



Protection Levels Guidance

Play it Safe - Updated 9 August 2021

General Sport Guidance

The First Minister provided a COVID-19 update on 22 June 2021 and confirmed publication of an updated [Strategic Framework \(June 2021\)](#) and that a [Review of Physical Distancing](#) has been completed following the accelerated rollout of the vaccination programme.

A further update was provided on 3 August 2021 confirming that all of Scotland will move 'Beyond Level 0' on the 9th August 2021. Although restrictions are being eased it was also confirmed that Scottish Government will retain the option of putting in place local measures and travel restrictions to manage any future virus outbreaks. Therefore, protection levels guidance for sport and physical activity continues to be provided within this document along with [additional information for 'Beyond Level 0'](#). [A summary of changes relating to 'Beyond Level 0' is available in Appendix 2.](#)

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. 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 changes to travel, physical distancing or local area protection level restrictions are made by Scottish Government at short notice. Information on Scottish Government's approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#).

[People who are symptomatic, including close contacts, should self-isolate for 10 days as per NHS Scotland guidance. From the 9th of August 2021, close contacts 18 years of age or over who have been double vaccinated for more than 14 days or 5 to 17- year-olds, with no symptoms, will be able to take a PCR test and end self-isolation if the result is negative. No one who is self-isolating should attend a sports facility or activity.](#)

To manage a safe return to organised sport and physical activity all clubs, facility operators and deliverers (herein referred to as 'operators') should have in place Test & Protect procedures to help break chains of transmission of Coronavirus (COVID19). Further information is available at [Scottish Government: Test & Protect](#). SGBs, clubs and participants should, where applicable, 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 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 at [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 post code checker is also available at [COVID restrictions by protection level in areas of Scotland](#).

Definitions – for the purpose 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 **1m of one another**”.
- **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.

See [Table A](#) below for an overview of the generic [Sport and Physical activity guidance](#) for each Protection Level.

PLEASE NOTE:

For the purpose of this guidance, **OUTDOOR BEACH and GRASS VOLLEYBALL** are considered as a **NON-CONTACT** sport in the modified form of 2 v 2 **without net play** e.g., no blocking.

Unmodified OUTDOOR BEACH and GRASS Volleyball with open net play (including blocking) is considered as a **CONTACT sport** for the purpose of this guidance.

INDOOR Volleyball in all forms is considered as a **CONTACT** sport for the purpose of this guidance.

TABLE A: Return to Sport Summary; 5 August 2021

		Beyond Level 0	Level 0	Level 1	Level 2	Level 3	Level 4
OUTDOOR SPORT Organised outdoor sport, competition, events and Physical Activity (PA)	Overview	No field of play bubble restrictions apply beyond Level 0, although limits on participation numbers at competition and events are applicable. For Levels 0-4 outdoor sporting 'field of play bubbles' apply for organised sport as noted below. At Levels 0-2 figures exclude coaches and 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.					Local training / competition only. U12s: max 30 including coaches. Over 12s / adults: max 15 including coaches.
		No bubble restrictions Total Daily Limit: 5000 participants	Maximum bubble size: 500 participants* Total Daily Limit: 5000 participants	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	
	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	Contact & non-contact sport & PA permitted	U12s: Contact sport & PA permitted 12-17 years: Non-contact sport & PA permitted.
	Adults (18+ years)					Non-contact sport & PA permitted Contact sport & PA prohibited	
INDOOR SPORT Organised indoor sport, competition, events and Physical Activity (PA)	Overview	Organised indoor sport or physical activity should follow Scottish Government Covid-19: sport and leisure facilities and sport specific SGB Guidance . '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.					
	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	Contact & non-contact sport & PA permitted	Indoor sport & PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed.
	Adults (18+ years)			Non-contact sport & PA permitted	Non-contact sport & PA permitted	Indoor <u>individual exercise only</u>	

