



Return to Rugby

Updated Guidance (Friday 12 March 2021)

Return to Rugby Guidance

In line with the Scottish Government announcement on Tuesday 9 March, Scotland Rugby League will continue to progress its Return to Rugby for clubs and schools. The updated guidance has been developed by Scotland Rugby League and its specific Return to Rugby Clubs & Schools sub-group.

Please note that at any time Scotland Rugby Leagues Return to Rugby guidance could change when updates are received from the Scottish Government.

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1. Overview

Scotland Rugby League Return to Rugby

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

People who are symptomatic should self-isolate for 10 days and household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend a sports facility or activity.

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

Scottish Government's [strategic framework document \(version: Feb 2021\)](#) for managing COVID-19 provides a 0-4 Level approach to restrictions with each local authority area (or sub-area) placed in a relevant protection Level depending upon its COVID-19 status which will be reviewed weekly.

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

Further information on protection levels that will apply in each local authority area are available at [Coronavirus \(COVID-19\): allocation of protection levels to local authorities](#).

Please see below a summary of what this framework means for the sport and leisure sector:

- Level 0: All sporting activity permitted, with some general restrictions, such as the wearing of facemasks, physical distancing etc.
- Level 1: No adult (18+) indoor contact sport.
- Level 2: Same as level 1.
- Level 3: No adult (18+) indoor non-contact group sport / exercise or adult (18+) indoor contact sport. No outdoor adult (18+) contact sport.
- Level 4: Indoor sports facilities closed. No outdoor contact sport allowed for any age.
- All levels: Exemptions are applicable for performance/professional sport if a sport has approved 'Resumption of Performance sport' guidelines for training or Scottish Government sign off for events/competition.
- Children and Young People are grouped together as under 18s. Previously over 12s were grouped with adults.

2. Table A: Sport & Physical Activity Protection Levels

		Level 0	Level 1	Level 2	Level 3	Level 4
OUTDOOR SPORT Organised outdoor sport, competition, events and Physical Activity (PA)	Overview	An outdoor sporting 'field of play bubble' can consist of a maximum of 30 people including coaches, officials and other support staff at any one time. Multiple bubbles, each with up to 30 people, can be used in training, competition, or small-scale sporting events if all guidance is followed (200 max per day unless with Scottish Govt exemption).				Local training/competition only. U12s: max 30 including coaches. Over 12s/adults max 15 including coaches.
	Children & Young people (u18 years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	U12s: Contact sport permitted 12-17 years: Non-contact sport & PA permitted
	Adults (18+ years)				Non-contact sport & PA permitted Contact sport & PA prohibited	Non-contact sport & PA permitted Contact sport & PA prohibited
INDOOR SPORT Organised indoor sport, competition, events and Physical Activity (PA)	Overview	The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of 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	Indoor sport & PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed.
	Adults (18+ years)		Non-contact sport & PA permitted Contact sport & PA prohibited	Non-contact sport & PA permitted Contact sport & PA prohibited	Indoor <u>individual exercise only</u> No contact or non-contact group activity	

COACHING	Overview	General guidance is available within this document for coaches, leaders, personal trainers, deliverers and instructors, <i>herein referred to as coach/es</i> . In addition Getting Coaches Ready for Sport provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions.	
	Indoor & Outdoor coaching	The local protection Level in place for sport and physical activity will dictate what activity can be coached, indoors and outdoors and to whom in that area. See indoor / outdoor above for further information. Coaches can take multiple sessions per day, however the numbers allowed in each session will depend upon the protection Level in place.	
PERFORMANCE SPORT	Professional & Performance	Professional & performance sports with Resumption of Performance Sport guidance in place and approved by Scottish Government or sportscotland is permitted at all Levels.	
TRAVEL	Indoor / Outdoor Sport & Physical Activity	For further information please refer to Travel Guidance within this document.	
HOSPITALITY & RETAIL	Clubs & Sports Facilities	Clubhouses and sports facilities which provide catering and bar services, can operate providing they adhere to Scottish Government guidance appropriate to the protection Level in which they are operating. Further information is available at Coronavirus (COVID-19): tourism and hospitality sector guidance .	
		Retail units operated by sports facility operators may reopen provided all specific Scottish Government guidance for retailers appropriate to the protection level in which they are operating is in place and adhered to. Further information from the Scottish Government is available at Retail Sector Guidance .	
TOILETS, CHANGING & SHOWER ROOMS	Clubs & Sports Facilities	Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at Getting Your Facilities Fit for Sport. This is applicable at all levels where facilities remain open .	Indoor sports facilities closed. Changing rooms closed.
		Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines	Public Toilets open.
WORKFORCE	Contractors & Staff	Sports facility operators must ensure that Scottish Government guidance on workforce planning in sport & leisure facilities is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.	
	Meeting Rooms	Although gym and leisure facilities can open up to Level 3, we would encourage providers to consider whether meetings and training must be completed in person or whether these can be completed online or via telephone. If it is essential that meetings and training takes place in person, Scottish Government guidance for general workplaces must be followed and a risk assessment should be completed.	

