.

11. Appropriate risk mitigation through screening of individuals prior to entry into the Competition Venue must be implemented and this may include, but not be limited to, COVID-19 symptom questionnaires and where symptomatic, appropriate COVID-19 testing. Where PD cannot always be maintained during the Competition, higher levels of surveillance may be implemented for a) current and; b) past COVID-19 infection than at Step 2. This will evolve in line with Scottish Government and HPS guidelines and subject to ongoing audit and review.
12. All individuals must agree to abide by Scottish Government and Health Protection Scotland guidelines whilst away from the Competition Venue.
13. Any personnel with known or suspected COVID-19 are not permitted at the Competition Venue and should be placed or remain in isolation and follow the latest Scottish Government and HPS guidelines. Personnel should follow the protocols put in place by the Competition Organiser and/or Performance (Elite) Sport Organisation.

Competition Delivery Partners and Performance (Elite) Sports Organisations should:

14. Appoint a named COVID-19 Officer (CO) for each party. The CO appointed by the Competition Organiser should be responsible for oversight of the risk and mitigation planning, communicating information to all User Groups and ensuring that the necessary standards are met. This individual does not necessarily have to be medically trained.
15. Appoint a named Competition COVID-19 Medical Officer (physician) familiar with the emerging evidence related to post-COVID-19 pathology, to have oversight of individuals with suspected or confirmed cases of COVID-19 and ensure any suspected or confirmed COVID-19 cases are managed in line with COVID-19 case management protocols and latest Scottish Government guidance. Sports which do not have a Medical Officer to cover these responsibilities should secure medical cover to oversee these processes prior to resuming Competition.
16. The Competition Delivery Partners, in collaboration with the Performance (Elite) Sports Organisation(s), should develop a COVID-19 competition venue operations plan, and a COVID-19 risk assessment and mitigation plan. These should include the following considerations as a minimum:
 - 16.1 A code of behaviour which provides guidelines for all User Groups and the details of sanctions in place for breaches of protocol.
 - 16.2 Details of all User Groups that will attend the Competition.

- 16.3 An appropriate education programme for all User Groups with an emphasis on the maintenance of strict and frequent personal hygiene measures, particularly handwashing.
- 16.4 Processes and activities where PD cannot be easily maintained should be risk assessed and mitigated.
- 16.5 Limiting all non-essential activities, including catering, where possible.
- 16.6 Agreeing measures with the emergency services to minimise and manage informal gathering of the public outside of the Competition Venue.
- 16.7 A map of the Competition Venue defining all areas/zones, routes and access/egress points.
- 16.8 The maximum capacity and layout for each room/area/zone within the Competition Venue to allow PD to be maintained.
- 16.9 Information on the management, movement and scheduling of User Groups and vehicles to allow PD to be maintained, wherever possible. A one-way system for people and vehicles should be established, where possible, and measures implemented to reduce crossover of different User Groups.
- 16.10 Broadcast and media management plan to ensure that PD and hygiene requirements are met and minimise crossover with other User Groups.
- 16.11 A security plan, screening process (as referenced above) and accreditation system that defines the access control system for the Competition Venue and the zones that are implemented to limit crossover between User Groups.
- 16.12 As recommended in the Step 1 and Step 2 guidance (for performance (elite) training centres), the Competition Venue should be divided into at least two zones by an outer and inner cordon. The outer cordon will usually be the site perimeter and should be a physically secure barrier monitored by security staff. The inner cordon should be secure and monitored and will generally include the Competition Venue buildings and field of play. The area inside the inner cordon is designated the 'green zone'. The area between the outer and inner cordon is designated the 'amber zone'. Areas outside the outer cordon are designated the 'red zone'. This can be adapted to best suit the requirements of the Competition – and where there is capacity to implement further zoning. However, the outcome should always be to maximise the opportunity to comply with PD requirements.
- 16.13 Measures to ensure that plans do not conflict with the Competition Venues' existing security and emergency action plans, and fire regulations.