			Contact sport & PA prohibited	Contact sport & PA prohibited	No contact or non-contact group activity	
COACHING	General guidance is available within this document for coaches, leaders, personal trainers, deliverers, and instructors, herein referred to as coach/es . In addition, Getting Coaches Ready for Sport provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions.					
	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. Coaches can take multiple sessions per day, however the numbers allowed in each session will depend upon the protection Level in place.					
PERFORMANCE SPORT	Elite sports with Resumption of Performance Sport guidance in place and approved by Scottish Government or sportscotland is permitted at all Levels.					
TRAVEL	For further information please refer to Travel Guidance within this document.					
HOSPITALITY & RETAIL	Clubhouses and sports facilities which provide catering and bar services, can operate providing they adhere to Scottish Government guidance. 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 is in place and adhered to. Further information from the Scottish Government is available at Retail Sector Guidance .					
TOILETS, CHANGING & SHOWER ROOMS	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.	
INDOOR FACILITIES (can open up to Level 3)	Overview	Specific information relating to indoor sports facility guidance is available at Getting Your Facilities Fit for Sport . Below is a summary of overarching guidance for operators regarding occupancy limits, physical distancing, and appropriate ventilation / CO2 levels (ppm) which should be monitored. Test & Protect procedures should continue in all indoor settings.				
	Beyond Level 0	Level 0	Levels 1 – 3			
Return to normal facility occupancy levels but focus on good ventilation and 'Give people space' messaging.	Restrict maximum occupancy in buildings to 7sqm per person to achieve enhanced ventilation (equivalent to 15 l/s/p).	Restrict maximum occupancy in buildings to 9sqm per person to achieve enhanced ventilation (equivalent to 20 l/s/p).				
<u>Ventilation</u> : Monitor to maintain levels at 800-1000ppm.	<u>Ventilation</u> : Monitor to maintain levels at 800-1000ppm.	<u>Ventilation</u> : Monitor to maintain levels at <1000ppm.				
No physical distancing required.	1m physical distancing out with activity.	1m physical distancing out with activity.				
Face coverings must be worn out with activity.	Face coverings must be worn out with activity.	Face coverings must be worn out with activity.				
Maintain hygiene and surface cleaning measures.						

WORKFORCE	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.
	Although gym and leisure facilities can open 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.

See Scottish Volleyball Protection Levels Framework Document for what each level means for Indoor and Outdoor Volleyball.

Outdoor Sport & Leisure Activity

Participants can take part in organised sport and physical activity as detailed in **Table A**. **Activity is subject to exemption from household rules as detailed within this guidance.**

Restrictions on the **number of people** who can take part in outdoor organised sport, exercise and recreation **up to Level 3** is as follows:

Outdoor sporting bubbles for training, competition, or participation events (Up to Level 3)

- 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 a maximum of **5000 participants per day**

Beyond Level 0 – No bubble restrictions but a maximum of 5000 participants per day

- When a local area is operating 'Beyond Level 0' it is recommended that 'Give people space' messaging should be promoted.
- Once an individual has completed their activity, they should immediately vacate the 'field of play' and are then subject to household rules.
- Operators and organisers should note that the situation around COVID-19 is fluid and activities may need to be cancelled at short notice should there be a change in local or national restrictions. In such circumstance's plans should be in place to notify participants of event cancellation and to ensure they do not attend the venue

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

- See **Table A** for updated information on Level 4 restrictions.
- See [Appendix 1](#) for detailed information on Level 4 restrictions.

Coaching Outdoors - Levels (0-3)

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.

- 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.
- Coaches operating within clubs and facilities should liaise with the relevant COVID Officer before undertaking coaching and all sporting or physical activity must adhere to operator and relevant [SGB Guidance](#).
- Coaches and others supporting organised sporting or physical activity should attempt to keep physically distant, but it is recognised that this will not always be possible to ensure the safety of participants. In such circumstances the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment.

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

Indoor Sport and Physical Activity

1. Indoor sport and leisure facilities can open if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented.
2. Appropriate risk assessments and mitigating measures must be put in place to reduce risk and protect participants. For instance, consider physically distanced training, reducing numbers taking part and changing game formats or rules.
3. Participants should not congregate before or after an activity. Operators must ensure comprehensive mitigating actions are put in place and documented in their risk assessment to stop this happening. Consider staggering start/arrival times and any other relevant additional measures.
4. The number of participants allowed to take part in indoor sport or physical activity must be risk assessed by the operator following Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) and sport specific guidance below.

Coaching Indoors – Level (0-3)

1. 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.

2. Face coverings must be worn out with activity, by coaches **when indoors**, except where an exemption applies. For instance:

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

or 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 i.e. in a swimming lesson. 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.

Coaches should 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.

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.

Sports Events & Competitions

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.

Sport Competition

- 1 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.
- 2 The maximum number of participants allowed to take part in a sport competition should be no more than:
 - 2.1 **Outdoors:** Agreed bubble/daily participation numbers, by Level, as outlined in [Table A](#).
 - 2.2 **Indoors:** Risk assessed maximum numbers following Scottish Government guidance on [the opening of indoor and outdoor sport and leisure facilities](#)
- 3 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.

Spectators are permitted under the following circumstances:

- 1 **‘Beyond Level 0’ a maximum of 5000 people outdoors and 2000 people indoors** can spectate subject to the organiser following [Scottish Government Coronavirus \(COVID-19\): events sector guidance](#) and obtaining relevant permissions, where they normally would be required to do so.

Any increase in these numbers must be agreed directly with the appropriate local authority prior to the competition going ahead.

