

# Covid Outdoor Training Session Rules

Effective from 1 Aug 2021

## **For all Clubs, Teams, Players, and Supporters**

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

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

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

### **Points of Note:**

- Although restrictions are expected to be eased, it was also confirmed that the protection levels system would remain available should there be a change in circumstances moving forward. Therefore, the Guidance provided within this document will remain in place for protection Levels 0-4.
- If in level 0-2, LS members can participate in outdoor contact and non-contact organised sport, including training, group exercise and competition within their usual club or facility environment.
- An outdoor sporting 'field of play bubble' consists of up to 30 people, including players and coaches at any one time (See LS exceptions below)
- Travel (see below) within Scotland is permitted as long as it is between similar restriction levels.
  - Scottish players can travel to England for training/competitions but must follow the ELA Guidance.
  - Violations of the travel restrictions can result in player and club suspensions and sanctions from Lacrosse Scotland and sportscotland.
- FACTS is being replaced by 'principles'.
- All updates are highlighted in yellow.

### **All participants of Lacrosse in Scotland are REQUIRED:**

- to be members of their SGB in good standing;
- sign the participant COVID declaration;
- register with their SGBs (Lacrosse Scotland) Track and Trace online form before every lacrosse activity.
- Wear a mask and sanitise hands when away from the playing field, including during arrival, changing, on breaks, and departure.

*If you reside in an area of Scotland with increased restrictions, you will **NOT** be allowed to train and/or compete with anyone outwith the restricted areas, nor will anyone from areas outside the restricted areas be allowed to travel to a restricted area to train and/or compete. Only intra-squad training within the guidelines will be allowed in the restricted areas until the restrictions are lifted.*

Failure to complete the above will prohibit you from playing lacrosse in Scotland nor be considered eligible for team competition selections, as per requirements imposed by the Scottish Government. Knowingly violating the guidelines WILL result in forfeiture of lacrosse participation eligibility in Scotland until compliance with the government-approved guidelines. In addition, all clubs and players NOT registered and in good standing with Lacrosse Scotland are not covered by the approved governmental exceptions to training and competition roster sizes. They MUST adhere to the Scottish Government guidance on team sizes and distances.

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## INTRODUCTION

The First Minister provided a Covid-19 update on 22 June 2021 and confirmed the publication of an updated [Strategic Framework \(June 2021\)](#). In addition, a [Review of Physical Distancing](#) has been completed following the accelerated rollout of the vaccination programme. Whilst there is expected to be no immediate change to local protection levels, indicative dates have been provided, including all of Scotland moving to Level 0 on 9 AUG 2021 and out of protection levels ('Beyond Level 0') from 8/2021.

Although restrictions are expected to be eased, it was also confirmed that the protection levels system would remain available should there be a change in circumstances moving forward. Therefore, the Guidance provided within this document will remain in place for protection Levels 0-4.

The Scottish Government is currently reviewing the baseline measures to be retained to mitigate ongoing risks of transmission 'Beyond Level 0'. Additional Return to Sport & Physical Activity Guidance covering 'Beyond Level 0' will be provided when this information is available.

Where protection levels are applicable, organised sporting activities can be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene. However, you will also need to make sure that your club, facility, and participants are made aware of and can adapt to changes in Guidance at short notice. This is particularly important where the Scottish Government changes travel, physical distancing or local area protection level restrictions at short notice. The Scottish Government's approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#).

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

To manage a safe return to organised sport and physical activities, all clubs, facility operators and deliverers (herein referred to as 'operators') should have Test & Protect procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available at [Scottish Government: Test & Protect](#).

SGBs, clubs, and participants should, where relevant, be aware of their local area protection level and associated restrictions that may be in place and should consider this as part of risk assessment planning. In addition, broad Guidance for sporting activity which should be followed within each protection level is set out in [Table A](#) below.

More detailed information relating to Level 4 restrictions and exemptions applicable for sport and physical activity is available in [Appendix 1](#).

Further information on protection levels that apply in each local authority area are available at [Coronavirus \(COVID-19\): allocation of protection levels](#). A local postcode checker is also available at [COVID restrictions by protection level in areas of Scotland](#)