- 16.14 A transport plan addressing travel to and from the Competition Venue for User Groups to minimise the usage of shared or public transport. Car parking should be within the Competition Venue zone.
- 16.15 A signage plan to support the implementation of the guidelines.
- 16.16 The stages required for all User Groups before entering and leaving the field of play.
- 16.17 Agree PD measures and protocols for staff, officials and players on the bench and/or field of play.
- 16.18 The arrangements for team and tactical meetings at the Competition Venue.
- 16.19 Measures to ensure that the Competition, preparation or recovery sessions should take place outdoors to optimise ventilation, where possible.
- 16.20 The amount of time spent in dressing room areas by athletes/teams/staff should be minimised (noting that showers, steam rooms and saunas may not be available at the Competition Venue).
- 16.21 Planning for recovery modalities (noting that cryotherapy chambers, cold-water immersion facilities and saunas may not be available at the Competition Venue).
- 16.22 A review of close and face to face contacts for players and support staff during the Competition Period, following the protocols defined in Resumption of Performance Sport guidelines. This should include consideration and modification of tactics to assist in epidemiological monitoring studies.
- 16.23 The Competition schedule should consider any existing data that identifies that certain characteristics of the athlete or Competition is associated with higher rates of injury.
- 16.24 A medical plan that ensures that an appropriate level of medical staffing is in place within the Competition Venue to manage any injuries or illness and the demands of any COVID-19 symptom screening process. At least one first responder should be wearing appropriate PPE beside the field of play. A 'clear surfaces' policy to facilitate cleaning should be followed in treatment areas.
- 16.25 Measures to ensure any required practitioners or staff who have been assessed as requiring PPE will have access to it and are appropriately trained in their usage and disposal, as per the latest HPS guidance.

- 16.26 Plans for physiotherapy and soft tissue therapist treatments. This should be limited to an essential need only and the need for routine or maintenance therapy should be risk assessed on a case-by-case basis. Team/athlete medical staff must take precautions in keeping with the latest Public Health Scotland advice such as the use of health care setting and athlete infection risk appropriate PPE that is also influenced by the procedure or treatment being conducted at that time.
- 16.27 Arrangements for an isolation room and protocols to manage any person who becomes symptomatic at the Competition Venue, as per government guidelines for employers and businesses.
- 16.28 Arrangements to ensure that there is always an uninterrupted supply of personal and hand hygiene equipment and consumables at the Competition Venue.
- 16.29 Measures to ensure that all areas of the Competition Venue are cleaned at the standard defined in the government guidance for post-COVID-19 case non-hospital facilities cleaning (prior to the Competition Period) and government guidance for non-hospital facilities cleaning (before and after the Competition). For all clinical areas, the relevant PHS standard will apply. High contact surfaces such as door handles, and light switches should be considered a priority for disinfection on a frequent basis.
- 16.30 Measures to ensure that a risk assessment and mitigation (including hygiene protocol) are undertaken on all sport-specific equipment items provided by the Competition Delivery Partners or Performance Sport Organisation(s).

Competition Delivery Partners and Performance (Elite) Sports Organisations should also:

17. Ensure that consideration is given to relevant insurance cover being in place.
18. Implement an anti-doping testing programme and liaise with the anti-doping authorities to ensure that; (i) it complies with all relevant hygiene measures and HPS guidance and; (ii) the necessary permissions for anti-doping officials to enter the Competition Venue are obtained.
19. Ensure compliance with statutory requirements, where relevant, including the Health & Safety at Work etc. Act 1974, any local authority-enforced health and safety requirements.
20. In the case of Competition Venues which are issued General Safety Certificates, consult their certifying authority at the earliest opportunity to determine what amendments should be required to the General Safety Certificate in order to comply with any local authority stipulated changes resulting from this guidance.
21. Periodically review their risk assessment and mitigation plans to assess their effectiveness, updating them for each Competition.

APPENDIX 4: RESUMPTION OF PERFORMANCE SPORT, STEP 4

Return to Cross Border Competition (RTCBC)

