



SCOTTISH
WRESTLING

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Scottish Wrestling

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

1. Overview

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

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

Sporting activities can now be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene. SW wants to make sure that the club, facility and participants are made aware and can adapt to changes in guidance at short notice. Information on Scottish Government's approach to managing COVID-19 is available at [link](#).

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

2. Introduction

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

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

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

To manage a safe return to sport and leisure activities it is a **mandatory requirement** that all clubs, facility operators and deliverers put in place comprehensive **Test & Protect** procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available within this guidance and at: [link](#). Deliverers, clubs and participants should be aware that local restrictions may also be in place and should be considered as part of risk assessment planning.

Scottish Government has introduced a new strategic framework document (available [here](#)) for managing COVID-19 which will become 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.

All 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 [link](#). A local post code checker is also available at: COVID restrictions by protection level in areas of Scotland [link](#).

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.

3. Table A: Sport & Physical Activity Protection Levels

		Level 0	Level 1	Level 2	Level 3	Level 4
OUTDOOR SPORT	Overview	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).				Scottish Government household number rules apply for exercise, sport and recreation.
	Organised outdoor sport, competition, events and Physical Activity (PA)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Non-contact sport & PA permitted Contact sport & PA prohibited
	Children & Young people (u18 years)				Non-contact sport & PA permitted	
Adults (18+ years)						Exemptions available for professional/performance sport (ALL Levels)
INDOOR SPORT	Overview	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.				
	Organised indoor sport, competition, events and Physical Activity (PA)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Indoor sport & PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed. Exemptions available for professional/performance sport (ALL Levels)
	Children & Young people (u18 years)		Non-contact sport & PA permitted	Non-contact sport & PA permitted	Indoor <u>individual exercise only</u>	
Adults (18+ years)			Contact sport & PA prohibited	Contact sport & PA prohibited	No contact or non-contact group activity	
COACHING	Overview	General guidance is available within this document for coaches, leaders, personal trainers, deliverers and instructors, <i>herein referred to as coach/es</i> . 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 sessions per day, however the numbers allowed in each session will depend upon the protection Level in place.				
PERFORMANCE SPORT	Professional & Performance	Professional & performance sports with Resumption of Performance Sport guidance in place and approved by Scottish Government or sports.scotland is permitted at all Levels.				
TRAVEL	Indoor / Outdoor Sport & Physical Activity	For further information please refer to Travel Guidance within this document.				
HOSPITALITY & RETAIL	Clubs & Sports Facilities	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 Coronavirus (COVID-19): tourism and hospitality sector guidance . 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 Retail Sector Guidance .				
		Clubs & Sports Facilities	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 . This is applicable at all levels where facilities remain open.			Indoor sports facilities closed. Changing rooms closed.
TOILETS, CHANGING & SHOWER ROOMS	Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines			Public Toilets open.		
	WORKFORCE	Contractors & Staff	Sports facility operators must ensure that Scottish Government guidance on workforce planning in sport & 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.			
Meeting Rooms		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, Scottish Government guidance for general workplaces must be followed and a risk assessment should be completed.				

4. General Guidelines

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

5. Facility & Clubs

1. **sportscotland** has produced the [Getting your facilities fit for sport](#) guidance to help owners and operators of sports facilities as they prepare for when sport/activity resumes. The guidance is applicable to all phases of the Scottish Government route map, and can be adapted to support other planning-based work being undertaken by sports, clubs and community organisations.
2. Operators should only re-open facilities when it is safe to do so, in accordance with Scottish Government guidance.
3. Operators must ensure that users are made aware of the requirement to adhere to the relevant approved SW guidance prior to any wrestling activity being undertaken at the venue and reserve the right to intervene where there are any clear and visible breaches of this guidance by participants. Where such breaches take place operators should notify the nominated club/activity Covid Officer

overseeing the activity and they should in turn take appropriate action to mitigate future risk and protect participants and the wider public.

4. Test and Protect:

- a) [Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.
- b) Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.
- c) It is a mandatory requirement that sport facility operators collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient.
- d) Sports facility operators should store information for 21 days and share it when requested to do so by public health officers.
- e) [The Coronavirus \(COVID-19\): Test and Protect information leaflet](#) provides information on the Test and Protect service from NHS Scotland
- f) In order to gather and store customer information securely refer to SW GDPR policy.