3. Mini and Youth Game

- 3.1. Players aged under 18 on 1st September 2020 are permitted to undertake restricted rugby activities in line with Scotland Rugby League guidance.
- 3.2. Only players aged 17 and under can participate in these activities due to their reduced risk profile associated with Covid-19 transmission and infection.
- 3.3. Players can participate in max groups of 15.
- 3.4. All players are permitted to undertake skill development activities (e.g. ball handling practices).
- 3.5. An outdoor sporting 'field of play bubble' for young people and adults at Level 4 can consist of up to 15 people, including coaches, at any one time. Physical distancing should always be maintained.
- 3.6. Young People can take part in non-contact organised sport including training, group exercise, aerobics, fitness classes and competition within their usual club or facility environment.
- 3.7. 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.
- 3.8. Players/Parents or Guardians must not arrive more than 5 minutes prior to their allocated training time and must leave immediately after training.
- 3.9. All youth coaches are required to be a PVG member before coaching.
- 3.10. Players should only use their own water bottle.
- 3.11. Players and coaches must not mix with another training bubble.
- 3.12. Players must turn up changed and be ready to train, no changing facilities will be available.

4. Open Age Game

- 4.1. Players aged 18 and over can undertake restricted rugby activities in line with Scottish Government guidance.
- 4.2. Players can participate in max groups of 15.
- 4.3. Adults can take part in non-contact organised sport including training, group exercise, aerobics, fitness classes and competition within their usual club or facility environment.
- 4.4. All players are permitted to undertake skill development activities (e.g. ball handling practices).
- 4.5. An outdoor sporting 'field of play bubble' for young people and adults at Level 4 can consist of up to 15 people, including coaches, at any one time. Physical distancing should always be maintained.
- 4.6. 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.
- 4.7. Players must not arrive more than 5 minutes prior to their allocated training time and must leave immediately after training.
- 4.8. Players should bring and only use their own water bottle.
- 4.9. Players and coaches must not mix with another training bubble.
- 4.10. Players must turn up changed and be ready to train, no changing facilities will be available.

5. Wheelchair Game

- 5.1. Players who are shielding during this period should continue to do so
- 5.2. Players who have a high or moderate health risk if infected with COVID-19 need to seek advice and be signed off by a medical professional, such as their GP prior to participating in any group activity (this is the responsibility of the individual or a parent/guardian if a player is under 18 years old)
- 5.3. Proceed with caution if you are signed off and decide whether you are individually ready to participate in any activity your club may start to deliver safely
- 5.4. If you are unsure on your risks, seek advice from a medical professional who can advise you on the risks and whether to return to group activity or not
- 5.5. No tackling can be carried out indoors at Levels 1 and above.
- 5.6. Tags as used for Wheelchair RL will be treated as a fomite transmitter and subject to the hygiene and preparatory guidance utilised for balls.
 - 5.6.1. All tags will be sanitised, in the same way as hands and balls, prior to the game taking place.
 - 5.6.2. Each player will be responsible for a single set of tags for the duration of the game.
 - 5.6.3. Each game will factor in at 8/10/15/20 minutes (delete as appropriate) hygiene and sanitisation break in that each set of tags will be sanitised in preparation for continuation or substituted for new (pre-sanitised tags) whilst the starting tags are re-sanitised.
 - 5.6.4. Half-Time will be used as a natural break point for further hand, ball and tag hygiene and sanitisation protocols to be completed.

