



Return to sport and physical activity guidance

These guidelines are effective as of 20th November 2020 and apply to Scotland only. They have been produced in line with the Government guidance on public spaces, outdoor activity and exercise published which can be viewed at;

<https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/sports-culture-and-leisure-activities/>

On the 21st May 2020, the Scottish Government published Scotland's COVID-19 route map through and out of the crisis, which sets out the order in which it plans to relax restrictions. Based on our discussions with Scottish Government/**sportscotland** and following the easing of lockdown restrictions, the **SKGB** has developed a set of practical guidelines for clubs and participants to follow so that Traditional and Sport Karate can happen in Scotland during lockdown, where the local environment allows.

These guidelines apply to Traditional and Sport Karate and outdoor adaptations so that Traditional and Sport Karate can happen in a way that is in line with Scottish Government advice and helps to prevent the spread of Coronavirus (COVID-19).

Karate venues/facilities across the country are often different and operate in different local contexts including club, private or local authority run. Assessing whether safe exercise can be provided depends on a range of factors, which apply differently at each venue/location. It is the responsibility of each venue, club and participant to risk assess based on their local environment.

IMPORTANT: Do not leave your home to undertake exercise or outdoor activity if Scottish Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19.

Table of Contents

INTRODUCTION	4
Table A: Sport & Physical Activity Protection Levels	5
SPORTS FACILITY & PARTICIPATION GUIDANCE	7
Travel Guidance	7
Definitions - for the purposes of this guidance	8
Permitted Sport and Leisure Activities	9
Outdoor Sport & Physical Activity	10
Indoor Sport & Physical Activity	11
Coaching	12
Toilets, Changing and Locker Rooms.....	14
Equipment Provision and Use.....	14
Bookings and Payment	15
Communication with Members / Customers	15
Safeguarding.....	15
Equality & Inclusion	16
Health, Safety & Hygiene	17
Face Coverings	18
Test and Protect	18
Local Outbreaks or Clusters of Coronavirus Cases	19
APPENDIX 1: Level 4 Guidance	20

INTRODUCTION

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 has introduced a new [strategic framework document](#) for managing COVID-19 became effective from 2 November 2020. This provides a 5-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.

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 will apply in each local authority area are available at [Coronavirus \(COVID-19\): allocation of protection levels to local authorities](#). A local post code checker is also available at [COVID restrictions by protection level in areas of Scotland](#).

Table A: Sport & Physical Activity Protection Levels

		Level 0	Level 1	Level 2	Level 3	Level 4
OUTDOOR SPORT	Overview	An outdoor sporting ‘field of play bubble’ can consist of a maximum of 30 people including coaches, officials and other support staff at any one time. Multiple bubbles, each with up to 30 people, can be used in training, competition or small-scale sporting events if all guidance is followed (200 max per day unless with exemption).				
	Organised outdoor sport, competition, events and Physical Activity (PA)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Non-contact sport & PA permitted Contact sport & PA prohibited Exemptions available for professional /performance sport (ALL Levels)
	Children & Young people (u18 years)				Non-contact sport & PA permitted	
Adults (18+ years)	Contact sport & PA prohibited					
INDOOR SPORT	Overview	The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of sport and leisure facilities and sport specific SGB Guidance . ‘ Group ’ activity refers to adults, from more than 2 households (6 members) who take part in organised sport or physical activity. ‘Individual exercise’ refers to organised sport or physical activity within household rules i.e. 1:1 coaching. For further information see definitions within this guidance.				
	Organised indoor sport, competition, events and Physical Activity (PA)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Indoor sport & PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed. Exemptions available for professional /performance sport (ALL Levels)
	Children & Young people (u18 years)		Non-contact sport & PA permitted	Non-contact sport & PA permitted	Indoor <u>individual exercise only</u>	
Adults (18+ years)	Contact sport & PA prohibited	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, 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.	

The information outlined below is generic and 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 takes place. Specific consideration should be given to the needs of those who are at greater risk including some older adults or those with disabilities.
3. 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 take place operators should notify the nominated club/activity COVID Officer overseeing the activity and they should in turn take appropriate action to mitigate future risk and protect participants and the wider public.

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 authority area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.
8. Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).
9. Sport & Physical Activity Participation
 - 9.1 Participants can travel to take part in organised sport and physical activity or informal exercise within their own Local Authority area. See [Table A](#) for information on what organised sport or physical activity is allowed at each Level. For informal exercise general household rules should be followed.

