

SCOTTISH ICE HOCKEY – CORONAVIRUS RETURN TO SPORT GUIDANCE

SCOPE OF DOCUMENT -

This document from the Scottish Ice Hockey Association (SIHA) board, is intended to offer advice and structure for the recommencement of ice hockey within Scotland. It should be noted that any advice given will always be in line with UK and Scottish governmental advice.

The findings and advice in this report will create a pathway back into our sport, when the easing of lockdown restrictions enables that to happen, and also looks at possibilities on the resumption of league ice hockey, both junior and senior.

INTRODUCTION

In our sport at present, there are many uncertainties due to Covid 19, lockdown restrictions, social distancing, and essential and non-essential travel.

Once we are in a position for the sport to begin, this document will guide clubs on how to do this safely, and in a proposed timetable.

The process of returning to ice hockey will not be simple, it will need to be a phased process leading back to full practice and game playing.

To do this, we must work to different levels of activity, and consider safe numbers in which these can be facilitated, in each of the proposed phases. Each of the phases will be guided by Scottish Government and sportscotland guidance, and in line with their 'Return to sport and physical activity' guidance document.

Scottish Government Advice: [Coronavirus in Scotland - gov.scot \(www.gov.scot\)](https://www.gov.scot)

Sportscotland Guidance: [Latest sport and physical activity guidance \(sportscotland.org.uk\)](https://sportscotland.org.uk)

DEFINING STAGES AND LEVELS OF ACTIVITY

The Scottish Government's [strategic framework document \(version: April 2021\)](#) for managing COVID-19 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.

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.

Table A: Sport & Physical Activity Protection Levels

		Level 0	Level 1	Level 2	Level 3	Level 4
OUTDOOR SPORT Organised outdoor sport, competition, events and Physical Activity (PA)	Overview An outdoor sporting ‘field of play bubble’ can operate for organised sport with maximum numbers noted below. At Levels 0-2 figures exclude coaches, officials, and other support staff*. Multiple bubbles can be used for training, events, and competition if appropriate guidance, set out within this document, is followed. Indoor and outdoor stadium, or equivalent events/competitions, involving spectators are subject to relevant Scottish Government guidance and approval. Any variation to these numbers must be approved by Scottish Government directly.	Maximum bubble size: 500 participants* Total Daily Limit: No limit	Maximum bubble size: 100 participants* Total Daily Limit: 1000 participants	Maximum bubble size: 50 participants* Total Daily Limit: 500 participants	Maximum bubble size: 30 participants Total Daily Limit: 200 participants	Local training/competition only. U12s: max 30 including coaches. Over 12s/adults max 15 including coaches.
	Children & Young people (u18 years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	<u>U12s:</u> Contact sport & PA permitted <u>12-17 years:</u> Non-contact sport & PA permitted.
	Adults (18+ years)	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	Non-contact sport & PA permitted Contact sport & PA prohibited
INDOOR SPORT Organised indoor sport, competition, events and Physical Activity (PA)	Overview The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government <u>guidance on the opening of sport and leisure facilities</u> and sport specific <u>SGB Guidance</u> . ‘Group’ activity refers to adults, who take part in organised sport or physical activity, where the number of participants is larger than allowed under normal household rules. ‘Individual exercise’ refers to organised sport or physical activity which takes place within household rules i.e. 1:1 coaching. For further information see definitions within this guidance.		Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Indoor sport & PA prohibited:
	Children & Young people (u18 years)	Contact & non-contact sport & PA permitted	Non-contact sport & PA permitted	Non-contact sport & PA permitted	Indoor individual exercise only	Leisure Centres, gyms and other indoor sports facilities closed.
	Adults (18+ years)	Contact & non-contact sport & PA permitted	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 sportscotland 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 .	
TOILETS, CHANGING & SHOWER ROOMS	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.
		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 up to Level 3, 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.	

In simpler terms, what this means for indoor contact sport and thus Ice Hockey in Scotland is illustrated in the table below:

Indoor sports

Activity type	Level 0	Level 1	Level 2	Level 3	Level 4
Under 18 Non-contact	✓	✓	✓	✓	×
Under 18 Contact	✓	✓	✓	✓	×
Adult Non-contact	✓	✓	✓	No groups	×
Adult Contact	✓	×	×	×	×

Source - Sport Scotland

PRESENT SITUATION:

In contrast to where we were last year, there are signs that the Covid19 situation is being positively impacted by the roll out of the vaccination programme, testing centres and the test and protect app.