**Table A: Sport & Physical Activity (PA) Protection Levels**

		Level 0	Level 1	Level 2	Level 3	Level 4
<b>OUTDOOR SPORT</b>  Organised outdoor sport, competition, events	<b>Overview</b>  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 the Scottish Government directly.					Local training/competition only.  U12s: max 30, including coaches.  Over 12s/adults max 15 including coaches.
		<b>Maximum bubble size:</b> 500 participants* <b>Total Daily Limit:</b> No limit	<b>Maximum bubble size:</b> 100 participants* <b>Total Daily Limit:</b> 1000 participants	<b>Maximum bubble size:</b> 50 participants* <b>Total Daily Limit:</b> 500 participants	<b>Maximum bubble size:</b> 30 participants <b>Total Daily Limit:</b> 200 participants	
	<b>Children &amp; Young people (u18 years)</b>	<b>Contact &amp; non-contact sport</b>	<b>Contact &amp; non-contact sport</b>	<b>Contact &amp; non-contact sport</b>	<b>Contact &amp; non-contact sport</b>	<b>U12s: Contact sport</b> <b>12-17 years: Non-contact sport.</b>
<b>Adults (18+ years)</b>				<b>Non-contact sport permitted</b>  <b>Contact sport prohibited</b>	<b>Non-contact sport</b>  <b>Contact sport prohibited</b>	
<b>INDOOR SPORT</b>  Organised indoor sport, competition, events and Physical Activity (PA)	<b>Overview</b>  The number of participants allowed to participate in organised indoor sport or physical activity should follow Scottish Government <a href="#">guidance on the opening of sport and leisure facilities</a> and sport-specific <a href="#">SGB Guidance</a> .  'Group' activity refers to adults who participate in organised sport or physical activity, where the number of participants is larger than allowed under normal household rules. 'Individual exercise' refers to an organised sport or physical activity within household rules, i.e. 1:1 coaching. For further information, see definitions within this Guidance.					
	<b>Children &amp; Young people (u18 years)</b>	<b>Contact &amp; non-contact sport permitted</b>	<b>Contact &amp; non-contact sport permitted</b>	<b>Contact &amp; non-contact sport permitted</b>	<b>Contact &amp; non-contact sport permitted</b>	<b>Indoor sport prohibited</b>
	<b>Adults (18+ years)</b>		<b>Non-contact sport permitted</b>  <b>Contact sport prohibited</b>	<b>Non-contact sport permitted</b>  <b>Contact sport prohibited</b>	<b>Indoor individual exercise only</b>  <b>No contact or non-contact group activity</b>	<b>Leisure Centres, gyms and other indoor sports facilities closed.</b>
<b>COACHING</b>	<b>Overview</b>  General Guidance is available in this document for coaches, leaders, personal trainers, deliverers and instructors, <i>referred to as coach/es</i> . In addition, <a href="#">Getting Coaches Ready for Sport</a> provides a 4-stage approach/checklist to further support coaches plans and deliver safe sessions.					
	<b>Indoor &amp; Outdoor coaching</b>  The local protection level 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.					
<b>TRAVEL</b>	<b>Indoor / Outdoor Sport</b>  For further information, please refer to <a href="#">Travel Guidance</a> within this document.					
<b>HOSPITALITY &amp; RETAIL</b>	<b>Clubs &amp; Sports Facilities</b>  Clubhouses and sports facilities that provide catering and bar services can operate, providing they adhere to Scottish Government guidance appropriate to the protection Level in which they are operating. Further information is available at <a href="#">Coronavirus (COVID-19): tourism and hospitality sector guidance</a> .					
<b>TOILETS, CHANGING &amp; SHOWER ROOMS</b>	<b>Clubs &amp; Sports Facilities</b>  Where changing rooms and showering facilities are to be used, specific Guidance relating to the use of 'Changing and Showers' is available at <a href="#">Getting Your Facilities Fit for Sport</a> . This is applicable at all levels where facilities remain open.					<b>Indoor sports facilities closed.</b> <b>Changing rooms closed.</b>
		Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website <a href="#">Opening Public Toilets Guidelines</a>				<b>Public Toilets open.</b>

The information outlined should be used to inform the development of suitable Guidance, which can be shared with participants, clubs, local authorities/trusts, third sector and other sports facility operators.

## SPORTS FACILITY & PARTICIPATION GUIDANCE

1. It is the responsibility of each club committee, sports facility operator and/or deliverer (herein referred to as the operator) to appoint a responsible person/s, referred to as the [COVID officer](#), to act as the point of contact on all things related to COVID-19. An [e-learning module for COVID officers](#) is available to support those undertaking the role.
2. The COVID officer **must** ensure that full risk assessments, processes and mitigating actions are in place before any sport or leisure activity. Specific consideration should be given to the needs of those at greater risk, including some older adults or those with disabilities.
3. Operators should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.
4. Operators should only re-open facilities when it is safe to do so, in accordance with Scottish Government guidance.
5. Operators must ensure that users are made aware of the requirement to adhere to the relevant approved SGB guidance prior to any sport or physical activity being undertaken at the venue and reserve the right to intervene where there are any clear and visible breaches of this Guidance by participants. Where such breaches occur, operators should notify the nominated club/activity COVID Officer is overseeing the activity. They should, in turn, take appropriate action to mitigate future risks and protect participants and the wider public.