5. Protect Scotland App

- a) NHS Scotland has launched a free mobile app designed to help with contact tracing efforts and slow the spread of COVID-19. The app will alert users if they have been in close contact with another app user who tests positive for coronavirus.
- b) Supported by a dedicated Protect Scotland website, the app is an extra tool complementing existing person-to-person contact tracing which remains the main component of NHS Scotland's Test and Protect system.
- c) Further information on the Protect Scotland app is available at www.protect.scot

6. Changing rooms, showers and toilet:

- a) Use of changing rooms and showering facilities should be avoided where possible, although they may be made available (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.
 - b) Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at [Getting your facilities fit for sport](#).
 - c) Sports facility operators may open toilets for public use if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).
 - d) Access to indoor locker rooms and storage areas is permitted for dropping off and collecting sports equipment or clothing. The sports facility operator should ensure mitigating actions are put in place to minimise the risk of virus transmission including physical distancing, hygiene and cleaning measures.
7. No spectating should take place other than where a parent or carer is supervising a child or vulnerable adult or when following specific [sector guidance for events](#).
 8. No formal presentation ceremonies should take place during or after a wrestling activity or competition as the focus should be on reducing the numbers in attendance at any one time.

9. 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.
10. 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 circumstances the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions.
11. Where an employee is providing an activity, relevant workplace 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 [link](#).
12. Risk assessments should be carried out and documented for all activities and facilities. Consider safety first, particularly minimising the risk of infection/transmission and following Scottish Government guidance regarding health, hygiene, travel, and physical distancing.
13. Equipment Provision and Use
 - a) Remove unnecessary equipment from the venue/facility.
 - b) 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.
 - c) All fixed equipment should be checked prior to use to avoid participants having to adjust or touch it.
 - d) Where shared equipment is necessary for an activity appropriate hygiene measures must be put in place to ensure the equipment is thoroughly cleaned before, during and after use.
14. Bookings and Payment
 - a) 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
 - b) Consider introducing buffer periods between sessions to stagger start times so that participants do not all arrive/leave at the same time.
 - c) 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.
15. Communication with Members / Participants
 - a) 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.
 - b) Make them aware in advance of measures you are putting in place at your venue, and guidelines they are asked to follow.
 - c) Communicate clearly opening times and how people can safely access a facility, if relevant, for example through a booking or queuing system.
 - d) Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed, up to date and in accessible formats.

- e) 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.
- f) Special attention should also be given to how you communicate physical distancing rules to young people.

6. Travel Guidance

1. Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted is available at [link](#).
2. Information for each local authority area, including their level and a postcode checker is available at Coronavirus (COVID-19): local protection levels [link](#).
3. Specific information on car sharing is available from Transport Scotland: advice on how to travel safely [link](#).
4. **a) Sport & Physical Activity**
 - 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.
 - 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.
 - Participants should, where possible, avoid any unnecessary travel out of area and keep journeys within area to an absolute minimum.
- b) Children & Young People (17 years or under)**
 - 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.
 - 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.
 - 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](#).
- c) Adults (18 years or over)**
 - 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 .
 - 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.
 - 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

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	Local Travel Only
18+ (Adults)	✓	✓	✓	Local Travel Only	

7. Definitions - for the purposes of this guidance

- Organised sporting or physical activity** refers to activities which are undertaken in a structured and managed way following specific rules and SW guidance, local authorities or businesses who in turn have fully applied related Scottish Government and **sportscotland** guidance. All organised activity should be overseen by a Covid Officer with documented risk assessments undertaken and mitigating actions put in place to ensure the health, safety and welfare of participants, coaches and officials.
- Contact sport or activity** is defined as “a sport or activity in which the participants necessarily come into bodily contact or as a matter of course encroach within 2m of one another” such as Judo, Netball, Basketball, Wrestling, Rugby and Boxing.
- Non-contact sport or activity** is defined as “a sport or activity in which the participants are physically separated by playing rules such as to make it difficult for them to make physical contact during an activity. Examples include Tennis, Cricket, Boccia and Curling.
- Sports competition** refers to where participants or teams compete against different opponents as part of an organised league or competition.
- 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.
- 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.