- 2 where supervising a child and/or vulnerable person.
- 3 where local area protection levels apply and a competition or event is organised and takes place at premises whose **entrances and exits are controlled (indoors and outdoors) for the purpose of crowd and capacity management** in line with [Scottish Government \(COVID-](#)



[19\): events sector guidance](#) and [\(COVID-19\): calculating physical distancing capacity in public settings](#).

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** with an emphasis on discouraging, where possible, informal spectating. Any such measures should be clearly communicated by the organiser prior to 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.

For clarity, where informal spectating does take place organisers are not expected to enforce government guidance on members of the public in places not under their control.

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](#).

Volleyball Specific Guidance

Outdoor Volleyball Specific Guidance

- Children (**aged up to 17 years**)

1. People under the age of 18 years can participate in **outdoor organised** volleyball activity **without the need to maintain physical distance** during play.
 2. Organised outdoor group activity (see 'Outdoor Sporting Bubbles' section above for maximum numbers permitted in each Protection Level) can take place.
- Adults (**aged 18 years or over**)
 1. Adults (aged 18 and over) can participate in **outdoor organised** volleyball activity **without the need to maintain physical distance** during play.
 2. Organised outdoor group activity can take place for adults. (See '**Outdoor Sporting Bubbles**' section above for maximum numbers permitted in each Protection Level.)

In Beyond Level 0, there are **no bubble restrictions for outdoor sport.**

For full details on how to keep your outdoor activity space safe, please refer to our detailed ['Play it Safe' guidance document for outdoor volleyball.](#)

Indoor Volleyball Specific Guidance

In areas where 'Beyond Level 0' restrictions apply, a return to **'normal facility occupancy levels'** is permitted with a focus on **good ventilation** and a **'give people space'** messaging.

- Children (**aged up to 17 years**)

1. People under the age of 18 years can participate in **indoor organised group** volleyball activity **without the need to maintain physical distance** during play.
2. See Table 2 and Table 3 below for indicative numbers per court/session for areas in **'Beyond Level 0'** depending on the size of the space.

- Adults (**aged 18 years or over**)

In **'Beyond Level 0'** areas, Adults aged 18 and over **can take part in indoor group volleyball sessions.**

Guidance on the recommended **maximum numbers of adults** permitted for **indoor group training** for **'Beyond Level 0'**, to allow for **'giving people space'** can be found below.

*Table 2: Number of players recommended **per court at one time**;*

Court Size [Badminton or 6v6/9x18m]	Maximum number of people aged 17 and under, per court	Maximum number of people aged 18 and over, per court
Badminton Court (long net)	8 (4v4)	8 (4v4)
6v6 Court (9x18m)	12 (6v6)	12 (6v6)

Scottish Volleyball recommends the following maximum number of people **per indoor hall/session**, taking hall size (per number of badminton courts) and age of participant into consideration:

Table 3: Number of Players recommended per session – dependent on hall size

Hall Size (Per Badminton Courts)	Maximum number of people aged 17 and under, taking part at any one time (Maximum number does NOT include coaches)	Maximum number of people aged 18 and over, taking part. (Maximum number does NOT include coaches)
4 badminton courts	Maximum 'normal facility occupancy'	Maximum 'normal facility occupancy'
5 badminton courts	Maximum 'Normal facility occupancy'	Maximum 'normal facility occupancy'

Please note these are recommended numbers only. Please always risk assess your space and determine what is right for your sessions with a focus on the principle of 'give people space'.

Please also make sure your club finds out what the '*normal facility occupancy*' is for the halls you are using.

For full details on how to keep your indoor activity space safe, please refer to our detailed '[Play it Safe](#)' guidance document for indoor volleyball.

Travel Guidance for Sport and Recreation

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 any applicable level, is available at [Coronavirus: local protection](#) levels including a post code checker.

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 a participant travels out with their local government area, they should follow the travel guidance detailed below. **No domestic travel restrictions apply to local areas 'Beyond Level 0'**.

- Children & Young People (**17 years or under**)
 1. 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.
 2. 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.
 3. 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](#).

- Adults (**18 years or over**)
 1. 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.
 2. 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 4.
 3. Adults living in a Level 4 area should only travel locally to take to take part in organised sport or physical activity.
 4. 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](#).

Table 4: Travel Summary (Organised sport and physical activity)

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

- 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](#).

Health, Safety & Hygiene

As restrictions are eased, the emphasis will continue to be on personal responsibility, good practice and informed judgement.

The latest information on Coronavirus in Scotland can be accessed on the Scottish Government website at [Coronavirus in Scotland](#). Operators and participants should however continue to:

- maintain and promote good ventilation. Further information is available at [Scottish Government Coronavirus \(COVID-19\): ventilation guidance](#)
- wear face coverings in indoor sport and leisure facilities when not taking part in physical activity. • use good hand and respiratory hygiene and surface cleaning
- stay at home and book a test if you develop coronavirus symptoms
- work from home where possible and appropriate
- apply and adhere to 'give people space' messaging

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.

