COVID-19 GUIDANCE

Issue Date: 8 January 2021
# Table of Contents

**WHAT THIS MEANS FOR BADMINTON** ................................................................. 3

Summary .................................................................................................................. 6
Information for Clubs, Coaches & Participants ....................................................... 6
Outdoor Badminton .................................................................................................... 10
Key Questions & Answers ....................................................................................... 10

**GENERAL GUIDANCE** ....................................................................................... 13

**INTRODUCTION** ................................................................................................. 13

**Table A: Sport & Physical Activity Protection Levels** ........................................ 14

**SPORTS FACILITY & PARTICIPATION GUIDANCE** ......................................... 16

Travel Guidance ...................................................................................................... 16

**Definitions - for the purposes of this guidance** ................................................. 17

**Permitted Sport and Leisure Activities** .............................................................. 18

Outdoor Sport & Physical Activity ......................................................................... 19
Indoor Sport & Physical Activity .......................................................................... 20
Coaching ................................................................................................................ 21
Toilets, Changing and Locker Rooms ................................................................... 23
Equipment Provision and Use .............................................................................. 23
Bookings and Payment ......................................................................................... 24
Communication with Members / Customers ......................................................... 24
Safeguarding .......................................................................................................... 24

**Equality & Inclusion** ......................................................................................... 25

**Health, Safety & Hygiene** .................................................................................. 26

Face Coverings ...................................................................................................... 27

**Test and Protect** ................................................................................................. 27

**Local Outbreaks or Clusters of Coronavirus Cases** ........................................... 28

**APPENDIX 1: Level 4 Guidance (Stay at Home)** ............................................. 29
WHAT THIS MEANS FOR BADMINTON

1. Indoor Badminton can be played in line with current protection level restrictions.

2. This will depend on facility operators opening venues and programming activities. There will still be restrictions in place around access and numbers in the sports hall at any one time, and these will vary between venues. Therefore, it would be beneficial to contact your local venue to ascertain what their plans are for opening and any restrictions that will be in place.

3. We have worked in conjunction with sportscotland and other NGBs to produce templates and further guidance, all of which can be found on the sportscotland web site https://sportscotland.org.uk/covid-19/.

4. With the new 5-tier protection level system being implemented from 2 November 2020, clubs and participants should keep close attention to local authority and Badminton Scotland guidance.

5. Local Authority protection level information.

6. Badminton has been classed as a non-contact sport.

7. No restrictions on play for children 11 years and under.

8. For those 12 to 17 years, doubles play is permitted in all levels except level 4 where all indoor venues will be closed. Physical distancing must be maintained before and after the activity and while taking breaks.

9. Adult doubles (18+), for levels 0, 1 and 2 are classed as organised sport and are permitted provided appropriate safety measures are followed. For example, club activities with Covid Officer and risk assessment in place. Further details below in paragraphs 19 through 22.

10. Adult doubles (18+) casual bookings or pay and play activities in levels 1 to 3 are permitted following indoor household rules where 2 households and a maximum of 6 people can meet. However, when playing, you should only partner with the person from your own household.

11. Face coverings must be worn at all times when not taking part in the activity.

12. Travel advice for participation in Badminton activities:

   12.1 Participants can travel to take part in organised badminton and physical activity or informal exercise within their own Local Authority area. See table below for information on what organised badminton or physical activity is allowed at each Level. For informal exercise general household rules should be followed.

   12.2 If you live in a Level 3 or Level 4 local authority area you should:
12.2.1 Avoid any unnecessary travel out of the area.

12.2.2 Keep journeys within the area to an absolute minimum.

12.3 Participants aged **18 years or over** (adults) living in a Level 3 or Level 4 area should only travel locally (within around 5 miles of their local authority area) to take part in organised badminton activity.

12.4 Participants aged **18 years or over** (adults) who live in a Level 0, 1 or 2 area should minimise unnecessary journeys and avoid travel to Level 3 or Level 4 areas to take part in badminton activities.

12.5 Participants aged **17 years or under** can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised badminton training and competition. Where living in a Level 4 area then point 12.3 above should be followed.
# BADMINTON SPECIFIC LEVELS INFORMATION

## OUTDOOR SPORT
Organised outdoor sport, competition, events and Physical Activity (PA)

<table>
<thead>
<tr>
<th>Level 0</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overview</td>
<td>An outdoor sporting ‘field of play bubble’ can consist of a maximum of 30 people including coaches, officials and other support staff at any one time. Multiple bubbles, each with up to 30 people, can be used in training, competition or small-scale sporting events if all guidance is followed (200 max per day unless with exemption).</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children &amp; Young people (u18 years)</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Non-contact sport &amp; PA permitted</td>
</tr>
<tr>
<td>Adults (18+ years)</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Contact sport &amp; PA prohibited</td>
</tr>
</tbody>
</table>

## INDOOR SPORT
Organised indoor sport, competition, events and Physical Activity (PA)

<table>
<thead>
<tr>
<th>Level 0</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overview</td>
<td>The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of sport and leisure facilities and Badminton Scotland Guidance. Group’ activity refers to adults, from more than 2 households (6 members) who take part in organised sport or physical activity. ‘Individual exercise’ refers to organised sport or physical activity within household rules i.e. 1:1 coaching. For further information see definitions within this guidance.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children &amp; Young people (u18 years)</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Club activities allowed Doubles permitted Competitions allowed</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Doubles permitted Competitions allowed</td>
</tr>
<tr>
<td>Adults (18+ years)</td>
<td>Club activities allowed Doubles permitted Competitions allowed</td>
<td>All forms of Badminton permitted with no restrictions</td>
<td>Non-contact sport &amp; PA permitted Club activities allowed, doubles permitted Contact sport &amp; PA prohibited</td>
<td>Indoor individual exercise only (singles play permitted &amp; doubles following household rules and partnering with a person from your own house) Club activities restricted to household numbers No contact or non-contact group activity</td>
</tr>
</tbody>
</table>