1. The following guidance covers Step 4 'Resumption of Performance Sport' framework for returning to full unrestricted professional or performance (elite) sporting competition, herein referred to as performance (elite) competition.
2. Step 4 provides a set of minimum standards to progress from Return to Domestic Competition – (RTDC - detailed in Step 3) to Return to Cross Border Competition. Its purpose is to assist Competition Delivery Partners and Performance (Elite) Sport Organisations to deliver a controlled RTCBC for all Competition User Groups, including those requiring cross-border travel.
3. It also includes guidance for Scottish based Performance (Elite) Sports Organisations and Individuals travelling to Competition outside Scotland/UK.
4. The guidance for Step 1, 2 and 3 activity remain in place and this document must be read in conjunction with the Step 3 guidance.
5. All existing government and Public Health Scotland (PHS) guidance continues to apply and takes precedent over any other standards (specified by international Competition Organisers, International Federations or governments) unless otherwise specified. This guidance does not constitute legal advice or replace any Scottish Government or PHS advice; nor does it provide any commentary or advice on health-related issues. Competition Delivery Partners and other User Groups should seek independent advice prior to implementing any RTCBC plan.
6. When considering any RTCBC, and where travelling within the UK (outside of Scotland), it is important that Competition Organisers, Competition Delivery Partners, Performance Sport Organisations and all User Groups comply with any government guidance or legislation implemented by the government authorities of England, Wales and Northern Ireland.
7. Cross border Performance (Elite) competition or events planned to take place in Scotland will need to operate under the latest [Sport & Physical Activity guidance](#) or Scottish Government COVID-19 travel and household rules, unless otherwise agreed directly with Scottish Government.
8. SGBs and CDPs should also check relevant Scottish Government [Coronavirus \(COVID-19\): Events Sector guidance](#) to ensure all planned activities comply with relevant guidelines.
9. [Annex A](#) provides further information on considerations for hosting major sporting events.

Definitions

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

Cross Border Competition: Competition exclusively involving Performance (Elite) Athletes, hosted within the UK, where cross border travel (from outside the UK and Ireland) is permitted for individuals essential to the delivery of the Competition.

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

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

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

Key Principles

11. Roles & Responsibilities

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

- 11.2 In some instances, the Competition Organiser may contract directly with the International Performance (Elite) Athletes. When this occurs, the Competition Organiser must communicate with each Performance (Elite) Athlete individually to ensure that:
 - 11.2.1 the guidelines are clearly communicated to individual Performance (Elite) Athletes and that they fully understand their responsibilities, and;
 - 11.2.2 Performance (Elite) Athletes are appropriately educated about the risks associated with attending the Competition (in advance of travelling) and the mitigation measures which have been put in place by Competition Delivery Partners (before the Competition).
12. As with the Step 3 guidance, the following key principles apply for Step 4:
 - 12.1 Physical distancing (PD) should always be maintained between the competing athletes, their support staff and personnel from all other User Groups in the Competition Venue. Where PD is not possible, including on the field of play and in team areas, additional risk and mitigation strategies must be put in place;
 - 12.2 Attendance at the Competition should be restricted to those individuals that are essential to the delivery of the Competition, and which are accredited by the Competition Organiser.
 - 12.3 All User Groups, including any attendees from outside of Scotland/UK should be appraised of risk and mitigation plans and given the opportunity to actively 'opt in' to RTCBC by way of consent;
 - 12.4 Competition Delivery Partners retain the right to remove any individuals from the Competition Venue if their actions are viewed to breach any health and safety protocols (COVID-19 related or otherwise) and;
 - 12.5 Appropriate risk mitigation through screening of individuals prior to entry into the Competition Venue must be implemented and this should include, but not be limited to, COVID-19 symptom questionnaires and where symptomatic, appropriate COVID-19 testing or as otherwise detailed within this guidance.
13. The Step 4 guidance places no additional requirements, particularly in relation to the testing and screening processes, on International User Groups attending the Competition over and above the requirements of entry to Scotland/UK as supplemented by the Health Protection (Coronavirus)(International Travel) (Scotland) Regulations 2020.

14. There is a general obligation for people who arrive in Scotland from a non-exempt country or territory to self-isolate for 10 days. Competition Organisers may seek to be listed as a “specified event” where, subject to meeting strict criteria, accredited attendees may be exempt from self-isolation requirements. It will be the responsibility of the Competition Organiser to agree any listing of their event as a “specified event” directly with the Scottish Government. This must be done at the event planning stage. All other Competitions, and attendees of other competitions, must continue to adhere to the Regulations in full.