Changes come into force in Scotland from **9 August 2021** for close contacts of those testing positive for Covid-19. Those with symptoms or testing positive will still be required to self-isolate. Close contacts aged 18 years or older who have been double vaccinated more than 14 days prior and with no symptoms will be able to get a PCR test and end self-isolation if the result is negative.

Those aged 5-17 years of age will also be able to take a PCR test and end self-isolation (without being double vaccinated) if the test result is negative.

This approach will be encouraged but not required for children under 5 years.

Elite Sports

Those involved in our Elite beach volleyball programme should continue to follow the Scottish Volleyball Elite guidance, in line with strict COVID-secure protocols that have been approved by **sportscotland** and the Scottish Government.

Overview

Please note **Information in this document supersedes any information within our previous Play It Safe guidance.**

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)
 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.
 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)

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.
 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 takeaway 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.](#)

APPENDIX 2: 'Beyond Level 0' Guidance

Introduction

1. To ensure that it is safe to progress 'Beyond Level 0', guidance is being linked to the 'Gateway condition'. This relates the amount of vaccine coverage to the Scottish Government's new strategic intent to 'suppress the virus at a level consistent with alleviating its harms'.
2. Most legal restrictions relating to Covid-19 will be lifted on the 9th August 2021 when Scotland moves to 'Beyond Level 0'. This includes restrictions on physical distancing and the size of social gatherings. Additionally, no businesses will have to legally remain closed.
3. Whilst these changes will signal the end of most restrictions for sport and physical activity it will not however signal the end of the epidemic. Covid-19 is a disease that will need to be managed for the foreseeable future and to maintain progress in returning to more normality, it is important that people continue to abide by a set of baseline measures covered by Scottish Government guidance and where relevant legislation. This includes:
 - Good hand hygiene and surface cleaning.
 - Continued promotion of good ventilation.
 - Requirement for face coverings in certain settings (e.g., public transport, retail).

- Continued compliance with Test and Protect, including self-isolation when necessary.
 - Ongoing need for outbreak management capability, including active surveillance.
 - Continue to encourage a greater degree of working from home than pre-COVID-19. Where this is possible and appropriate, it will not only assist with controlling transmission of the virus, but also promote wellbeing more generally.
4. The information outlined below summarises the key areas which will change as we move 'Beyond Level 0' and should be read in conjunction with [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.
 5. It is the responsibility of each club committee, sports facility operator and/or deliverer (herein referred to as the operator) to ensure that full risk assessments, processes and mitigating actions continue to be applied 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.
 6. Where a local outbreak has been reported sport and physical activity operators, in all settings, should review their 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.
 7. Scottish Government may update or change Levels and restrictions at any time, including local areas subject to them. Therefore, COVID officers should regularly check [Coronavirus \(COVID-19\): Local Protection Levels](#).

Travel Restrictions

8. 'Beyond Level 0' no travel restrictions will be applicable, within or between areas in Scotland, which are not categorised under the protection level system. Please refer to the [Travel Guidance](#) section within Return to Sport for further information on where restrictions will apply should a local area move into protection levels.
9. Scottish Government are also continuing to monitor the UK wide and International Covid-19 position. Further information on restrictions applicable between Scotland and other parts of the UK and internationally is available on the Scottish Government website at [Coronavirus \(COVID-19\): travel and transport](#).

Health, Safety & Hygiene

10. High levels of personal hygiene and respiratory etiquette will remain essential as we move Beyond Level 0.
11. Operators should continue to follow Scottish Government guidance on health, safety and hygiene measures including face covering advice. Please refer to the [Health, Safety and Hygiene](#) section of the Return to Sport guidance for further information including relevant links.

Test & Protect

12. Contact tracing and testing of close contacts will continue as we move forward through the pandemic, including 'Beyond Level 0'. Test & Protect will change as the population becomes more protected by vaccination but will still play a role in mitigating clusters and outbreaks where they arise.
13. Operators should continue to maintain customer records and follow applicable guidance available in the [Test & Protect](#) section of Return to Sport guidance.

Competition & Events

14. Organised sporting competition and events can take place 'Beyond Level 0' but should continue to follow guidance outlined in the [Sports Events & Competition](#) section within Return to Sport guidance.
15. At present this includes a restriction on spectator numbers of up to 5000 outdoors and 2000 indoors unless an exemption is provided by the relevant Local Authority and permission obtained from other relevant bodies from which the organiser would normally require agreement to run the competition/event.
16. 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.
17. Where a competition/event requires a licence from a Local Authority under existing Civic Government legislation, this must include agreement from local Environmental Health Officers.

Hospitality



18. 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

19. Retail units operated by sports facility operators should follow Scottish Government [Retail Sector Guidance.](#)