## COACHING

| Overview | General guidance is available within this document for coaches, leaders, personal trainers, deliverers and instructors, herein referred to as coach/es. In addition Getting Coaches Ready for Sport provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions. |

### Indoor & Outdoor coaching

The local protection level in place for sport and physical activity will dictate what activity can be coached, indoors and outdoors and to whom in that area. See indoor / outdoor above for further information. Coaches can take multiple indoor sessions per day, however the numbers allowed in each session will depend upon the protection level in place.
**Summary**

<table>
<thead>
<tr>
<th>Level</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Level 0</strong></td>
<td>All permitted following appropriate safety measures. Club activities permitted, with safety measures in place. Pay &amp; Play/casual bookings in sports venues permitted with no restrictions for under 18s. Adults (18+) indoor household rules apply (3 households &amp; max 8 people).</td>
</tr>
<tr>
<td><strong>Level 1</strong></td>
<td>17 years and under, can play singles &amp; doubles without restrictions. 18+, singles &amp; doubles are permitted provided safety measures are followed. (Risk Assessed) Competitions can be organised in line with level restrictions. Pay &amp; Play/casual bookings in sport venues permitted with no restrictions for under 18s. Adults (18+) indoor household rules apply (2 households &amp; max 6 people). Outdoor – permitted following safety measures. Professional permitted (includes Senior Squad).</td>
</tr>
<tr>
<td><strong>Level 2</strong></td>
<td>17 years and under, can play singles &amp; doubles without restrictions. 18+, singles &amp; doubles are permitted provided safety measures are followed. (Risk Assessed) Competitions can be organised in line with level restrictions. Pay &amp; Play/casual bookings in sport venues permitted with no restrictions for under 18s. Adults (18+) indoor household rules apply (2 households &amp; max 6 people). Outdoor – permitted following safety measures. Professional permitted (includes Senior Squad).</td>
</tr>
<tr>
<td><strong>Level 3</strong></td>
<td>17 years and under can play singles &amp; doubles providing safety measures are followed (risk assessed). Restrictions adult (18+) activity – household numbers apply (2 households &amp; maximum of 6 people per court). Pay &amp; Play/casual bookings in sport venues permitted with no restrictions for under 18s. Adults (18+) indoor household rules apply (2 households &amp; max 6 people). Outdoor – all except adult (18+) contact sports. Professional permitted (includes Senior Squad).</td>
</tr>
<tr>
<td><strong>Level 4</strong></td>
<td>Indoor - Gyms &amp; sports venues closed. Outdoor – non-contact sports only. Professional permitted (includes Senior Squad).</td>
</tr>
</tbody>
</table>

**Information for Clubs, Coaches & Participants**

13. Clubs should appoint a Covid Officer who will oversee all aspects of the return to play and to ensure that participants, coaches and volunteers are aware of, and adhere to, any restrictions that remain in place. A Role descriptor is available, [https://sportscotland.org.uk/media/5950/sportscotland-covid-officer.pdf](https://sportscotland.org.uk/media/5950/sportscotland-covid-officer.pdf) and there is a certificated e-learning module for COVID officers.
available COVID-19 officer e-learning. Also, a Risk Assessment template is available: https://sportscotland.org.uk/covid-19/getting-coaches-ready-for-sport/.

14. This has examples of areas to consider. However, your venue operator will have completed a Risk Assessment which will also need to be considered.

15. For all sessions you must implement a pre-booking system which will enable you to keep attendance records for a minimum of 21 days. You must be able to record who has played in each group within your session and collect all information that may be required by Test and Protect. More information on this can be found on the Scottish Government web site: http://www.gov.scot/publications/coronavirus-covid-19-test-and-protect-coronavirus-service/

16. If delivering back to back sessions, end the first session early and start the next session late to reduce the risk and provide safe change overs of players. A 5 to 10-minute changeover should be sufficient to ensure that no groups congregate at the entrance/exit. If you run back to back sessions, no players from the first session can attend the second session.

17. The session can be made up of both coached and non-coached groups.

18. Both singles and doubles play can now take place for children and young people up to and including 17-year olds.

19. For adults (18+), doubles can be played in levels 0 to 2, or where all 4 participants are from the same household. There are restrictions in level 3 where household meeting guidance must be followed and in level 4 venues will be closed.

20. For adult doubles play and training (levels 0 to 2) an effective training/playing bubble must be maintained. These bubbles allow for mixed households to begin to share the same side of the court i.e. doubles pairings for the purposes of realistic training/playing/competition. Sessions where mixed households are sharing the same side of the court and within 2m of each other, will be kept to a reasonable minimum with regular breaks between sets. It is imperative, due to the close contact training/playing and an increased risk in this stage, that during breaks players maintain a minimum 2m distancing from those not in their household, and continue to maintain good hand hygiene by regularly and effectively washing/sanitising hands wherever possible.

21. Due to the nature of doubles discipline, there should be very limited occasions where players would need to be face-to-face with each other. Where this does happen, such as at the net, this would be kept to a minimum (i.e. not prolonged) and practices/play/competition set up as such to ensure this is minimised, yet still allowing for completion of effective play.
22. For adult doubles in levels 0 to 2, it is imperative that accurate records are maintained on playing groups and kept for at least 21 days for test and protect purposes.

23. Activity bubbles can be formed for under 18s in levels 0 to 3 up to a maximum of 30. These players can move between courts and play singles and doubles with their activity bubble group. Coaches, official's, and volunteers are included within the maximum number. This will also be dependent on the hall size and any venue restrictions.

24. Activity bubbles can be formed for adults (18+) in levels 0 to 2 up to a maximum of 30. These players can move between courts and play singles and doubles with their activity bubble group. Coaches, official's, and volunteers are included within the maximum number. This will also be dependent on the hall size and any venue restrictions.