General Guidance

15. In addition to the measures defined in the Step 3 guidance, Competition Delivery Partners and Performance (Elite) Sport Organisations must implement the following: (a) when assessing the viability of whether a Competition can be safely hosted, (b) throughout the duration of its planning, and; (c) during the Competition Period:
- 15.1 Make early contact with the International (Elite) Performance Sports Organisations/ Individuals, International Federations (where appropriate) and other International User Groups to discuss:
- 15.1.1 Current Scottish COVID-19 status, risk levels and Scottish Government policy including the existence of any local or regional ‘lockdown’ measures and consideration of how these may impact planned accommodation, training, transportation, and match fixtures.
- 15.1.2 If local/regional lockdowns are in place a further discussion with relevant local and national Public Health agencies.
- 15.1.3 Resumption of Performance Sport guidelines (Steps 1 to 4).
- 15.1.4 The COVID-19 plans and policies of visiting National Governing Bodies.
- 15.1.5 COVID-19 plans, policies and risk assessment/mitigation for the Competition.
- 15.1.6 Operational and safety plans for the Competition.
- 15.1.7 Any cultural, language, religious or vulnerability considerations associated with the current COVID-19 regulations and medical requirements which international attendees may have.
- 15.1.8 The requirement for Performance Sports Organisations to appoint a competition COVID-19 Medical Officer(s) to liaise with the Competition Delivery Partners.
- 15.1.9 COVID-19 medical protocols for the Competition and screening requirements for entry into the Competition Venue.

- 15.1.10 The requirement for international attendees to have in place appropriate medical insurance and/or funding to cover routine medical and performance related healthcare such as musculoskeletal injuries, including outpatient investigation. Insurance must include COVID-19 care if reciprocal country arrangements do not apply. This will include the whole delegation for the duration of their stay in the UK, in order that all appropriate medical care is provided outside the NHS.
- 15.1.11 Any PPE (equipment and training) that will be required for International User Groups to fulfil their role in the Competition, noting that it must comply with PPE standards as set by HSE, for use in situations as described by PHS, irrespective of whether it is provided by the Performance Sport Organisation, User Groups or the Competition Delivery Partners
- 15.1.12 Travel arrangements to the UK, including:
- The country of embarkment of International User Groups and any entry requirements, such as visas, screening or isolation, to enter the UK.
 - All countries that the individual(s) have been in within the 14 days preceding entry.
 - Travel and transit through international airports and specific COVID-19 risks associated with this.
 - When planning and applying to organise an event this should be undertaken at least six weeks before an event or competition to help with planning and any legislative adjustments.
- 15.1.13 Any equipment (sporting or non-sporting) that will be required to deliver the competition and will be imported from outside the UK.
- 15.1.14 Procedures for arrivals/departures, accommodation and ground transport within the UK for all User Groups to ensure adherence with current PHS guidance.
- 15.1.15 Requirement to adhere to a code of behaviour and any sanctions in place for breaches of protocol.
- 15.1.16 All the above should be incorporated into the Competition operational plans, and risk assessments and mitigation plans.
- 15.2 The COVID-19 Officer(s) for each party should develop a risk assessment and mitigation strategy for Step 4 RTCBC, which should build upon the Step 3 risk assessment and mitigation plans. This should include the following considerations:

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

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

- 16. International Performance (Elite) Sport Organisations/Individuals and User Groups should:
 - 16.1 Work in conjunction with Competition Delivery Partners to establish NHS medical pathways of care and be mindful that access to private healthcare may be needed depending on impact on NHS resources and reciprocal healthcare arrangements between countries.

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

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

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

Step 4, Annex A: Considerations For Hosting Major Sporting Events (in line with the Health Protection (Coronavirus) (International Travel) (Scotland) Regulations 2020)