## Travel Guidance

6. Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): Guidance on travel and transport](#).
7. Information for each local government area, including their Level, is available at [Coronavirus \(COVID-19\): local protection levels](#), including a postcode checker.
8. You should avoid car sharing with anyone from another household unless you deem it to be necessary. If individuals or groups do car share, then they should follow [Transport Scotland: advice on how to travel safely and put in place appropriate risk assessment and mitigations](#).
  - When carpooling, follow the same rules as you would in a car-sharing service or taxi (i.e. Wear a mask, sit in the back seat when possible, leave a window cracked)
  - If permission is granted to carpool, all in the car need to take a home lateral flow Covid test the day before the carpooling journey. Everyone must test negative and have the results with them on the day of the trip.
9. Sport & Physical Activity Participation
  - 9.1 Participants can participate in organised sport and physical activity based on their local government area Level, as detailed in [Table A](#). However, such activity is subject to exemption from household rules as detailed within this Guidance.

9.2 When participants travel out with their local government area, they should follow the travel guidance detailed below.

10 Children & Young People (17 years or under)

10.1 People can travel to and from Level 0, 1, 2 and 3 areas to facilitate or take part in organised sport, training, and competition for persons under 18 years of age.

10.2 Children and young people can also travel to and from a Level 4 area if, for example, they belong to a club that is outside their local government area. This flexibility allows 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.

10.3 Children and young people living in a Level 3 or 4 area can also travel out with their local government area to participate in informal exercise such as walking, running, or cycling. Such activity should follow [Scottish Government 'local protection levels' Guidance](#).

11 Adults (18 years or over)

11.1 Participants aged **18 years or over** can travel to and from Level 0, 1 and 2 areas to participate in organised sport, physical activity, training, and competition. However, to help suppress the spread of the virus, it is advised that people should not utilise facilities or take part in activities that are not allowed in their home local area protection Level. Participants should not travel to a Level 3 or 4 area to participate in organised sport or physical activity.

11.2 Adults living in Level 3 or 4 areas should only travel locally (within their local government area) to participate in organised sport or physical activity as outlined in [Table A](#).

11.3 Adults living in a Level 3 or Level 4 area can also travel up to 5 miles out with their local government area to participate in informal exercise or recreation such as walking, cycling, golf or running that starts and finishes in the same place. Such activity should follow [Scottish Government 'local protection levels' Guidance](#).

**Table B: Travel Summary (Organised sport and physical activity)**

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

**Definitions - for this guidance**

12 'Organised sporting or physical activity' refers to activities undertaken in a structured and managed way following specific rules and Guidance of relevant SGBs, local authorities or businesses who in turn have fully applied related Scottish Government and **sportscotland** guidance.

All organised activity should be overseen by a Covid Officer with documented risk assessments undertaken and mitigating actions put in place to ensure the health, safety and welfare of participants, coaches and officials.

- 13 **Contact sport or activity** is defined as “a sport or activity in which the participants necessarily come into bodily contact or as a matter of course encroach within 2m (1m from 19<sup>Jul</sup> 2021) of one another”.
- 14 **Non-contact sport or activity** is defined as “a sport or activity in which the participants are physically separated by playing rules such as to make it difficult for them to make physical contact during an activity. Examples include Tennis, Cricket, Boccia and Curling.
- 15 **Sports competition 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.”
- 16 **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.
- 17 **Adult ‘group’ sport or activity** refers to adults who participate in organised sport or physical activity, where the number of participants is larger than allowed under normal household rules.
- 18 **Indoor individual exercise** refers to a 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 snow sports activity to maintain physical distancing.

### Permitted Sport and Leisure Activities

19. Participants and operators should follow Guidance based on the area protection level (where relevant) in which the sporting activity is to occur. 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.
20. Subject to the protection level guidance within this document, organised sporting or physical activity can occur indoors or outdoors, in effect suspending physical distancing and household guidelines for the duration of the activity.
21. **Where there is likely be proximity or contact between participants involved in a sporting activity, mitigating actions should be considered to minimise risk and keep participants safe. For instance:**
  - 21.1 SGB guidance should focus on providing sporting activity involving as few participants as possible for the minimum amount of time whilst still allowing the activity to run effectively. This may also require a change to game formats, numbers and/or rules to minimise risk to participants.
  - 21.2 **As soon as a participant has completed training, competition or event, they should leave the field of play/venue unless other Scottish Government guidance allows, e.g. use of venue hospitality services.**

22. Both indoor and outdoor, formal presentation ceremonies should only take place during or after sporting activity or competition where Scottish Government household rules on gatherings allow. The emphasis should be on reducing risk.
23. Holiday camps, extended sports activity or events which would not normally come under the jurisdiction of an SGB should refer to the appropriate local authority or other relevant Scottish Government guidance.
- 23.1 For instance, services that provide regulated childcare (registered and regulated by the Care Inspectorate in Scotland) should follow the Guidance for [school age childcare services](#). [Those who](#) are not registered should follow the [organised children's activity guidance](#) in Scotland.