25. Whether playing singles or doubles or for coaching purposes we would suggest, activity is restricted to a maximum of six people per court. You can have more than one group of six in a hall, providing you are able to maintain social distancing within the space available. Maximum numbers in the activity bubble in any hall/venue will be determined by the facility operator but should be no more than 30.

26. Venue specific restrictions may be in place. You should make yourself and all participants aware of these and the Club Covid Officer will be responsible for ensuring these are adhered to.

27. Travel advice provided by the Scottish Government indicates that you should not travel between Local Authority areas unless it is essential. Examples of essential travel include health or work purposes.

28. Other than where players are from the same household or extended household, adult players (18+) must follow Scottish Government advice and participate within the protection level guidance.

29. Where a participant with a disability requires functional support to enable their participation in Badminton, this can be provided without maintaining physical distancing. This support can be provided by a coach or other individual. In such circumstance the Coach & 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.

30. Until all restrictions have been lifted it is imperative that all players use their own equipment and do not share rackets, drinking bottles or any other equipment that is used.

31. From 2 November 2020 indoor training, play and competitions for children and young people up to and including 17-year olds can take place with no restrictions and would be able to consist of both singles and doubles play.
32. Sessions can be formed by multiple groups each using their own court, with a maximum of 6 players per court. If a coach is present, they are to be counted as part of the group.

33. Physical distancing restrictions should be maintained before and after the activity and face masks should be worn on entering and exiting the venue.

34. Coaches and other adults supporting any activity should attempt to maintain physical distancing where possible. All should wear face coverings, unless taking part in the activity. We would also recommend that all participants use hand gel before, after and regularly during the activity.

35. All players, coaches, volunteers should thoroughly wash their hands prior to leaving their home and once again when they arrive home.

36. From 2 November 2020 indoor training, play and competitions for adults (18+) is permitted and the restrictions on play will be determined by which protection level your respective LA area falls into. For levels 0 to 2, doubles play is permitted with appropriate safety measures in place, level 3 doubles play will be restricted to the household rules, meaning 2 households can play but they should only partner with the person from their household and not switch during the session.

37. 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 guidance of Badminton Scotland, 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.

38. Indoor household numbers do not apply to organised Badminton Club activity. Therefore, club sessions can still take place subject to all the other protection level restrictions and following Badminton Scotland guidance.

39. If not part of an adult (18+) club activity and bookings are taken for casual play at a venue, then, depending on your respective LA protection level, play is restricted. Singles play is permitted at all levels (except 4 where venues will be closed).

40. Adult (18+) pay and Play doubles play is permitted in protection level 0. However, indoor household rules apply. These are 3 households and a maximum of 8 people. Meaning to play doubles, as least 2 players must be from the same household.

41. In levels 1 to 3 doubles is restricted by the 2 household and 6 people restrictions. Also, you should only partner with the person from your household.
42. Children and young people up to and including 17-year olds can play with no restrictions during the activity. Physical distancing and face coverings guidance should be maintained before and after the activity.

**Outdoor Badminton**

43. With the new enhanced level 4 protection level in place from Monday 4 January 2021, this now means that there are further restriction in regard to Outdoor Badminton and outdoor sport in general. Only a household group or a group containing no more than 2 people from 2 different households can meet outdoors to play. Badminton Scotland has developed guidance and information on how Outdoor Badminton can be played, available using the link below:

https://www.badmintonscotland.org.uk/outdoor-badminton/

44. This resource pack provides information on games and activities, as well as courts sizes and ways to mark out the court. The use of the new AirShuttles will be ideal for this activity and are available from Badminton Scotland.

**Key Questions & Answers**

Q. **When will doubles play restart?**
   A. There are no restrictions for up to 18-year olds, so doubles can be played for this age group from 2 November 2020. However, there are still restrictions around adult (18+) doubles play and this depends on what protection level your respective LA area falls into.

Q. **Can I coach?**
   A. Coaching is permitted. However, the guidance must still be followed depending on what level your LA area falls into. There are no restrictions on 17 years and under and individual coaching can be completed indoors on a 1 to 1 basis with adults (18+). Club coaching for adults is also permitted in levels 0 to 2 with appropriate safety measures in place.

   You can also coach outdoors following the protection level guidance.

Q. **Can I travel to play badminton?**
   A. Travel advice is that there should be no non-essential travel meaning that you should not travel unless for health or work purposes. Information is available in paragraph 12 above.

Q. **Can I share equipment?**
   A. There should be no sharing of equipment. Players do not need to use their own marked shuttle. However, if you choose to use shared shuttles then extra care must be taken to ensure you do not touch your face during play. You should also use hand gel to sanitize your hands regularly during play.
Plus, you should clean your hands before play and immediately after finishing. If coaching groups, one tube of shuttles per group should be used and there should be no sharing of shuttles between groups.

Individuals should follow all guidance on hygiene, for example by using antibacterial spray and washing hands thoroughly/use hand gel before and after use and ensure they clean and wipe down equipment, including rackets and water bottles before and after use.

Q. **What guidance will you be issuing about restarting play?**
A. The badminton community has restart play. In consultation with the Scottish Government and sportscotland, we are drafting guidance that will be published when any changes to the restrictions are known. This guidance will align with Scottish Government guidelines and our ambition to get all forms of badminton back on court as soon and as safely as possible.

Q. **Why is England’s guidance different from Scotland’s?**
A. England and Scotland have different guidance due to the UK Government setting the restrictions for England and the Scottish Government setting the restrictions for Scotland. There will also be differences in Northern Ireland and Wales.

Q. **When will further guidance on the return to play be shared?**
A. The Scottish Government are reviewing the tier restrictions on a weekly basis. Any changes to the restrictions will be included in the Guidance and published on the Badminton Scotland web site.