- 9.2 If you live in a Level 3 or Level 4 local authority area you should:
- 9.2.1 Avoid any unnecessary travel out of the area.
- 9.2.2 Keep journeys within the area to an absolute minimum.
- 9.3 Participants aged **18 years or over** (adults) living in a Level 3 or Level 4 area should only travel locally (within around 5 miles of their local authority area) to take part in physically distanced non-contact sport or exercise outdoors. You can also take part in local informal exercise such as walking, cycling, golf or running that starts and finishes at the same place but straddles the boundary of two local authority areas. Adults living in a Level 3 or 4 area should not take part in any indoor or outdoor contact sport or physical activity.
- 9.4 Participants aged **18 years or over** (adults) who live in a Level 0, 1 or 2 area should minimise unnecessary journeys and avoid travel to Level 3 or Level 4 areas to take part in sport or physical activity.
- 9.5 Participants aged **17 years or under** can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport, physical activity, training and competition. Where living in a Level 4 area then point 9.3 above should be followed

Table B: Travel Restrictions

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

- 9.6 Operators should risk assess all activity and it is strongly recommended that where at all possible training and competition should take place locally.

Definitions - for the purposes of this guidance

10. **‘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.
11. **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.

12. **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.
13. **Sports competition** refers to where participants or teams compete against different opponents as part of an organised league or competition.
14. **Adult ‘group’ sport or activity** refers to adults, from more than 2 households / 6 members of those households who take part in organised sport or physical activity.
15. **Indoor individual exercise** refers to non-contact recreational sport or physical activity which follows general household rules i.e. no more than 2 households / 6 members of those households. This includes gym use, 1:1 personal training, swimming, ice skating and indoor snowsports activity where physical distancing can be maintained.

Permitted Sport and Leisure Activities

16. **Participants and operators should follow guidance based on the area protection level in which the sporting activity is to take place. A summary of what sporting activity can be undertaken at each protection level is available in [Table A](#) and should be read in conjunction with the rest of this document.**
17. Subject to the guidance below, organised sporting or physical activity can take place indoors or outdoors, in effect suspending physical distancing and household guidelines, for the duration of the activity.
18. Where there is likely to be proximity (within 2m) or contact between participants involved in a sporting activity, mitigating actions must be put in place to minimise risk and keep participants safe. For instance:
 - 18.1 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.
 - 18.2 As soon as a participant has completed training, a competition or event, they should leave the field of play/venue.
19. No spectating should take place other than where a parent or carer is supervising a child or vulnerable adult or when following specific [sector guidance for events](#).
20. No formal presentation ceremonies should take place during or after a sporting activity or competition as the focus should be on reducing the numbers in attendance at any one time.

21. 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, umbrella body or care commission guidance. Organisers of these activities may alternatively wish to use Scottish Government household, physical distancing and group size limits.

Outdoor Sport & Physical Activity

22. 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](#).
23. Information relating to outdoor sport and physical activity that can be undertaken by protection Level and age group is available in [Table A](#).
24. Further information outlining outdoor Level 4 sport and physical activity restrictions and exemptions is available at [Appendix 1](#).

Outdoor sporting bubbles for training, competition or small-scale events

25. An outdoor sporting 'field of play bubble' can consist of a maximum of 30 people including coaches, officials and other support staff at any one time. In exceptional circumstances, numbers may be increased, but only if approved directly by Scottish Government or where specific Scottish Governing Bodies of sport (SGBs) guidance and mitigating actions have been agreed by **sportscotland**.
26. Multiple outdoor sporting bubbles, each with up to 30 people, can be used in training, competition or small-scale sporting events. In such cases operators and organisers should undertake comprehensive risk assessment to ensure that these bubbles do not mix at any time including before, during or after the activity.
27. Total numbers taking part in training, competition or events, other than detailed below, should not exceed 200 people in any one day, including organisers, officials and participants. Once an individual has completed their activity, they should immediately vacate the 'field of play' and are then subject to normal household rules.
 - 27.1 Permanent outdoor sport, leisure and club facilities which are accessed on a regular basis by the general public and/or club members and have in place a designated COVID officer and appropriate risk assessments may exceed the limit of 200 people, in a single day, if mitigating measures are put in place to protect participants and staff. This may for instance include operating separate activity zones, implementing staggered time slots and putting in place other measures to ensure participation bubbles remain separate including consideration of parking and access/egress.