1. While these regulations require people who arrive in Scotland from a non-exempt country, or who have travelled through a non-exempt country within the last 14 days, to self-isolate, the law currently allows international performance (elite) sportspersons and essential ancillary support staff (e.g. coaches, medical and technical staff, and essential broadcast staff for the event) to participate in a specified list of UK-based performance (elite) sports events without having to self-isolate for up to 10 days, provided they comply with certain conditions.
2. This is in recognition that public health risks associated with these events will be very low as a result of meticulous planning and mitigation strategies, effectively operating so far as possible within a distinct bubble, or footprint. The events are required to develop plans, including for:
 - an appropriate testing regime
 - a clear statement on minimising or eliminating any unavoidable encroachment of physical distancing within the event environment
 - restricting movement to designated accommodation, training and competition sites
 - and contact only with other accredited event participants unless for other exceptional reasons such as medical need or legal requirements
3. Under the Regulations, all international performance (elite) sportspersons and ancillary support staff coming to Scotland for a listed performance (elite) sport event are required to complete the [Public Health Passenger Locator Form](#) in advance of their arrival in Scotland (which requests passenger and journey details, as outlined in the Regulations). On arrival in Scotland, if they are arriving from a non-exempt country or territory, or have been in a non-exempt country within the last 14 days, and do not wish to self-isolate for 10 days, they are also required to provide written evidence from a United Kingdom or Scottish sport national governing body of their status as an international performance (elite) sportsperson or international ancillary sportsperson attending a specified competition.
4. On arrival in Scotland they are required to proceed directly to the event site and remain in isolation with other people within that sporting bubble or may proceed to other accommodation and self-isolate outside the sporting bubble, until they leave Scotland. The Regulations recognise that the competitions (or training for the competitions) may be taking place on multiple sites, and travel between them is permitted. Once the event or competition has concluded, should the athlete remain in Scotland they will be required to self-isolate for whatever period remains up to 10 days from when they entered the country.

5. The Regulations also exempt domestic performance (elite) sportspersons and essential sport ancillary staff (not including domestic broadcast staff and journalists) from the duty to self-isolate on their return to Scotland from a performance (elite) sports event after travelling to or through a non-exempt country. This is in recognition that they will be operating under the published Resumption of Performance Sport Guidance (including appropriate testing and monitoring health protocols). Domestic performance (elite) sportspersons based abroad returning to Scotland for performance (elite) sport training or competition are also exempt from the requirement to self-isolate, in recognition that they will also be operating under that guidance.
6. The non-exhaustive list of ancillary sportspersons includes: operational staff essential to the running of a performance (elite) sports event; event officials and referees; sports team medical, logistical, technical and administration staff; individual sportsperson medical and technical support staff; horse grooms and trainers; motorsport mechanics and technical staff; and the parent or carer of a performance (elite) sportsperson under the age of 18. The Regulations explicitly include incoming international media who are accredited to cover specified competitions in Scotland, but do not include domestic media looking to cover overseas events which take place in (or involve travelling through) a non-exempt country.

Guidance For Event Organisers

Principles

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

13. Events must have established their own protocols, in line with the resumption of performance sport guidance and any relevant sport specific protocols issued by their national, or international, governing body.
14. Event specific protocols must set out how accredited participants entering the country will be expected to act in accordance with general travel health requirements.
 - 14.1 This should include detail on:
 - an appropriate testing regime
 - a clear statement on minimising or eliminating any unavoidable encroachment of physical distancing within the event environment
 - restricting movement to designated accommodation, training and competition sites
 - contact only with other accredited event participants unless for other exceptional reasons such as medical need or legal requirements
 - Presentation of accreditation to support exemption from self-isolation where required.

Accountability

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

Engagement

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

Guidance for Athletes And Essential Support Staff

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

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

19. You'll need to provide written evidence from a United Kingdom or Scottish sport national governing body of your status as an international performance (elite) sportsperson or international ancillary sportsperson attending a specified competition
20. You will not need to self-isolate for up to 10 days as long as you proceed directly to the footprint of the listed sports event you are participating in, and remain either self-isolated or within the event location (or locations if the event has multiple venues) until your departure from the UK.
 - 20.1 You must isolate within the event footprint with performance (elite) sportspersons training for or competing in that event, and also ancillary sportspersons who are involved in that event. Travel between multiple venue locations for the sports event is permitted. The sports event may include provision of hotel or other suitable accommodation within its location(s).
 - 20.2 You remain obligated to self-isolate if you stay somewhere other than the event footprint (e.g. if you own a residence in Scotland).
 - 20.3 The 10 day period for which you are subject to these additional conditions begins from when you were last in a non-exempt country or territory.

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

21. You'll need to complete the [Public Health passenger locator form](#) before you travel back to Scotland.
22. You'll also need to provide written evidence from a United Kingdom or Scottish sport national governing body of your status as an international performance (elite) sportsperson or international ancillary sportsperson who has travelled to a non-exempt country or territory to compete, train or otherwise participate in a performance (elite) sports event, and that you will be continuing those activities on your return.
23. You will not need to self-isolate for 10 days, but you must observe the Resumption of Performance Sport Guidance.
24. Current Specified Competitions and Countries and Territories exempt from the requirement to self-isolate, can be found [here](#).