Q. **Will my usual venue be open for Badminton?**
A. It would be beneficial to contact your local venue to ascertain their plans as not all venues will open immediately and there will be a phased approach from Local Authorities and Leisure Trusts.

Q. **When will the Coach Education Course Programme commence?**
A. All coach education courses are suspended at this time. We will continue to review the situation and will advise members of any changes. Courses will be programmed when venues start to re-open and physical distancing restrictions are lifted or mitigating factors can be implemented. We are looking to produce a series of webinars that all will be able to access covering various subjects. These will be publicised on the web site and via social media.

Q. **Why does my club need a Covid Officer?**
A. This is to ensure that the club and all participants are aware of the up to date information and restrictions in place. It will also help to keep maintain physical distancing and ensure that all remain safe during the sessions.
Q. **Is there a Badminton specific return to play Risk Assessment that I could use.**
A. Yes, one is available to download from the Badminton Scotland web site.

   https://www.badmintonscotland.org.uk/covid-19-guidance/

Q. **What do Clubs have to do to limit the risk of Covid 19**
A. A Risk Assessment (above) should be undertaken with mitigating actions put in place to reduce risks. Hand gel stations should be in the venues and players should be advised to use hand gel throughout the session.

Q. **Can I book and play casual sessions within my local sports centre.**
A. This is possible and subject to sport centres opening and local restrictions that may be in place. Casual bookings will also be restricted by the LA protection level.
GENERAL GUIDANCE

INTRODUCTION

Organised sporting activities can be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that your club, facility and participants are made aware and can adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing COVID-19 is available at Scottish Government: Coronavirus in Scotland.

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

To manage a safe return to organised sport and physical activities all clubs, facility operators and deliverers (herein referred to as ‘operators’) should put in place Test & Protect procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available within this guidance and at Scottish Government: Test & Protect.

Scottish Government has introduced a new strategic framework document for managing COVID-19 became effective from 2 November 2020. This provides a 0-4 Level approach to restrictions with each local authority area (or sub-area) placed in a relevant protection Level depending upon its COVID-19 status which will be reviewed weekly.

SGBs, clubs and participants should be aware of their local area protection level and associated restrictions which may be in place and should consider this as part of risk assessment planning. Broad guidance for sporting activity which should be followed within each Level is set out in Table A below.

More detailed information relating to extended Level 4 ‘stay at home’ restrictions and exemptions applicable for sport and physical activity is available at Appendix 1.

Further information on protection levels that will apply in each local authority area are available at Coronavirus (COVID-19): allocation of protection levels to local authorities. A local post code checker is also available at COVID restrictions by protection level in areas of Scotland.
<table>
<thead>
<tr>
<th>OUTDOOR SPORT</th>
<th>Overview</th>
<th>Level 0</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organised outdoor sport, competition, events and Physical Activity (PA)</td>
<td>An outdoor sporting ‘field of play bubble’ can consist of a maximum of 30 people including coaches, officials and other support staff at any one time. Multiple bubbles, each with up to 30 people, can be used in training, competition or small-scale sporting events if all guidance is followed (200 max per day unless with exemption).</td>
<td>Scottish Government household number rules apply for exercise, sport and recreation.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children &amp; Young people (u18 years)</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Non-contact sport &amp; PA permitted</td>
<td></td>
</tr>
<tr>
<td>Adults (18+ years)</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>No contact or non-contact group activity</td>
<td>Indoor individual exercise only</td>
<td>Exemptions available for professional / performance sport (ALL Levels)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>INDOOR SPORT</th>
<th>Overview</th>
<th>Level 0</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organised indoor sport, competition, events and Physical Activity (PA)</td>
<td>The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of sport and leisure facilities and sport specific SGB Guidance. ‘Group’ activity refers to adults, from more than 2 households (6 members) who take part in organised sport or physical activity. ‘Individual exercise’ refers to organised sport or physical activity within household rules i.e. 1:1 coaching. For further information see definitions within this guidance.</td>
<td>Indoor sport &amp; PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed. Exemptions available for professional / performance sport (ALL Levels)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children &amp; Young people (u18 years)</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>Indoor individual exercise only</td>
<td>No contact or non-contact group activity</td>
<td></td>
</tr>
<tr>
<td>Adults (18+ years)</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>Contact sport &amp; PA prohibited</td>
<td>Exemptions available for professional / performance sport (ALL Levels)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Table A: Sport & Physical Activity Protection Levels**

<table>
<thead>
<tr>
<th>Level 0</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OUTDOOR SPORT</strong></td>
<td>Overview</td>
<td>An outdoor sporting ‘field of play bubble’ can consist of a maximum of 30 people including coaches, officials and other support staff at any one time. Multiple bubbles, each with up to 30 people, can be used in training, competition or small-scale sporting events if all guidance is followed (200 max per day unless with exemption).</td>
<td>Scottish Government household number rules apply for exercise, sport and recreation.</td>
<td></td>
</tr>
<tr>
<td>Organised outdoor sport, competition, events and Physical Activity (PA)</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
</tr>
<tr>
<td>Children &amp; Young people (u18 years)</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>No contact or non-contact group activity</td>
<td>Indoor individual exercise only</td>
</tr>
<tr>
<td>Adults (18+ years)</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>Contact sport &amp; PA prohibited</td>
<td>Contact sport &amp; PA prohibited</td>
</tr>
</tbody>
</table>