6. Travel

- 6.1. Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted in the five protection levels for each local authority area is available at [Coronavirus \(COVID-19\): local protection levels](#). Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).
- 6.2. Information for each local authority area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.
- 6.3. Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).
- 6.4. Sport & Physical Activity;
 - 6.4.1. Participants can take part in organised sport and physical activity within their own local government area based on Level as detailed in [Table A](#). Such activity is subject to exemption from household rules as detailed within this guidance.
 - 6.4.2. When a participant travels out with their home local government area they should follow the travel guidance detailed below. Travel regulations are now legally enforceable.
 - 6.4.3. Participants should, where possible, avoid any unnecessary travel out of area and keep journeys within area to an absolute minimum.
- 6.5. Children & Young People (17 years or under)
 - 6.5.1. Participants aged 17 years or under can travel to and from Level 0, 1, 2 and 3 areas to take part in organised sport, physical activity, training and competition.
 - 6.5.2. Children and young people may travel into or out of a Level 4 area for [organised activity](#) as outlined in Table A if that is where their sport, club or activity usually takes place.
 - 6.5.3. Children and young people living in a Level 3 or 4 area should only travel out with their local government area (up to 5 miles) to take part in [informal exercise](#) such as walking, running or cycling which starts and finishes at the same place. Such activity should follow [Scottish Government 'Stay at Home' guidance](#).

6.6. Adults (18 years or over)

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

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

6.6.3. Adults living in a Level 3 or Level 4 area should only travel out with their local government area (up to 5 miles) [to take part in informal exercise](#) such as walking, cycling or running that starts and finishes at the same place. Such activity should follow [Scottish Government 'meeting others outdoors' guidance](#).

Table B: Travel Restrictions

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	Limited exemptions (see 10.2)
18+ (Adults)	✓	✓	✓	Local Travel Only	Local Travel Only

6. Coaching

6.1. Coaching (Levels 0-3)

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

6.2. Coaching (Level 4)

6.2.1. 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)

6.2.2. Coaches can run organised outdoor contact and non-contact training sessions for up to 30 children (including the coach/es) aged under 12 years.

6.3. 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.

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

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

6.4.2. or if there is a reasonable excuse not to wear a face covering such as:

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

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

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

6.5. At all times coaches should:

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

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

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

6.5.4. 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.

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

6.6. 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](#).

7. Covid-19 Officer

- 7.1. To support a Return to Rugby, Scotland Rugby League will support each club to appoint a Covid-19 Officer to address the Covid-19 pandemic.
- 7.2. Clubs are to appoint someone to this role before any official club activity takes place.
- 7.3. To nominate a Covid-19 Officer, please complete and return a nomination form to info@scotlandrl.com
- 7.4. Covid-19 Officer should complete the [sportscotland COVID e-learning module](#)

8. Equality & Inclusion

- 8.1. Covid-19 is affecting everyone. But the impact of the pandemic is not being felt equally. Before the pandemic certain groups were less likely to participate in sport and physical activity. These groups are also the most at risk of worsening inequalities due to Covid-19:
 - Older people
 - Disabled people
 - Ethnic minorities
 - Women
 - People from deprived communities
- 8.2. It is more important than ever to consider inclusive guidance for people who need extra support to be active and sports facility operators should consider this as part of their work to encourage people to return.
- 8.3. The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include;
 - 8.3.1. **Communication** – Digital exclusion is a key issue. With so many services and so much information moving online it risks worsening the health impacts of the pandemic. We have to think innovatively about the range of ways we can provide information to people about sport and physical activity.
 - 8.3.2. **Accessibility** – Accessibility of our environments is another key issue emerging from the pandemic. As clubs and leisure center's re-open it's important to build understanding of people's specific accessibility needs around things like hygiene, physical distancing and face coverings so we can provide the best possible support to people to take part in sport and physical activity.
 - 8.3.3. **Anxiety, mental health and wellbeing** – The pandemic is leading to an increased risk of anxiety and mental ill-health for people. We know that sport and physical activity can have significant benefits for people's mental health so it's vital that we continue to promote those benefits, so people are encouraged to get involved.
 - 8.3.4. **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.

9. Test and Protect

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

Maintaining customer records

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

Registration with the Information Commissioner's Office

- 9.5. In order to gather and store customer information securely, operators may need to be registered with the Information Commissioner's Office (ICO). This will be the case if you are using an electronic system to gather and store data.
- 9.6. If you are unsure whether you need to register, please contact the ICO via their helpline on 0303 123 1113, or visit www.ico.org.uk.

Protect Scotland App

- 9.7. 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.
- 9.8. 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.
- 9.9. Further information on the Protect Scotland app is available at www.protect.scot.

What should someone do if they have coronavirus symptoms?