8. Permitted Sport and Leisure Activities

- 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.**

2. 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.
3. Where there is likely to be proximity (within 2m) or contact between participants involved in a wrestling activity, mitigating actions must be put in place to minimise risk and keep participants safe. For instance:
 - a) The wrestling activity should involve 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 event formats, numbers and/or rules to minimise risk to participants.
 - b) As soon as a participant has completed training, a competition or event, they should leave the field of play/venue.

9. Outdoor Sport & Leisure Activity

1. Operators may open outdoor sports areas and courts 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 link](#).
2. Information relating to outdoor sport and physical activity that can be undertaken by protection Level and age group is available in Table A.
3. 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)
4. 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 SW guidance and mitigating actions have been agreed by **sportscotland**.
5. Multiple outdoor sporting bubbles, each with up to 30 people, can be used in training, competition or small-scale wrestling 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.
6. Total numbers taking part in training, competition or events, other than detailed below, should not exceed 200 people in any one day, including organisers, officials and participants. Once an individual has completed their activity, they should immediately vacate the 'field of play' and are then subject to normal household rules.
 - a) Permanent outdoor sport, leisure and club facilities which are accessed on 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.

- b) Any further exemptions or variation to training, competition or event participant numbers, including the addition of spectators, must be agreed directly with Scottish Government and may be subject to relevant Scottish Government guidance.
7. 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.
 8. 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.
 9. 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)**
10. Outdoor sporting bubbles **should not operate** in a Level 4 area except for noncontact activity being delivered to children under 12 years of age.
 11. 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.

10. Indoor Sport & Leisure Activity

1. 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 [link](#).
2. 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 event formats or rules.
3. 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.
4. 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 [link](#) and SW guidance [link](#).
5. Information relating to indoor sport and physical activity that can be undertaken by protection level and age group is available in Table A.

11. Coaching

1. The guidance below is to support coaches, leaders, personal trainers, deliverers and instructors, *herein referred to as coach/es*. In addition, please see Getting Coaches Ready for Sport [link](#) 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.

2. 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 [SW guidance](#).
3. 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.
4. 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.
5. 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'
 - a) 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.
6. 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 SW Guidance [link](#) and Scottish Government (COVID-19): guidance on the opening of indoor and outdoor sport and leisure facilities [link](#). They should ensure to follow specific guidance on sporting bubbles within this document.
7. 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.
8. Face coverings must be worn by coaches when indoors, except where an exemption applies. For instance:
 - a) where an individual has a health condition or is disabled, including hidden disabilities, for example, autism, dementia or a learning disability or
 - b) if there is a reasonable excuse not to wear a face covering such as:
 - where there is difficulty in communicating with participants who may not be close by and safety is an issue. In such cases alternative measures should be considered such as use of a face visor.
 - 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.

9. At all times coaches should:
 - a) 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.
 - b) Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed and up to date.

- c) 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.
- d) 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.
- e) Coaches working with children should familiarise themselves with the additional considerations developed by *Children 1st: Child Wellbeing and Protection Considerations* [link](#).

12. Health, Safety & Hygiene

1. Scottish Government has produced the Coronavirus (COVID-19): FACTS poster including translations and accessible formats [link](#). Where possible operators should 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.
2. Ensure access to first aid and emergency equipment is maintained.
3. Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.
4. In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may be required to attend to the injured participant. The 'Covid Officer' should consider processes for managing this as part of their risk assessment. This could include but not be limited to:
 - Provision of suitable PPE
 - Training of coaches/supervising adults
 - Presence of one parent/guardian being required at the activity for children/vulnerable adults.
5. Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
6. Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.
7. Make hand sanitizers or wipes available for use at entrance/exit to the venue/facility where possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.
8. 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.
9. If you need to sneeze or cough, do so into a tissue or upper sleeve.
10. Avoid touching your face.
11. Use the checklist produced by **sportscotland** "[Getting your facilities fit for sport](#)"
12. BEFORE LEAVING HOME & AFTER YOU RETURN wash your hands with soap and water for at least 20 seconds before leaving home to go outside.

13. Face Coverings:

- It is **mandatory** for participants and visitors to indoor sports facilities to wear face coverings before and after activity or when in non-playing areas of the facility. For example: reception, locker rooms and storage areas unless there is a reasonable excuse not to do so. For example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability.
- 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.
- Face coverings must be worn in a sports facility hospitality environment other than when you are eating or drinking.
- Guidance on general use and exemptions are available [here](#).