**Table A: Sport & Physical Activity Protection Levels**

<table>
<thead>
<tr>
<th>Level 0</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INDOOR SPORT</strong></td>
<td>Overview</td>
<td>The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of sport and leisure facilities and sport specific SGB Guidance. ‘Group’ activity refers to adults, from more than 2 households (6 members) who take part in organised sport or physical activity. ‘Individual exercise’ refers to organised sport or physical activity within household rules i.e. 1:1 coaching. For further information see definitions within this guidance.</td>
<td>Indoor sport &amp; PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed. Exemptions available for professional / performance sport (ALL Levels)</td>
<td></td>
</tr>
<tr>
<td>Organised indoor sport, competition, events and Physical Activity (PA)</td>
<td>Contact &amp; non-contact sport &amp; PA permitted</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>Indoor individual exercise only</td>
</tr>
<tr>
<td>Children &amp; Young people (u18 years)</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>Contact sport &amp; PA prohibited</td>
<td>Contact sport &amp; PA prohibited</td>
</tr>
<tr>
<td>Adults (18+ years)</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>Non-contact sport &amp; PA permitted</td>
<td>Contact sport &amp; PA prohibited</td>
<td>Contact sport &amp; PA prohibited</td>
</tr>
</tbody>
</table>
### COACHING

**Overview**

General guidance is available within this document for coaches, leaders, personal trainers, deliverers and instructors, *herein referred to as coach/es*. In addition, [Getting Coaches Ready for Sport](#) provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions.

<table>
<thead>
<tr>
<th>Indoor &amp; Outdoor coaching</th>
</tr>
</thead>
<tbody>
<tr>
<td>The local protection Level in place for sport and physical activity will dictate what activity can be coached, indoors and outdoors and to whom in that area. See indoor / outdoor above for further information. Coaches can take multiple sessions per day, however the numbers allowed in each session will depend upon the protection Level in place.</td>
</tr>
</tbody>
</table>

### PERFORMANCE SPORT

<table>
<thead>
<tr>
<th>Professional &amp; Performance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professional &amp; performance sports with <a href="#">Resumption of Performance Sport</a> guidance in place and approved by Scottish Government or <a href="#">sportscotland</a> is permitted at all Levels.</td>
</tr>
</tbody>
</table>

### TRAVEL

<table>
<thead>
<tr>
<th>Indoor / Outdoor Sport &amp; Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>For further information please refer to <a href="#">Travel Guidance</a> within this document.</td>
</tr>
</tbody>
</table>

### HOSPITALITY & RETAIL

<table>
<thead>
<tr>
<th>Clubs &amp; Sports Facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clubhouses and sports facilities which provide catering and bar services, can operate providing they adhere to Scottish Government guidance appropriate to the protection Level in which they are operating. Further information is available at <a href="#">Coronavirus (COVID-19): tourism and hospitality sector guidance</a>. Retail units operated by sports facility operators may reopen provided all specific Scottish Government guidance for retailers appropriate to the protection level in which they are operating is in place and adhered to. Further information from the Scottish Government is available at <a href="#">Retail Sector Guidance</a>.</td>
</tr>
</tbody>
</table>

### TOILETS, CHANGING & SHOWER ROOMS

<table>
<thead>
<tr>
<th>Clubs &amp; Sports Facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where changing rooms and showering facilities are to be used specific guidance relating to use of ‘Changing and Showers’ is available at <a href="#">Getting Your Facilities Fit for Sport</a>. This is applicable at all levels where facilities remain open. Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website <a href="#">Opening Public Toilets Guidelines</a>.</td>
</tr>
</tbody>
</table>

### WORKFORCE

<table>
<thead>
<tr>
<th>Contractors &amp; Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports facility operators must ensure that Scottish Government guidance on workforce planning in sport &amp; leisure facilities 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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meeting Rooms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Although gym and leisure facilities can open, we would encourage providers to consider whether meetings and training must be completed in person or whether these can be completed online or via telephone. If it is essential that meetings and training takes place in person, <a href="#">Scottish Government guidance for general workplaces</a> must be followed and a risk assessment should be completed.</td>
</tr>
</tbody>
</table>
SPORTS FACILITY & PARTICIPATION GUIDANCE

1. It is the responsibility of each club committee, sports facility operator and/or deliverer (herein referred to as the 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 to support those undertaking the role.

2. 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.

3. Operators should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.

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

5. Operators must ensure that users are made aware of the requirement to adhere to the relevant approved SGB guidance prior to any sport or physical 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.

Travel Guidance

6. Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted is available at Coronavirus (COVID-19): guidance on travel and transport.

7. Information for each local government area, including their level is available at Coronavirus (COVID-19): local protection levels including a post code checker.

8. Specific information on car sharing is available from Transport Scotland: advice on how to travel safely.

9. Sport & Physical Activity Participation

9.1 Participants can take part in organised sport and physical activity within their own local government area based on Level as detailed in Table A. Such activity is subject to exemption from household rules as detailed within this guidance.

9.2 When a participant travels out with their home local government area they should follow the travel guidance detailed below. Travel regulations are now legally enforceable.

9.3 Participants should, where possible, avoid any unnecessary travel out of area and keep journeys within area to an absolute minimum.
10. Children & Young People (17 years or under)

10.1 Participants aged **17 years or under** can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport, physical activity, training and competition.

10.1.1 Children and young people living in a Level 4 area should only travel locally (within their local government area) to take part in organised sport as outlined in Table A.

10.1.2 Children and young people living in a Level 4 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, running or cycling which starts and finishes at the same place. Such activity should follow Scottish Government ‘Stay at Home’ guidance.

11. Adults (18 years or over)

11.1 Participants aged **18 years or over** can travel to and from Level 0, 1 and 2 areas (but not Level 3 or 4) to take part in organised sport, physical activity, training and competition as outlined in Table A.

11.1.1 Adults living in a Level 3 or Level 4 area should only travel locally (within their own local government area) to take part in organised sport or physical activity as outlined in Table A.

11.1.2 Adults living in a Level 3 or Level 4 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, cycling, golf or running that starts and finishes at the same place. Such activity should follow Scottish Government ‘Stay at Home’ guidance.

Table B: Travel Summary

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Level 0</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>U18s</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Local Travel Only</td>
</tr>
<tr>
<td>18+ (Adults)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Local Travel Only</td>
</tr>
</tbody>
</table>

Definitions - for the purposes of this guidance

12. ‘**Organised sporting or physical activity**’ refers to activities which are undertaken in a structured and managed way following specific rules and guidance of relevant SGBs, 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.