As we move towards a more complete return to sport, we can plan and manage the junior return to ice hockey from April 26th in conjunction with our partners in the ice facilities, in a safe and managed manner.

Any advice or guidance SIHA give, is based on the best information we have at that time and in line with Scottish Government advice

These guidelines are subject to change, possibly due to a change in governmental advice, changes to local authority restriction level and/or a Covid-19 outbreak locally or nationally.

With this in mind, the following guidance should be adhered to at **all levels** in Scotland:

1. 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 to support those undertaking the role and this can be accessed at https://rise.articulate.com/share/gnk3qPoxD30r_1rmijUPJipuOksCwGs9#/
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. Sports facility operators should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.

4. 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](#).

5. Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).

6. Guidelines will be updated as we progress through the phases of the Scottish Government Covid-19 route map. Current updates from the Scottish Government are available at [Coronavirus \(COVID-19\) Phase 3: Scotland's route map update](#).

RESUMPTION

To enable every club to resume on a phased basis, it is important that every club appoints a **Covid Officer** to ensure any risks are managed and guidelines are followed, including the gathering of mandatory Scottish Government 'Test and Trace' information for every session.

The COVID officer's role can be defined as acting 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.

This has been sent out to all club appointed Covid Officers, and each Covid Officer should undertake the learning module as soon as possible.

SIHA would also encourage coaches and managers to look at the learning module in order for them to have a better understanding of any restrictions that need to be observed.

Confidential 'Test and Protect' information must be stored in a secure location and kept for at least 21 days.

TEST AND PROTECT:

[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.

It is a mandatory requirement that all clubs, facility operators and deliverers 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](#).

Operators should maintain customer/participant records and, 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. This information should be stored for 21 days and shared when requested to do so by public health officers.

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. 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.

If someone has coronavirus symptoms, such as 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.

Where appropriate parents should sign a self-declaration form, confirming that their son / daughter is well, and able to take part in group training at that time. In addition to maintaining participant records as described above, there should be a reporting structure in place to track any members, players or coaches who develop symptoms away from the club to ensure tracking information for others who have been in the same session previously as well as any members of the group who have been in contact with any person displaying symptoms.

All players, parents/guardians, coaches, officials and staff should be clear of what is expected of them and what measures are in force, for the safety of all.

THE PHASED APPROACH – 5 LEVELS (0-4)

It was confirmed by the Scottish Government, that all local authority areas entered Level 3 on April 26th 2021, when level 4 restrictions eased. Any further easing of restrictions and movement to another level will be confirmed by Scottish Government in due course. Bearing that in mind, and with the necessary measures put in place, ice hockey can operate at the following levels.

LEVEL 4

Detailed information relating to Level 4 restrictions and exemptions applicable for sport and physical activity is detailed in Appendix 1. These will become relevant for clubs operating in areas that are moved back into Level 4 at any point in the future.

LEVEL 3 – From April 26th 2021

- 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.
- Junior ice hockey can resume if appropriate risk assessments and mitigating measures are put in place to reduce the risk and protect participants. For instance, physically distanced training, reduced numbers taking part, changing the event/training format or rules, protective measures are implemented, such as the use of face coverings, hand hygiene, safe flow routes in and out of the building, temperature checks, etc.
- At this stage only u18s can take part in indoor contact sport so only junior ice hockey can resume. There must be no senior or recreational hockey.
- Players should change at home in the main as there will be no use of changing facilities
- To ensure social distancing can be achieved safely, the number of players at each session should be limited, allowing 56m² per person (including coaches). This will mean that the size and layout of the venue your club uses will dictate the maximum numbers of players you can have on the ice per session.

LEVEL 2 – From 17th May in most areas of Scotland (Glasgow and Moray remain in Level 3)

- Junior ice hockey can continue as per Level 3 above.
- Senior ice hockey can return as **non-contact** training, drills and skills, following all measures as described above.
- Appropriate risk assessments and mitigating measures should be put in place for all sessions to reduce the risk and protect participants. For instance, physically distanced training, reduced

numbers taking part, changing the event/training format or rules, protective measures are implemented, such as the use of face coverings, hand hygiene, safe flow routes in and out of the building, temperature checks, etc.