13. Safeguarding

1. All adults involved in coaching / actively engaging with children or vulnerable adults in an organised environment should have undertaken appropriate SW safeguarding training.
2. Operators should ensure appropriate ratios of coach/adult to child/vulnerable adult as per SW guidance and follow all related safeguarding advice.
3. Health, safety and welfare policies should always be risk assessed and implemented.
4. Operators should also refer to the additional considerations developed by *Children 1st: Child Wellbeing and Protection Considerations* [link](#).

14. Equality & Inclusion

1. Covid-19 is affecting everyone. But the impact of the pandemic is not being felt equally. Before the pandemic certain groups were less likely to participate in sport and physical activity. These groups are also the most at risk of worsening inequalities due to Covid-19:
 - Older people
 - Disabled people
 - Ethnic minorities
 - Women
 - People from deprived communities
2. It is more important than ever to consider inclusive guidance for people who need extra support to be active and sports facility operators should consider this as part of their work to encourage people to return.
3. The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include;
 - a) **Communication** – Digital exclusion is a key issue. With so many services and so much information moving online it risks worsening the health impacts of the pandemic. We have to think innovatively about the range of ways we can provide information to people about sport and physical activity.

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

15. Local Outbreaks or Clusters of Coronavirus Cases

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

If a person has a continuous cough, high temperature, or loss or change in taste or smell, they should self-isolate and request a coronavirus test right away. Further information is available at www.NHSinform.scot/test-and-protect or by calling **0800 028 2816** if they cannot get online. The [Coronavirus \(COVID-19\): Test and Protect information leaflet](#) provides information on the Test and Protect service from NHS Scotland.

This guide has been produced to assist coaches in delivering wrestling activities during Coronavirus COVID-19 Phase 3.

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

Further guidance and useful links are available at:

[sportscotland dedicated COVID-19 page](#)

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

[Scottish Government 'Stay at Home' guidance.](#)

[Coronavirus \(COVID-19\): FACTS poster including translations and accessible formats](#)

[Coronavirus \(COVID-19\): Scotland's Strategic Framework](#)

[Postcode checker for COVID restrictions by protection level in areas of Scotland](#)

[Coronavirus \(COVID-19\): allocation of levels to local authorities](#)

[Scottish Government: Test & Protect](#)

[COVID-19 officer job description](#)

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

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

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

[Test and Protect](#)

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

[Getting your facilities fit for sport](#)

[Getting coaches ready for sport](#)

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

[Coronavirus in Scotland](#)

[Scottish Wrestling COVID-19 guidance](#)

APPENDIX 1: Level 4 Guidance(Stay at Home)

1. 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 'SW Return to Physical Activity Guidelines Phase 3' and 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 wrestling 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, wrestling 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

2. Travel Restrictions in Level 4 areas

1. 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.
2. Exemptions are also applicable for essential animal welfare reasons, such as exercising or feeding a horse or going to a vet.
3. When taking part in sport, exercise or recreation participants should at all times follow [Scottish Government 'stay at home' guidance](#).

3. Outdoor Sport & Leisure Activity

1. 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 [link](#).

2. Restrictions on the number of people who can take part in sport, exercise and recreation has been updated and is as follows;
 - A maximum of 2 people from up to 2 separate households (12 years or over) can meet outdoors for sport, exercise or recreation purposes if 2m physical distancing is maintained, before, during and after the activity. Participants should leave facilities immediately following exercise.
 - Group sport, exercise or training activity should not be undertaken by young people or adults over 12 years of age in a Level 4 area. Household rules apply.
 - 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.
3. Coaches should not deliver a session to more than one other person if aged 12 years or older at any given time.

4. Indoor Sport & Leisure Facilities

1. 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.
2. Public Toilets
 - Operators may open indoor toilets for public use if they follow Scottish Government opening public toilets guidelines [link](#).
 - 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.
 - All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance.
3. Storage Areas & Lockers
 - 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.
 - 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.
 - Risk assessments should include mitigating actions to reduce the risk of virus transmission such as individual access, booking slots and cleaning/hygiene protocols.
4. 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.

DISCLAIMER

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