13. **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 and Basketball.

14. **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.

15. **Sports competition** refers to where participants or teams compete against different opponents as part of an organised league or competition.

16. **Adult ‘group’ sport or activity** refers to adults, from more than 2 households / 6 members of those households who take part in organised sport or physical activity.

17. **Indoor individual exercise** refers to non-contact recreational sport or physical activity which follows general household rules i.e. no more than 2 households / 6 members of those households. This includes gym use, 1:1 personal training, swimming, ice skating and indoor snowsports activity where physical distancing can be maintained.

**Permitted Sport and Leisure Activities**

18. **Participants and operators should follow guidance based on the area protection level in which the sporting activity is to take place.** A summary of what sporting activity can be undertaken at each protection level is available in Table A and should be read in conjunction with the rest of this document.

19. Subject to the guidance below, organised sporting or physical activity can take place indoors or outdoors, in effect suspending physical distancing and household guidelines, for the duration of the activity.

20. Where there is likely to be proximity (within 2m) or contact between participants involved in a sporting activity, mitigating actions must be put in place to minimise risk and keep participants safe. For instance:

   20.1 SGB guidance should focus on providing sporting activity involving as few participants as possible, for the minimum amount of time, whilst still allowing the activity to run effectively. This may also require a change to game formats, numbers and/or rules to minimise risk to participants.

   20.2 As soon as a participant has completed training, a competition or event, they should leave the field of play/venue.
21. No spectating should take place other than where a parent or carer is supervising a child or vulnerable adult or when following specific sector guidance for events.

22. No formal presentation ceremonies should take place during or after a sporting activity or competition as the focus should be on reducing the numbers in attendance at any one time.

23. Holiday camps, extended sports activity or events which would not normally come under the jurisdiction of an SGB should refer to the appropriate local authority, umbrella body or care commission guidance. Organisers of these activities may alternatively wish to use Scottish Government household, physical distancing and group size limits.

Outdoor Sport & Physical Activity

24. Operators may open outdoor sports areas, courts and pitches if documented risk assessments are undertaken and all appropriate measures are put in place to ensure the safety of participants, staff and volunteers and where activity is undertaken in line with guidance for the appropriate protection level. Please also refer to guidance produced by sportscotland at: Getting Your Facilities Fit for Sport.

25. Information relating to outdoor sport and physical activity that can be undertaken by protection level and age group is available in Table A.

26. Further information outlining outdoor Level 4 sport and physical activity restrictions and exemptions is available at Appendix 1.

Outdoor sporting bubbles for training, competition or small-scale events (Levels 0-3)

27. An outdoor sporting ‘field of play bubble’ can consist of a maximum of 30 people including coaches, officials and other support staff at any one time. In exceptional circumstances, numbers may be increased, but only if approved directly by Scottish Government or where specific Scottish Governing Bodies of sport (SGBs) guidance and mitigating actions have been agreed by sportscotland.

28. Multiple outdoor sporting bubbles, each with up to 30 people, can be used in training, competition or small-scale sporting events. In such cases operators and organisers should undertake comprehensive risk assessment to ensure that these bubbles do not mix at any time including before, during or after the activity.

29. 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 household rules.

29.1 Permanent outdoor sport, leisure and club facilities which are accessed on a 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.

29.2 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.

30. Where outdoor sports training, competition or events are planned and include multiple bubbles; operators and organisers 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.

31. Operators and organisers 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.

32. SGBs and operators should introduce a period of training to familiarise participants with guidelines before running competitions.

33. Outdoor group coaching for organised sport and physical activity including aerobics and fitness classes can take place with up to 30 people at any one time, including the coach, if physical distancing is always maintained.

Outdoor sporting bubbles for training, competition or small-scale events (Level 4)

34. Outdoor sporting bubbles should not operate in a Level 4 area except for non-contact activity being delivered to children under 12 years of age.

35. Normal Scottish Government household rules apply at Level 4. Therefore, activity being delivered to children under 12 years of age should only be supported by a maximum of two coaches. Coach/child ratios should be considered, and numbers kept to a minimum. See Appendix 1 for further information on Level 4 restrictions.

Indoor Sport & Physical Activity

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

37. Appropriate risk assessments and mitigating measures must be put in place to reduce risk and protect participants. For instance, consider physically distanced training, reducing numbers taking part and changing game formats or rules.
38. Participants should not congregate before or after an activity. Operators must ensure comprehensive mitigating actions are put in place and documented in their risk assessment to stop this happening. Consider staggering start/arrival times and any other relevant additional measures.

39. The number of participants allowed to take part in indoor sport or physical activity must be risk assessed by the operator following Scottish Government Coronavirus (COVID-19): guidance on the opening of indoor and outdoor sport and leisure facilities and sport specific SGB Guidance.

40. Information relating to indoor sport and physical activity that can be undertaken by protection level and age group is available in Table A.

Coaching

41. The guidance below is to support coaches, leaders, personal trainers, deliverers and instructors, herein referred to as coaches. In addition, please see Getting Coaches Ready for Sport which provides a 4-stage approach/checklist to help coaches get ready for delivering sport and physical activity. It can be used as it is or amended to reflect the sport or delivery activity.

42. Coaches operating within clubs and facilities should liaise with the relevant COVID Officer before undertaking coaching and all sporting or physical activity must adhere to operator and relevant SGB Guidance.

43. Coaches and others supporting organised sporting or physical activity should attempt to keep physically distant, but it is recognised that this will not always be possible to ensure the safety of participants. In such circumstances the responsible ‘Covid Officer’ should consider appropriate mitigating actions as part of the risk assessment.

44. Coaches should be aware that local restrictions may be in place for sport and physical activity and this should be considered as part of risk assessment planning and will dictate what activity can be coached, indoors and outdoors and to whom. See Table A for further information about protection levels.