- Players should change at home in the main to minimise use of changing facilities.
- Numbers may be limited by ice rink operators and a comprehensive risk assessment would need to be agreed. Venues are all different sizes and layouts therefore the maximum number of participants at each session will be dictated by the venue used by each club. Allow 56m² per person (including coaches) and ensure adult players can maintain a 2m distance from each other during the activity.
- Senior activity could involve groups doing skating and skills session, groups of no more than 5, safely spread 2m apart across the rink area doing non-contact drills and activity.

LEVEL 1 – dates and details to be confirmed after the Scottish Government have provided their updates regarding these levels. Indicative information at the moment includes:

- Junior ice hockey can continue as per Level 3 above.
- Senior ice hockey can return as **non-contact** training, drills and skills, following all measures as described above.
- Details may be subject to change closer to the actual time dependent on data and Scottish Government updates

LEVEL 0 – dates and details to be confirmed after the Scottish Government have provided their updates regarding these levels. Indicative information at the moment includes:

- Return to adult contact ice hockey
- Potential return to adult competition
- Details may be subject to change closer to the actual time dependent on data and Scottish Government updates.

OFFICIATING

Clubs and officials should be fully aware of the IHUK Referee section guidance featured on the IHUK Referee page and follow accordingly. Officials should closely liaise with venues for site specific information and guidance.

COACHING

This section is intended to support coaches return safely to ice hockey. It is based on sportscotland's [Getting Coaches Ready for Sport](#) guidance which provides a 4-stage approach/checklist to help coaches get ready for delivering sport and physical activity.

Coaches operating in clubs should liaise with the relevant COVID officer before undertaking coaching and all activity must adhere to facility operator and SIHA guidance.

Coaches and those supporting them should attempt to keep physically distant but it is recognized that this is not always physically possible to ensure the safety of participants. In such circumstances the COVID officer should consider appropriate mitigating actions as part of the risk assessment.

Coaches should be aware that local restrictions may be in place for sport and physical activity and this should be considered as part of the risk assessment planning and will dictate what activity can be done and with whom. Table A provides further information on protection levels.

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'. 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.

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

1. where an individual has a health condition or is disabled, including hidden disabilities, for example, autism, dementia or a learning disability or
2. 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.

At all times coaches should:

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.
2. Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed and up to date.
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.
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.
5. Coaches working with children should familiarise themselves with the additional considerations developed by *Children 1st*: [Child Wellbeing and Protection Considerations](#).

SPECTATING

No spectating should take place other than where a parent or carer is supervising a child or vulnerable adult or when following specific Scottish Government: sector guidance for sporting events. Please note that Scottish Government is currently reviewing spectator guidance and an update will be provided when available.

SPORTS EVENTS & COMPETITIONS

1. Sport Competition

- Organised sport competition can take place if guidance within this document is followed and subject to appropriate risk assessment and oversight by the designated Covid Officer.
- The maximum number of participants allowed to take part in a sports competition should be no more than:
 - Outdoors: Agreed bubble/daily participation numbers, by Level, as outlined in Table A.

- Indoors: Risk assessed maximum numbers following Scottish Government guidance on the opening of indoor and outdoor sport and leisure facilities.
- Operators and organisers should where relevant, as part of their risk assessment, consult with and obtain agreement from those bodies that they would normally require agreement from to run the competition. Where the competition would require a licence from the local authority under existing Civic Government legislation, this must include agreement from local Environmental Health Officers. Other bodies depending on the type, location, and scale of the event, may include the landowner, Community Council, the transport police, or other body responsible for the safety of the public.
- Spectating is currently not permitted at sporting competitions covered under this guidance. This is being reviewed by Scottish Government and any change will be notified when available.

2. Sports Events

Sports events can take place subject to appropriate Scottish Government guidance being followed. Further information is available on the **sportscotland** website here: [Event information](#).

IN ALL STAGES:

Players should wash or sanitise hands before and after each session.

Players should only use their personal equipment, including water bottles and all ice hockey protective equipment.

Full registers should be kept for all training sessions including contact details for participants in line with 'Test and Protect' protocols and information stored securely. Further information is available within this guidance and at Scottish Government: Test & Protect.

<https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect/>

Clubs should have in place a reporting structure, for an individual to report symptoms and a communication structure, using their register data for communicating with participants.