### Outdoor Sport & Physical Activity

24. Operators may open outdoor sports areas, courts and pitches if documented risk assessments are undertaken and all appropriate measures are put in place to ensure the safety of participants, staff and volunteers and where activity is undertaken in line with Guidance for the appropriate protection level. Please also refer to Guidance produced by **sportscotland** at: [Getting Your Facilities Fit for Sport](#).
25. Information relating to outdoor sport and physical activity that can be undertaken by protection level and age group is available in [Table A](#).
26. Further information outlining outdoor Level 4 sport and physical activity restrictions and exemptions is available in [Appendix 1](#).

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

27. An outdoor sporting 'field of play bubble', including multiple bubbles, can be used for organised training, competition, or participation events up to the limits noted below. Coaches, officials, and other volunteers are not included in Level 0 to Level 2 bubble/participation numbers but are at Level 3. Support staff numbers should be limited to those that are required to ensure a safe, well-run activity:

Level 3 – Bubbles of up to 30 with a maximum of 200 participants per day  
 Level 2 – Bubbles of up to 50 with a maximum of 500 participants per day  
 Level 1 – Bubbles of up to 100 with a maximum of 1000 participants per day  
 Level 0 – Bubbles of up to 500 with no participant limit per day

28. Operators and organisers should undertake comprehensive risk assessments to minimise the risk of movement or contact between bubbles (or waves), including before, during or after an activity. Once individuals have completed their activity, they should immediately vacate the 'field of play' and are subject to household rules.

28.1 For Levels 2 & 3, Lacrosse Scotland approved the following number of participants in bubbles that have been divided into:

- Bubbles for non-contact practice and training sessions:
  - o **Quarter pitch** – 15 players, 2 coaches (on parameter) per bubble
    - Max four separate bubbles of 15 players per field
  - o **Third pitch** – 30 players, 3 coaches (on parameter) per bubble
    - Max three bubbles of 30 per field

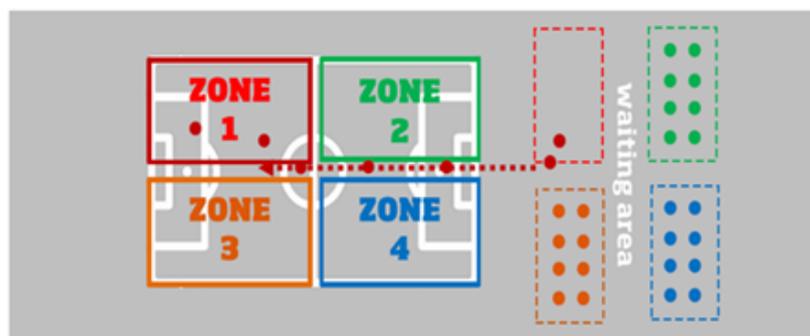
- **Half pitch** - 30 players, 4 coaches (on parameter) per bubble
  - Max two bubbles of 30 per field
- **Full pitch** – 30 players, 8 coaches (on parameter)

28.2 For level 1, up to 100 players per bubble per pitch

28.3 For level 0 up to 500 players per bubble per pitch

If a coach actively participates in a bubble, they are permanently attached to that bubble for the training session and included in the total maximum number of people. ABSOLUTE zero crossover per bubble. Bubbles can be reallocated only after 72hours have passed between training sessions.

### ONE WAY SYSTEM - ACCESS AND EGRESS



All users should gather in designated area out with playing zones.

Session groups should enter one at a time and in numerical order (e.g. zone 1, followed by zone 2 etc) using the 2m buffer zones as circulation.

Session groups should exit one at a time, starting with the zone closest to the exit point. Each zone grouping should exit in a clockwise motion using the 2m buffer zones as circulation.

Separate entry and exit points should be used, where possible

Figure 1.1: Example of Field Layout (1/4)

### ABSOLUTELY NO CROSSOVER BETWEEN GROUPS

- For competitions and friendlies in Level 2 or 3:
  - **Squad roster size is capped at 13 players and one coach per team (26 players, 2 coaches, plus 2 refs/umps per match).**
  - These are the absolute maximums allowed, and consider the current suspension of face-offs/draws during matches (see *competition guidance for further information on F/Ds temporary suspension*) whilst remaining under the 30 player cap.
  - Players competing should have a 24-hour window between the match and re-joining other club members for training sessions. Temperature and any unusual symptoms should be monitored. Any health concerns should be immediately reported to the LS Covid lead.