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

10. Local Outbreaks or Clusters of Coronavirus Cases

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

11. Health, safety & hygiene

- 11.1. 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.
- 11.2. Ensure access to first aid and emergency equipment is maintained.
- 11.3. Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.
- 11.4. 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.
- 11.5. Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
- 11.6. Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.
- 11.7. Make hand sanitizers or wipes available for use in bar and restaurant areas and at the entrance/exit to the venue/facility where this is possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to **EN14476** standards.
- 11.8. Be aware that disabled people may face greater challenges implementing regular handwashing because of additional support needs. Some disabled people may need to use touch to help them get information from their environment and physical support. It is important they are not prevented from doing this, but operators should be aware that this increases the likelihood of virus transmission.
- 11.9. [Getting your Facilities Fit for Sport](#) provides a checklist for health, hygiene and cleaning considerations and actions.

12. Face Coverings

- 12.1. 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.
- 12.2. Be aware that face coverings discriminate against some deaf people who need to look at lips to help communicate. Staff in facilities should be made aware that it is okay to remove their face coverings to communicate with someone who relies on lip reading and facial expressions.
- 12.3. 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](#).
- 12.4. The [Coronavirus \(COVID-19\) Phase 3: staying safe and protecting others, 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](#)

13. Safeguarding

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

You can email Scotland Rugby league directly with any concerns or advice at safeguarding@scotlandrfl.com
External Contacts which may be useful

- ChildLine | 0800 1111 | www.childline.org.uk 24/7 helpline
- NSPCC | 0808 800 500 | www.nspcc.org.uk 24/7 helpline
- Children 1st | 0800 282223 | www.children1st.org Includes information on Safeguarding in Sport
- Police Scotland | 101 non-emergency

14. Additional Sport & Leisure Activity Considerations

- 14.1. Specific consideration should be given to supervision of children under the age of 5 years as it is not appropriate for young children to maintain physical distancing, either practically or in terms of child development. You may, for instance, ask a parent or carer to be present.
- 14.2. Where a disabled participant requires functional support to help them participate coaches, carers or those supporting the participant can provide this without maintaining physical distancing. In such circumstance the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions.
- 14.3. Where an employee is providing an activity, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken. See the Businesses, workplaces and self-employed people section at [Scottish Government: Coronavirus in Scotland](#).

15. Changing rooms, showers, toilets and Locker Rooms

- 15.1. Use of changing rooms and showering facilities should be avoided where possible, although they may be made available (other than in Level 4 areas where indoor facilities should remain closed) for participants who require additional support such as disabled people or those with special needs.
- 15.2. 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](#).
- 15.3. Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).
- 15.4. Access to indoor locker rooms and storage areas is permitted for dropping off and collecting sports equipment or clothing. The operator should ensure mitigating actions are put in place to minimise the risk of virus transmission including physical distancing, hygiene and cleaning measures.

16. Wellbeing

These are uncertain times for everyone with routines disrupted and more people spending time alone.

- In these uncertain times it's important for all of us to try to maintain our mental health as well as our physical health. Click [here](#) for a few resources to help you
- The Performance Psychology team at the sportscotland institute of sport regularly uses mindfulness techniques to support athletes and staff. Click [here](#) for their top tips
- If you feel like your mental wellness is worsening, if you feel like you are struggling to stay connected or that you feel more low or anxious you are not alone. Self-help resources that may be helpful:
 - Scottish Government's [Clear Your Head campaign](#)
 - [SAMH](#) has useful information on maintaining mental wellness
 - [Young Scot](#) this a difficult time for young people too
- If these measures do not help and you feel that your mental health is worsening or is a concern to you or others:
 - Tell someone how you are feeling.
 - Contact your GP practice (8am - 6pm week days).
 - Out of hours – NHS 24 on 111 (6pm - 8am weekdays and 24 hours at weekends).
 - [Samaritans](#) 116 123 (open 24/7).
 - [Breathing Space](#) 0800 83 85 87 (open Mon to Thurs 6pm to 2am, 24 hours over the weekend. Online chat also available).

17. Definitions - for the purposes of this guidance

- 17.1. **'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.
- 17.2. **Contact sport or activity** is defined as "a sport or activity in which the participants necessarily come into bodily contact or as a matter of course encroach within 2m of one another" such as Judo, Netball and Basketball.
- 17.3. **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.
- 17.4. **Sports competition** refers to where participants or teams compete against different opponents as part of an organised league or competition.
- 17.5. **Adult 'group' sport or activity** refers to adults, who take part in organised sport or physical activity, where the number of participants is larger than allowed under normal household rules.
- 17.6. **Indoor individual exercise** refers to non-contact recreational sport or physical activity which follows household rule numbers. This includes gym use, 1:1 personal training, swimming, ice skating and indoor snowsports activity where physical distancing can be maintained.