Participants with risk factors or illnesses, should not attend in-person, training and ice sessions.

Participants with symptoms or signs of illness are strictly advised not to enter any training facility, and to seek medical assistance.

A coach should be prepared to require that a player exhibiting signs or symptoms of illness will need to leave training, on disclosure.

Players should disinfect all equipment after use.

All clothing (jerseys, pant shells, socks and gloves) should be washed with high temperature (following manufactures instructions) after each training session

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.

All participants should have left the rink prior to the next group being allowed in. A one-way system, traffic light system or controlled queuing system should be put in place to avoid any crossover of participants.

Include a buffer time between sessions to prevent the crossover of participants, either within the building or externally in the car park/drop-off area.

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 SIHA guidance.

ADDITIONAL GUIDANCE:

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 areas should remain closed) for participants who require additional support such as disabled people or those with special needs.

Sports facility operators may open public toilets if they follow the guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines.

<https://www.gov.scot/publications/coronavirus-covid-19-public-and-customer-toilets-guidance/>

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.

For detailed facility guidance including a checklist that covers use of changing rooms, showers and toilets visit [Getting Your Facilities Fit for Sport](#).

It should be noted, that all child protection procedures must be upheld during these disruptive times around locker rooms and the use of multiple locker rooms.

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

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

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

Coaches and instructors working with children should familiarise themselves with the additional considerations developed by Children 1st: Child Wellbeing and Protection Considerations.

<https://www.children1st.org.uk/help-for-families/safeguarding-in-sport/>

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 or other relevant Scottish Government guidance.

For instance services which provide regulated childcare (registered and regulated by the Care Inspectorate in Scotland) should follow the guidance for school age childcare services and those that are not registered should follow the organised children's activity guidance in Scotland.

TRAVEL

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](#).

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

Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).

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

When a participant travels out with their local government area they should follow the travel guidance detailed below.

1. 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 to take part in organised sport, training, and competition.
- Children and young people can also travel to and from a Level 4 area, if for example, they belong to a club which is outside their own local government area. This flexibility is to allow children and young people to take part in sport or organised activity, but they should travel no further than they need to. If attending a sport/activity in a Level 3 area or below, Level 4 guidance will apply to the whole activity e.g. 12 to 17-year-old outdoor activity should be restricted to non-contact and include a maximum of 15 participants.
- Children and young people living in a Level 3 or 4 area can also travel out with their local government area to take part in informal exercise such as walking, running or cycling. Such activity should follow [Scottish Government 'local protection levels' guidance](#).

2. Adults (18 years or over)

- Participants aged **18 years or over** can travel to and from a Level 0, 1 and 2 area to take part in organised sport, physical activity, training and competition. They should not travel to a Level 3 or 4 area.
- Adults living in a Level 3 area should only travel locally or to another Level 3 area to take part in organised sport or physical activity as outlined in [Table A](#).
- Adults living in a Level 4 area should only travel locally to take to take part in organised sport or physical activity.
- Adults living in a Level 3 or Level 4 area can also travel out with their local government area to take part in informal exercise such as walking, cycling, golf or running. Such activity should follow [Scottish Government 'local protection levels' guidance](#).

The table below shows where people can travel to take part in sport

Table B: Travel Summary

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	✓
18+ (Adults)	✓	✓	✓	L3 Travel Only	Local Travel Only

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 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.
- **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.
- **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** is defined as “any amateur participation sport, contest or race involving individual participants or teams who regularly compete against opponents as part of an organised SGB, league, local authority or club activity.”
- **Sports event** is defined as “an organised gathering or activity of limited duration that brings people together for the primary purpose of participating in the one-off sporting activity such as a marathon, triathlon etc.” For the benefit of this guidance professional sport with spectators is regarded as a sports event not competition.
- **Adult ‘group’ sport or activity** refers to adults, who take part in organised sport or physical activity, where the number of participants is larger than allowed under normal household rules.
- **Indoor individual exercise** refers to non-contact recreational sport or physical activity which follows household rule numbers. This includes gym use, 1:1 personal training, swimming, ice skating and indoor snowsports activity where physical distancing can be maintained.

Whilst this document looks at the phased return to ice hockey, it is incumbent on each member club to make sure that every phase is completed in a safe and sensible manner and in line with the above guidance.