- A Club may have more than one bubble of 30 but ABSOLUTELY NO CROSSOVER BETWEEN Bubbles for 72 hours. Temperature and any unusual symptoms should be monitored. Any health concerns should be immediately reported to the LS Covid lead.
  - 
  - For competitions and friendlies in Level 0 or 1:
    - Squad roster size is uncapped capped as long as the total bubble does not exceed the maximum limits of participants at the designated Level. (Included all players, coaches, plus refs/umps per match).
    - Face-offs and draws are allowed again.
    - Players competing should have a 24-hour window between the match and re-joining other club members for training sessions. Temperature and any unusual symptoms should be monitored. Any health concerns should be immediately reported to the LS Covid lead.
    - ABSOLUTELY NO CROSSOVER BETWEEN Bubbles for 72 hours. Temperature and any unusual symptoms should be monitored. Any health concerns should be immediately reported to the LS Covid lead.
29. Total participant numbers taking part in training, competition, or events, other than detailed below, should not exceed maximum daily numbers.
- 29.1 Permanent outdoor sport, leisure and club facilities which are accessed regularly by the general public and/or club members and have in place a designated COVID officer and appropriate risk assessments may exceed the daily participation limit if managed in line with the Scottish Government guidance on [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#). 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.
- 30 Where a person requires the support of a carer to undertake sport or physical activity safely, the carer will not be counted in the bubble total. However, in such circumstances, the Covid Officer should risk assessing and, where required, take additional precautions to minimise risk. For instance, the carers may wear, if appropriate, personal protective equipment (PPE) such as face masks during the activity.
- 31 Any further exemptions or variation to training, competition, event bubble, or participant numbers, including the addition of spectators, must be agreed directly with the Scottish Government and subject to other relevant Scottish Government guidance.
- 32 Operators and organisers should note that the situation around COVID-19 is fluid, and activities may need to be cancelled at short notice if local or national restrictions change. In such circumstances, plans should be in place to notify participants of event cancellation and ensure they do not attend the venue.
- 33 SGBs and operators should introduce a period of training to familiarise participants with guidelines before running competitions.
- 34 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 in Level 3, including the coach, if physical distancing is always maintained. Bubble numbers for Levels 0, 1 & 2 are to be confirmed by the Scottish Government.

### Outdoor sporting bubbles for localised training and competition (Level 4)

35 See [Appendix 1](#) for detailed information on Level 4 restrictions.

### Indoor Sport & Physical Activity

- 36 Indoor sport and leisure facilities can open if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented.
- 37 Appropriate risk assessments and mitigating measures must be put in place to reduce risk and protect participants. For instance, consider physically distanced training, reducing numbers taking part and changing game formats or rules. 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 from happening. Consider staggering start/arrival times and any other relevant additional measures.
- 38 The number of participants allowed to take part in indoor sport or physical activity must be risk assessed by the operator following Scottish Government [Coronavirus \(COVID-19\): Guidance on the opening of indoor and outdoor sport and leisure facilities](#) and sport-specific [SGB Guidance](#).
- 39 Information relating to indoor sport and physical activity that can be undertaken by protection level and age group is available in [Table A](#).

### Sports Events & Competitions

#### 40 Sport Competition

- 41.1 Organised sport competition can occur if Guidance within this document is followed and subject to appropriate risk assessment and oversight by the designated Covid Officer.
- 41.2 The maximum number of participants allowed to take part in a sport competition should be no more than:
- 41.2.1 Outdoors: Agreed bubble/daily participation numbers, by Level, as outlined in [Table A](#).
- 41.2.2 Indoors: Risk assessed maximum numbers following Scottish Government guidance on [the opening of indoor and outdoor sport and leisure facilities](#)
- 41.3 As part of their risk assessment, operators and organisers should, where relevant, consult with and obtain agreement from those bodies that they would normally require agreement from to run the competition. For example, 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 public's safety.

#### 41.4 Spectators are permitted under the following circumstances:

41.4.1 where supervising a child and/or vulnerable person.

41.4.2 where a competition or event is organised and takes place at premises whose entrances and exits are controlled (indoors and outdoors) for crowd and capacity

management in line with Scottish Government ([COVID-19: events sector guidance](#) and [COVID-19: calculating physical distancing capacity in public settings](#)).

41.5 It is recognised that it may not always be possible to prevent people from spectating [at a competition or event] in a public space such as a park. In such circumstances, the organisers are required to consider mitigating measures as part of their risk assessment/management plan, emphasising discouraging, where possible, informal spectating. The organiser should communicate any such measures before the competition or event, which may include, amongst other things, the displaying of notices around the venue to remind the public to follow Scottish Government guidance.

41.6 For clarity, where informal spectating occurs, organisers are not expected to enforce government guidance on public members in places, not under their control.

## 42. Sports Events

42.1 Sports events, including spectator events, can be subject to appropriate Scottish Government guidance being followed. Further information is available on the sportscotland website.

## Coaching

43 The Guidance below supports coaches, leaders, personal trainers, deliverers, and instructors **herein referred to as coach/es**. In addition, please see [Getting Coaches Ready for Sport](#) which provides a 4-stage approach/checklist to help coaches get ready for delivering sport and physical activity. It can be used as it is or amended to reflect the sport or delivery activity.