18. References

- [Scottish Government Coronavirus guidance and routemap](#)
- [Test and Protect](#)
- [NHS Coronavirus \(COVID-19\) General advice](#)
- [NHS Coronavirus \(COVID-19\) check your symptoms](#)
- [sportscotland Coronavirus \(COVID-19\) information and resources](#)
- [Health Protection Scotland: General guidance for non-healthcare settings](#)
- [Health Protection Scotland: Cleaning in a non-healthcare setting](#)
- [Health Protection Scotland: Hand hygiene techniques](#)
- [St. John's Ambulance: Covid-19 advice for first aiders](#)
- [HSE: First Aid during the coronavirus](#)
- [Getting your Facilities Fit for Sport](#)

Please be aware guidance can change and restrictions may be reintroduced.

19. APPENDIX 1: Level 4 Guidance

19.1. Introduction

- 19.1.1. 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.
- 19.1.2. 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**.
- 19.1.3. 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.
- 19.1.4. 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.
- 19.1.5. 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.
- 19.1.6. Be aware that the Scottish Government may update or change Levels and restrictions at any time, including the local areas subject to them. Therefore COVID officers should regularly check Scottish Government advice and guidance relating to local outbreaks and measures at [Coronavirus \(COVID-19\): local advice and measures](#).

19.2. Travel

19.2.1. Children & Young People (17 years or under)

- 19.2.1.1. Children and young people living in a Level 4 area should only travel locally (within their local government area) **to take part in organised sport** as outlined in [Table A](#).
- 19.2.1.2. Children and young people should not travel into or out of a Level 4 area to take part in organised sport.
- 19.2.1.3. Children and young people living in a Level 4 area should only travel out with their local government area (up to 5 miles) **to take part in informal exercise** such as walking, running or cycling which starts and finishes at the same place.

19.2.2. Adults (18 years or over)

- 19.2.2.1. Adults living in a Level 3 or 4 area should only travel locally (within their own local government area) **to take part in organised sport** or physical activity as outlined in [Table A](#).
- 19.2.2.2. Adults should not travel into or out of a Level 3 or 4 area to take part in organised sport.
- 19.2.2.3. Adults living in a Level 3 or 4 area should only travel out with their local government area (up to 5 miles) **to take part in informal exercise** such as walking, cycling or running that starts and finishes at the same place.

- 19.2.3. Where taking part in informal exercise participants should follow Scottish Government 'meeting others outdoors' guidance.

19.3. Outdoor Sport & Leisure Activity

- 19.3.1. Operators in Level 4 areas may continue to open all outdoor sports areas, courts, pitches and facilities 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](#).
- 19.3.2. Restrictions on the number of people who can take part in outdoor organised sport, exercise and recreation in Level 4 is as follows.
- 19.3.3. Children (aged up to 11 years)
 - 19.3.3.1. 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.
 - 19.3.3.2. An outdoor sporting 'field of play bubble' can consist of up to 30 people including children, coaches, and officials at any one time.
- 19.3.4. Young People and Adults (aged 12 years or over)
 - 19.3.4.1. Young People and adults can take part in non-contact organised sport including training, group exercise, aerobics, fitness classes and competition within their normal club or facility environment.
 - 19.3.4.2. An outdoor sporting 'field of play bubble' for young people and adults can consist of up to 15 people, including coaches, at any one time. Physical distancing should always be maintained.

19.4. Indoor Sport & Leisure Facilities

- 19.4.1. Indoor sport and leisure facilities including club houses, changing rooms and activity areas should remain closed at Level 4. Exemptions are available as noted below.
- 19.4.2. Public Toilets
 - 19.4.2.1. Operators may open indoor toilets for public use if they follow Scottish Government [Opening Public Toilets Guidelines](#).
 - 19.4.2.2. 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.
 - 19.4.2.3. All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance.
- 19.4.3. Storage Areas & Lockers
 - 19.4.3.1. Access to storage areas and locker rooms is permitted to retrieve and drop off equipment which is essential for an activity to be undertaken. Risk assessments should include mitigating actions to reduce the risk of virus transmission such as individual access, booking slots and cleaning/hygiene protocols.
- 19.4.4. Access to outdoor facilities
 - 19.4.4.1. 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.

19.5. Hospitality

- 19.5.1. 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](#).

19.6. Retail

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