45. Scottish Government travel guidance provides exemptions for travel into and out of Level 3 and Level 4 local authority areas. This includes ‘travel for work, or to provide voluntary or charitable services, but only where that cannot be done from your home’.

45.1 Where paid/voluntary coaches or officials use the above exemption mitigating actions should be put in place to reduce risk to the coach, official and participants. This should be documented in the operator or deliverer risk assessment.

46. Coaches can run organised outdoor group training sessions in protection Levels 0-3 (up to Level 4 for children under 12 years of age) with a maximum of 30 people involved at any one time or as agreed through approved SGB Guidance
and Scottish Government (COVID-19): guidance on the opening of indoor and outdoor sport and leisure facilities. They should ensure to follow specific guidance on sporting bubbles within this document.

47. Coaches can take multiple indoor sessions per day, however the numbers allowed in each session will depend upon the protection Level restrictions in place in the given location.

48. Face coverings must be worn by coaches when indoors, except where an exemption applies. For instance:

48.1 where an individual has a health condition or is disabled, including hidden disabilities, for example, autism, dementia or a learning disability.

48.2 or if there is a reasonable excuse not to wear a face covering such as;

48.2.1 where there is difficulty in communicating with participants who may not be close by and safety is an issue i.e. in a swimming lesson. In such cases alternative measures should be considered such as use of a face visor.

48.2.2 being physically active or exercising as part of the coached session.

The priority should always be on ensuring the safety of the coach and participants and minimising the risk of virus transmission before, during and after activity.

49. At all times coaches should:

49.1 Plan and risk assess appropriately for the session in advance, be aware of responsibilities, be clear on expectations with participants and build in a review period to reflect on effectiveness and safety of the session.

49.2 ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed and up to date.

49.3 check, in advance of delivery, that appropriate insurance policies are in place for all coached activities and that their insurance is valid for the activities they plan to deliver.

49.4 find out about their direct and surrounding delivery environment in advance of the session and contact the facility operator, where relevant, to confirm any changes in processes and procedure.

49.5 Coaches working with children should familiarise themselves with the additional considerations developed by Children 1st: Child Wellbeing and Protection Considerations.
Additional Sport & Leisure Activity Considerations

50. 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 physical distancing, either practically or in terms of child development. You may, for instance, ask a parent or carer to be present.

51. Where a disabled participant requires functional support to help them participate, coaches, carers or those supporting the participant can provide this without maintaining physical distancing. In such circumstance 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.

52. Where an employee is providing an activity, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken. See the Businesses, workplaces and self-employed people section at Scottish Government: Coronavirus in Scotland.

Toilets, Changing and Locker Rooms

53. Use of changing rooms and showering facilities should be avoided where possible, although they may be made available (other than in Level 4 areas where indoor facilities should remain closed) for participants who require additional support such as disabled people or those with special needs.

54. 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.

55. Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines.

56. Access to indoor locker rooms and storage areas is permitted for dropping off and collecting sports equipment or clothing. The operator should ensure mitigating actions are put in place to minimise the risk of virus transmission including physical distancing, hygiene and cleaning measures.

Equipment Provision and Use

57. Operators should, where possible, remove equipment including benches, scoreboards, tables and any other objects that are not essential for participation purposes.

58. Where the above is not possible appropriate cleaning measures, including provision of sanitiser and disposable gloves, should be put in place to reduce the risk of contamination.

59. All fixed equipment should be checked prior to use to avoid participants having to adjust or touch it.
60. Where shared equipment is necessary for an activity appropriate hygiene measures must be put in place before, during and after use.

61. Where balls are used in sports areas, courts and pitches a risk assessment should be undertaken to ensure measures are put in place to minimise uncovered body contact. Appropriate hygiene protocols should be undertaken including hand hygiene and regular cleaning of balls before, during and after exercise.

**Bookings and Payment**

62. Encourage people to make bookings online where possible. However, be aware that a proportion of disabled people, people from low income households and older adults do not have access to the internet. Ensure you have alternative measures in place. For example, telephone bookings.

63. Consider introducing buffer periods between sessions to stagger start times so that participants do not all arrive/leave at the same time.

64. Where possible use online or contactless payment options and avoid handling cash. Where people do not have bank accounts it is okay to accept cash payments.

**Communication with Members / Customers**

65. Operators should communicate clearly and regularly with members and participants setting out what they are doing to manage risk, and what advice they are giving to individuals before, during and after visits to the venue/activity.

66. Make them aware in advance of measures you are putting in place at your venue, and guidelines they are asked to follow.

67. Communicate clearly opening times and how people can safely access a facility, if relevant, for example through a booking or queuing system.

68. Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed, up to date and in accessible formats.

69. When communicating with members and participants, consider how you will reach people who do not have access to the internet. When publishing information on websites, consider how to make it accessible when accessed via a mobile phone or tablet rather than a PC or a laptop.

70. Special attention should also be given to how you communicate physical distancing rules to young people.

**Safeguarding**

71. All adults involved in coaching / actively engaging with children or vulnerable adults in an organised environment should have undertaken appropriate SGB safeguarding training.
72. Operators should ensure appropriate ratios of coach/adult to child/vulnerable adult as per SGB guidance and follow all related safeguarding advice.

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

74. Operators should also refer to the additional considerations developed by Children 1st: Child Wellbeing and Protection Considerations.

Equality & Inclusion

75. 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

76. 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.

77. The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include;

77.1 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.

77.2 Accessibility – Accessibility of our environments is another key issue emerging from the pandemic. As clubs and leisure center’s 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.

77.3 Anxiety, mental health and wellbeing – The pandemic is leading to an increased risk of anxiety and mental ill-health for people. 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.

77.4 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.