44 Coaches operating within clubs and facilities should liaise with the relevant COVID Officer before undertaking coaching. All sporting or physical activity must adhere to the operator and relevant [SGB Guidance](#).

45 Coaches and others supporting organised sporting or physical activity should attempt to keep physically distant. Still, 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.

46 Coaches should be aware that local restrictions may be in place for sport and physical activity. This should be considered part of risk assessment planning and dictate what activity can be coached, indoors and outdoors, and to whom. See [Table A](#) for further information about protection levels. In addition, 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'.

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

## 47. Coaching (Levels 0-3)

47.1 Coaches can run organised outdoor group training sessions in protection Levels 0-3 in line with maximum bubble sizes outlined in [Table A](#) or as agreed through approved [SGB Guidance](#) and [Scottish Government \(COVID-19\): Guidance on the opening of indoor and outdoor sport](#)

and leisure facilities. They should also ensure to follow specific Guidance on sporting bubbles within this document.

48. Coaching (Level 4)
- 48.1 Coaches can run organised outdoor non-contact group training sessions in protection Level 4 for a maximum of 15 people aged 12 years or over (including the coach/es)
- 48.2 Coaches can run organised outdoor contact and non-contact training sessions for up to 30 children (including the coach/es) aged under 12 years.
- 48 Coaches can take multiple indoor sessions (where protection levels allow) per day; however, the number of participants allowed in each session will depend upon the protection Level restrictions in place in the given location.

**49 Where a local area operates within a protection level, face coverings must be worn by coaches when indoors, except where an exemption applies. For instance:**

- 49.1 where an individual has a health condition or is disabled, including hidden disabilities, for example, autism, dementia or a learning disability.
- 49.2 or if there is a reasonable excuse not to wear a face-covering such as:
- 49.2.1 There is difficulty in communicating with participants who may not be close by, and safety is an issue, i.e. in a swimming lesson. In such cases, alternative measures should be considered, such as the use of a face visor.
- 49.2.2 being physically active or exercising as part of the coached session.

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

- 50 At all times, coaches should:
- 50.1 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 the effectiveness and safety of the session.
- 50.2 Ensure signage on guidelines for participating safely and promoting hygiene measures are displayed and up to date.
- 50.3 In advance of delivery, check that appropriate insurance policy are in place for all coached activities and that their insurance is valid for the activities they plan to deliver.
- 50.4 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.
- 50.5 Consider the needs of participants returning after recovering from COVID-19. Participants should be able to confidentially disclose this in a similar way to any other personal matter relevant to coached activity, so the coach can make suitable adjustments and allowances to the planned activity for the individual and check that input from a medical professional has been sought where appropriate.**

50.6 Coaches working with children should familiarise themselves with the additional considerations developed by **Children 1<sup>st</sup>**: [Child Wellbeing and Protection Considerations](#).

51 Additional support tools are available for coaches and volunteers at the [Getting Coaches Ready for Sport](#) section of the **sportscotland** website, including [mental health and wellbeing awareness training](#).

### **Additional Sport & Leisure Activity Considerations**

52 Specific consideration should be given to the supervision of children under the age of 5 years. It is not appropriate for young children to maintain physical distancing, either practically or in child development. You may, for instance, ask a parent or carer to be present.

53 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.

54 Where an employee is providing an activity, relevant work placed risk assessments and consultation should occur before any activity being undertaken. See the Businesses, workplaces and self-employed people section at [Scottish Government: Coronavirus in Scotland](#).

### **Toilets, Changing and Locker Rooms**

55 If appropriate risk assessment and hygiene measures have been put in place access to, and use of changing rooms and showering facilities is permitted (other than in Level 4 areas where indoor facilities should remain closed). However, the safety of participants is the priority, and facility operators should consider whether the use of the areas is necessary.

56 Where changing rooms and showering facilities are to be used, specific Guidance relating to the use of 'Changing and Showers' is available at [Getting Your Facilities Fit for Sport](#).

57 Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).

### **Equipment Provision and Use**

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

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

60 All fixed equipment should be checked before use to avoid participants having to adjust or touch it.

61 Where shared equipment is necessary for an activity, appropriate hygiene measures must be implemented before, during and after use.

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

### Bookings and Payment

- 63 Encourage people to make bookings online where possible. However, be aware that many disabled people, people from low-income households and older adults do not have access to the internet. So ensure you have alternative measures in place—for example, telephone bookings.
- 64 Consider introducing buffer periods between sessions to stagger start times so that participants do not all arrive/leave simultaneously.
- 65 Where possible, use online or contactless payment options and avoid handling cash. However, where people do not have bank accounts, it is okay to accept cash payments.