SIHA, as the governing body for the sport in Scotland, is setting out a plan so our member clubs can have a clear route map back to the sport.

Each member club will need to work with ice rinks and facilities, to ensure that all government and SIHA guidelines are strictly adhered to and a comprehensive risk assessment should be drawn up for each phase of the resumption.

Any club found to be flouting advice or putting negligent procedures in place, will be subject to having their affiliation of SIHA withdrawn.

It is in everyone's interest now more than ever to keep everyone safe and to operate in a manner that looks after the health and safety of everyone participating in our sport.

These unprecedented times have been difficult for everyone involved.

Further info is available at -

<https://sportscotland.org.uk/media/6487/return-to-sport-and-physical-activity-guidance-050421-final.pdf>

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 NHS inform: Get a Test or by calling 0800 028 2816 if they cannot get online.

APPENDIX 1: Level 4 Guidance

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 **Level 4** 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. 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 [Coronavirus \(COVID-19\): Local Protection Levels](#).

Travel Restrictions in Level 4 areas

7. Those living in a Level 4 local authority area can travel out with that area to undertake informal outdoor exercise and recreation including walking, cycling, golf or running, as long as they abide by the rules on meeting other households.
8. Children and young people may travel to and from a Level 4 area, if for example, they belong to a club which is outside their own local government area.
 - 8.1 This flexibility is to allow children and young people to take part in sport or organised activity, but they should travel no further than they need to.
 - 8.2 If attending a sport/activity in a Level 3 area or below, Level 4 guidance will apply to the whole activity e.g. 12 to 17-year-old outdoor activity should be restricted to non-contact and include a maximum of 15 participants.
9. Adults living in a Level 4 local authority area may travel within, but not outwith, that area to take part in organised sport.

10. Travel exemptions are applicable for essential animal welfare reasons, such as exercising or feeding a horse or going to a vet.
11. When taking part in informal exercise or recreation participants should at all times follow Scottish Government Levels guidance.

Outdoor Sport & Leisure Activity

12. 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](#).
13. Restrictions on participants taking part in outdoor organised sport, exercise and recreation in Level 4 is as follows.
14. Children (aged up to 11 years)
 - 14.1 Children can take part in outdoor contact and non-contact organised sport including training, group exercise and competition within their usual club or facility environment. Inter club competition should not take place.
 - 14.2 An outdoor sporting 'field of play bubble' can consist of up to 30 children, coaches, and officials at any one time.
15. Young People (aged 12-17 years)
 - 15.1 Young people can take part in outdoor non-contact organised sport and physical activity including training, group exercise and competition within their usual club or facility environment. Inter club competition should not take place.
 - 15.2 An outdoor sporting 'field of play bubble' can consist of up to 15 young people, coaches, and officials at any one time.
16. Adults (aged 18 years or over)
 - 16.1 Adults can take part in outdoor non-contact organised sport including training, group exercise, aerobics, fitness classes and competition within their normal club or facility environment.
 - 16.2 An outdoor sporting 'field of play bubble' for adults can consist of up to 15 people, including coaches, and officials at any one time. Physical distancing should always be maintained.
17. Where there are multiple bubbles operating at the same venue these must be risk assessed to ensure there can be no mixing of participants before, during or after the activity. Specific mitigations could include staggered start times, limiting car parking or controlling access / egress points.

Indoor Sport & Leisure Facilities

18. Indoor sport and leisure facilities including club houses, changing rooms and activity areas should remain closed at Level 4. Exemptions are noted below.
19. Public Toilets
 - 19.1 Operators may open indoor toilets for public use if they follow Scottish Government [Opening Public Toilets Guidelines](#).
 - 19.2 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.
 - 19.3 All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance.
20. Storage Areas & Lockers
 - 20.1 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.
 - 20.2 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.
 - 20.3 Risk assessments should include mitigating actions to reduce the risk of virus transmission such as individual access, booking slots and cleaning/hygiene protocols.
21. 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

22. 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 take-away services. [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).

Retail

23. Retail units operated by sports facility operators in Level 4 areas should follow Scottish Government [Retail Sector Guidance](#).

DISCLAIMER

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*note. Care has been taken over the accuracy of the content of this note but **sportscotland** cannot guarantee that the information is up to date or reflects all relevant legal requirements. We recommend that you obtain professional specialist technical and legal advice before taking, or refraining from, any action based on information contained in this note.*