Health, Safety & Hygiene

78. Scottish Government has produced the Coronavirus (COVID-19): FACTS poster including translations and accessible formats. Where possible operators should use this document to reinforce messages. FACTS stands for: Face Coverings, Avoid crowded places, Clean your hands regularly, Two metre distance and Self isolate and book a test if you have symptoms.

79. Ensure access to first aid and emergency equipment is maintained.

80. Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.

81. In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require 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
- A parent or carer being present with children or vulnerable adults.

82. Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.

83. Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.

84. Make hand sanitizers or wipes available for use in bar and restaurant areas and at the entrance/exit to the 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.

85. 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.

86. Getting your Facilities Fit for Sport provides a checklist for health, hygiene and cleaning considerations and actions.
Face Coverings

87. Sports facility operators should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility. 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 are disabled, including hidden disabilities such as autism, dementia or a learning disability.

88. 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.

89. Face coverings may not be required when using hospitality services such as café’s, bars and restaurants. For further information refer to Scottish Government Coronavirus (COVID-19): tourism and hospitality sector guidance.

90. The Coronavirus (COVID-19): public use of face coverings provides guidance on general use and exemptions.

Links to supporting guidance;

Health Protection Scotland:  General guidance for non-healthcare settings
Health Protection Scotland:  Hand hygiene techniques
HSE:  First Aid during the coronavirus

Test and Protect

91. 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, 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.

Maintaining customer records

92. Operators should where possible collect the name, contact number, date of visit, time of arrival, and 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.

93. Operators should store information for 21 days and share it when requested to do so by public health officers.

94. The Coronavirus (COVID-19): Test and Protect information leaflet provides information on the Test and Protect service from NHS Scotland.
Registration with the Information Commissioner’s Office

95. In order to gather and store customer information securely, operators may need to be registered with the Information Commissioner’s Office (ICO). This will be the case if you are using an electronic system to gather and store data.

96. If you are unsure whether you need to register, please contact the ICO via their helpline on 0303 123 1113, or visit www.ico.org.uk.

Protect Scotland App

97. 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.

98. 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.

99. Further information on the Protect Scotland app is available at www.protect.scot.

What should someone do if they have coronavirus symptoms?

100. 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 or by calling 0800 028 2816 if they cannot get online.

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

Local Outbreaks or Clusters of Coronavirus Cases

102. 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.

103. 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.
APPENDIX 1: Level 4 Guidance (Stay at Home)

Introduction

1. The guidance within this appendix is applicable to sport and physical activity facilities and activities where Scottish Government have identified the requirement for enhanced Level 4 'stay at home' 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 by Scottish Government or sportscotland.

3. The information outlined below should be used in conjunction with, and where appropriate supersede, the ‘Return to sport and physical activity guidance’ to inform the development of sport specific information which will be shared with participants, clubs, local authorities/trusts, third sector and other sports facility operators within Level 4 areas.

4. 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.

5. 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.

6. Be aware that the Scottish Government may update or change Levels 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 Coronavirus (COVID-19): local advice and measures.

Travel Restrictions in Level 4 areas

7. Those living in a Level 4 local authority area can travel within that area to undertake outdoor sport, exercise and recreation including walking, cycling, golf or running that starts and finishes at the same place (or up to 5 miles from the boundary of their local authority area for informal exercise), as long as they abide by the rules on meeting other households.

8. Exemptions are also applicable for essential animal welfare reasons, such as exercising or feeding a horse or going to a vet.

9. When taking part in sport, exercise or recreation participants should at all times follow Scottish Government 'stay at home' guidance.
Outdoor Sport & Leisure Activity

10. Operators in Level 4 areas may continue to open outdoor sports areas, courts, pitches and facilities (with the exception of ski centres/resorts) 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: Getting Your Facilities Fit for Sport.

11. Restrictions on the number of people who can take part in sport, exercise and recreation has been updated and is as follows;

11.1 Only a single household group, or a group containing no more than 2 people from 2 different households can meet outdoors for sport, exercise or recreation purposes. Where separate households are participating 2m physical distancing should always be maintained.

11.2 Children under the age of 12 years can meet outdoors for sport, exercise or recreational and do not count towards the total number of people permitted to gather outdoors. Children under 12 years can therefore take part in non-contact group activity. In such circumstances the number of coaches involved must not exceed household limits i.e. maximum of two for any given session. Coaches should not deliver a session to more than one other person if aged 12 years or older at any given time.

Indoor Sport & Leisure Facilities

12. Indoor sport and leisure facilities including club houses, changing rooms and activity areas should remain closed at Level 4. Exemptions are available as noted below.

13. Public Toilets

a. Operators may open indoor toilets for public use if they follow Scottish Government Opening Public Toilets Guidelines.

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

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

14. Storage Areas & Lockers
a. One off access to storage areas and locker rooms is permitted to retrieve personal equipment which is essential for an activity to be undertaken. Personal equipment should not be returned to these areas.

b. Where equipment cannot reasonably be taken home and is stored on site, such as kayaks, boats etc, access to retrieve and return such equipment to storage areas is allowed if appropriate risk assessments are undertaken.

c. Risk assessments should include mitigating actions to reduce the risk of virus transmission such as individual access, booking slots and cleaning/hygiene protocols.

15. Access to outdoor facilities

Where external access to outdoor sports facilities is not possible, access through an indoor area can be provided if suitable risk assessments and safety measures are put in place. These should include restricting access to one person at a time, ideally with a one-way system in operation, and no contact with hard surfaces such as door handles. Persons moving through the area should not stop or congregate at any time.

Hospitality

16. Additional restrictions are in place for hospitality businesses with Level 4 areas subject to bar and café closures. Sports facility operators providing catering or bar services should refer to Scottish Government guidance for applicable guidance including takeaway services. Coronavirus (COVID-19): tourism and hospitality sector guidance.

Retail

17. Retail units operated by sports facility operators in Level 4 areas should follow Scottish Government Retail Sector Guidance.