### Communication with Members / Customers

- 66 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.
- 67 Make them aware in advance of measures you are putting in place at your venue and the guidelines they are asked to follow.
- 68 Communicate opening times and how people can safely access a facility, if relevant, for example, through a booking or queuing system.
- 69 Ensure signage on guidelines for participating safely and promoting hygiene measures are displayed, up to date and in accessible formats.
- 70 When communicating with members and participants, consider reaching people who do not have access to the internet. When publishing information on websites, consider making it accessible when accessed via a mobile phone or tablet rather than a PC or a laptop.
- 71 Special attention should also be given to how you communicate physical distancing rules to young people.

### Safeguarding

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

## Equality & Inclusion

76 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

77 It is more important than ever to consider inclusive Guidance for people who need extra support to be active. Sports facility operators should consider this as part of their work to encourage people to return.

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

78.1 **Communication** – Digital exclusion is a key issue. With so many services and so much information moving online, it risks worsening the health impacts of the pandemic. So we have to think innovatively about the range of ways we can provide information to people about sport and physical activity.

78.2 **Accessibility** – Accessibility of our environments is another key issue emerging from the pandemic. As clubs and leisure centre's re-open, it's important to build an 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 participate in sport and physical activity.

78.3 **Anxiety, mental health and wellbeing** – The pandemic leads to an increased risk of anxiety and mental ill-health for people. However, 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.

78.4 **Confidence** - Confidence to return to sport is a big issue across all groups. We know that some groups are at higher risk from Covid-19 than others (including some ethnic minorities, disabled people and households experiencing poverty). These groups may be even more nervous about returning to sport or starting to participate. They are also less likely to participate in sport in the first place, so we'll need to give extra attention to their needs to help build their confidence.

## Health, Safety & Hygiene

79 Scottish Government has produced the [Coronavirus \(COVID-19\): FACTS poster including translations and accessible formats](#). Where possible, operators should use this document to reinforce messages. FACTS stands for: **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. Note that FACTS guidance, including physical distancing, is expected to change from 19<sup>Jul</sup> 2021.

- 80 Ensure access to first aid and emergency equipment is maintained.
- 81 Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic, and that first aiders have appropriate training.
- 82 In the event of first aid treatment being required, it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The 'Covid Officer' should consider processes for managing this as part of their risk assessment. This could include but not be limited to;
- Provision of suitable PPE
  - Training of coaches/supervising adults
  - A parent or carer being present with children or vulnerable adults.
- 83 Cleaning equipment and hand and respiratory hygiene are core measures to be implemented, and provision should be made.
- 84 Clear Guidance and plans are needed for cleaning of facilities and equipment and waste disposal. For instance, common touchpoint surfaces (gates, door handles etc.) should, where possible, be left open, but if not possible, a regular cleaning with disposable gloves should be undertaken.
- 85 Make hand sanitisers or wipes available for use in bar and restaurant areas and at the entrance/exit to the venue/facility where this is possible. Hand sanitiser should be at least 60% alcohol-based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.
- 86 Be aware that disabled people may face greater challenges implementing regular handwashing because of additional support needs. For example, some disabled people may need to use touch to help them get information from their environment and physical support. It is important that they are not prevented from doing this, but operators should be aware that this increases the likelihood of virus transmission.
- 87 [Getting your Facilities Fit for Sport](#) provides a checklist for health, hygiene and cleaning considerations and actions.

### Face Coverings

- 88 Sports facility operators should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility. For example: reception, locker rooms and storage areas. This is a mandatory requirement except where an exemption applies or where there is a 'reasonable excuse' not to wear a face-covering, e.g. if you have a health condition or are disabled, including hidden disabilities such as autism, dementia or a learning disability.
- 89 Be aware that face coverings discriminate against deaf people who need to look at lips to help communicate. Therefore, facilities staff should be aware that it is okay to remove their face coverings to communicate with someone who relies on lip-reading and facial expressions.

- 90 Face coverings may not be required when using hospitality services such as café's, bars and restaurants. For further information, refer to Scottish Government [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).
- 91 The [Coronavirus \(COVID-19\): public use of face coverings](#) provides Guidance on general use and exemptions.

Links to supporting Guidance:

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

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

[HSE: First Aid during the coronavirus](#)

### Test and Protect

- 92 [Test and Protect](#) is Scotland's way of putting NHS Scotland's test, trace, isolate, and support strategy into practice. Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to and maintain a more normal way of life.

### Maintaining customer records

- 93 Operators should, where possible, collect the name, contact number, date of visit, time of arrival, and the departure time of all those attending facilities or activities. For example, where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient.
- 94 Operators should store information for 21 days and share it when requested to do so by public health officers.
- 95 The Coronavirus (COVID-19): Test and Protect information leaflet provides information on NHS Scotland's Test and Protect service.

### Registration with the Information Commissioner's Office

- 96 Operators may need to be registered with the Information Commissioner's Office (ICO) to gather and store customer information securely. This will be the case if you are using an electronic system to gather and store data.
- 97 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](http://www.ico.org.uk).

### Protect Scotland App

- 98 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.

- 99 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.
- 100 Further information on the Protect Scotland app is available at [www.protect.scot](http://www.protect.scot).

#### **What should someone do if they have coronavirus symptoms?**

- 101 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 to inform: Get a Test](#) or by calling **0800 028 2816** if they cannot get online.

#### **Local Outbreaks or Clusters of Coronavirus Cases**

- 102 Where a local outbreak has been reported, sports facility operators and deliverers within this locality should review Scottish Government 'local measures' Guidance, their facility/operational risk assessment and consider if additional mitigating actions should be put in place to reduce risk. This may, for example, include suspending activity, enhancing hygiene and physical distancing measures or introducing additional activity restrictions.

## APPENDIX 1: Level 4 Guidance

### Introduction

The Guidance within this appendix is applicable to sport and physical activity facilities and activities where the Scottish Government have identified the requirement for **Level 4** restrictions to be applied.

1. This Guidance is not applicable to professional or performance sports activity, which is approved through the [Resumption of Performance Sport](#) process by the Scottish Government or **sportscotland**.
2. 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.
3. 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 that is subject to additional Scottish Government localised measures and restrictions.
4. 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.
5. 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

6. 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.
7. Children and young people may travel to and from a Level 4 area if, for example, they belong to a club that is outside their local government area.
  - 7.1 This flexibility allows children and young people to take part in sport or organised activity, but they should travel no further than they need to.
  - 7.2 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.
8. Adults living in a Level 4 local authority area may travel within, but not outwith, that area to take part in organised sport.
9. Travel exemptions are applicable for essential animal welfare reasons, such as exercising or feeding a horse or getting a vet.
10. When taking part in informal exercise or recreation, participants should at all times follow [Scottish Government Levels guidance](#).

### Outdoor Sport & Leisure Activity

11. 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, are 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](#).
12. Restrictions on participants participating in outdoor organised sport, exercise and recreation in Level 4 are as follows.
13. Children (aged up to 11 years)
  - Children can participate in outdoor contact and non-contact organised sport, including training, group exercise and competition within their usual club or facility environment. However, Interclub competition should not take place.

- An outdoor sporting 'field of play bubble' can consist of up to 30 children, coaches, and officials at any one time.

14. Young People (aged 12-17 years)

- Young people can participate in outdoor non-contact organised sport and physical activity, including training, group exercise and competition within their usual club or facility environment. However, Interclub competition should not take place.
- An outdoor sporting 'field of play bubble' can consist of up to 15 young people, coaches, and officials at any one time.

15 Adults (aged 18 years or over)

- Adults can participate in outdoor non-contact organised sport including training, group exercise, aerobics, fitness classes and competition within their normal club or facility environment.
- An outdoor sporting 'field of play bubble' for adults can consist of up to 15 people, including coaches and officials, at any one time. Therefore, physical distancing should always be maintained.

16 Where multiple bubbles are operating at the same venue, these must be risk assessed to ensure 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

17 Indoor sport and leisure facilities, including clubhouses, changing rooms and activity areas, should remain closed at Level 4. Exemptions are noted below.

18 Public Toilets

- Operators may open indoor toilets for public use if they follow Scottish Government [Opening Public Toilets Guidelines](#).
- Public toilets are defined as any toilets accessible to the public. The opening of toilets should be accompanied by local risk assessment, and operators should proactively monitor control measures.
- All appropriate cleaning procedures and equipment/disinfectants should be provided as per Health Protection Scotland guidance.

19 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.

20 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 implemented. 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. In addition, persons moving through the area should not stop or congregate at any time.

## Hospitality

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

## Retail

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

### DISCLAIMER

Be aware Guidance can change, and restrictions may be reintroduced - ensure you have checked the latest version of your governing body Covid-19 guidance.

The above Guidance has been produced to allow a phased return to Lacrosse in Scotland, where practice individually or games with members of your household or between members of designated households can occur. All players and clubs have a responsibility to take care of themselves and their members. We are working hard with **Sportscotland** and the Scottish Government to move to the next phases and keep members up to date as soon as we know the next policies.

Please refer to the LS website and social media for further updates and enjoy getting back on the field or in the box safely and with consideration to others around you<sup>1</sup>.

*Neither **sportscotland** nor any contributor to this Guidance's content 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 **sportscotland** cannot guarantee that the information is up to date or reflects all relevant legal requirements. Accordingly, 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.*

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<sup>1</sup> For any comments, questions, or concerns, please contact *Dr Robbins* at [vice.chair@lacrossescotland.com](mailto:vice.chair@lacrossescotland.com)