- 27.2 Any further exemptions or variation to training, competition or event participant numbers, including the addition of spectators, must be agreed directly with Scottish Government and may be subject to relevant Scottish Government guidance.
28. Where outdoor sports training, competition or events are planned and include multiple bubbles; operators and organisers should, as part of their risk assessment, consult with relevant local authorities, environmental health, the police or other body responsible for the safety of the public. Agreement must be reached with these bodies before the training, event or competition takes place.
29. 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.
30. SGBs and operators should introduce a period of training to familiarise participants with guidelines before running competitions.
31. Outdoor group coaching for organised sport and physical activity including aerobics and fitness classes can take place with up to 30 people at any one time, including the coach, if physical distancing is always maintained.

Indoor Sport & Physical Activity

32. 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.
33. 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.
34. 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.
35. 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](#).
36. Information relating to indoor sport and physical activity that can be undertaken by protection level and age group is available in [Table A](#).

Coaching

37. The guidance below is to support coaches, leaders, personal trainers, deliverers and instructors, ***herein referred to as coach/es***. In addition, please see [Getting Coaches Ready for Sport](#) 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.
38. 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](#).
39. 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.
40. 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.
41. 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'.
 - 41.1 Where paid/voluntary coaches or officials use the above exemption mitigating actions should be put in place to reduce risk to the coach, official and participants. This should be documented in the operator or deliverer risk assessment.
42. Coaches can take organised outdoor group training sessions at all protection levels 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.
43. Coaches can take multiple indoor sessions per day, however the numbers allowed in each session will depend upon the protection level restrictions in place in the given location.
44. Face coverings must be worn by coaches when indoors, except where an exemption applies. For instance;
 - 44.1 where an individual has a health condition or is disabled, including hidden disabilities, for example, autism, dementia or a learning disability.

- 44.2 or if there is a reasonable excuse not to wear a face covering such as;
 - 44.2.1 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.
 - 44.2.2 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.

45. At all times coaches should:

- 45.1 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.
- 45.2 ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed and up to date.
- 45.3 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.
- 45.4 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.
- 45.5 Coaches working with children should familiarise themselves with the additional considerations developed by **Children 1st**: [Child Wellbeing and Protection Considerations](#).

Additional Sport & Leisure Activity Considerations

- 46. 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.
- 47. 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.

48. 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](#).

Toilets, Changing and Locker Rooms

49. 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.
50. 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](#).
51. Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).
52. 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.

Equipment Provision and Use

53. Operators should, where possible, remove equipment including benches, scoreboards, tables and any other objects that are not essential for participation purposes.
54. Where the above is not possible appropriate cleaning measures, including provision of sanitiser and disposable gloves, should be put in place to reduce the risk of contamination.
55. All fixed equipment should be checked prior to use to avoid participants having to adjust or touch it.
56. Where shared equipment is necessary for an activity appropriate hygiene measures must be put in place to ensure the equipment is thoroughly cleaned before, during and after use.
57. 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. Appropriate hygiene protocols should be undertaken including hand hygiene and regular cleaning of balls before, during and after exercise.

Bookings and Payment

58. Encourage people to make bookings online where possible. However, be aware that a proportion of disabled people, people from low income households and older adults do not have access to the internet. Ensure you have alternative measures in place. For example, telephone bookings.
59. Consider introducing buffer periods between sessions to stagger start times so that participants do not all arrive/leave at the same time.
60. Where possible use online or contactless payment options and avoid handling cash. Where people do not have bank accounts it is okay to accept cash payments.

Communication with Members / Customers

61. 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.
62. Make them aware in advance of measures you are putting in place at your venue, and guidelines they are asked to follow.
63. Communicate clearly opening times and how people can safely access a facility, if relevant, for example through a booking or queuing system.
64. Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed, up to date and in accessible formats.
65. When communicating with members and participants, consider how you will reach people who do not have access to the internet. When publishing information on websites, consider how to make it accessible when accessed via a mobile phone or tablet rather than a PC or a laptop.
66. Special attention should also be given to how you communicate physical distancing rules to young people.

Safeguarding

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

Equality & Inclusion

71. 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
72. 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.
73. The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include;
- 73.1 **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.
- 73.2 **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.
- 73.3 **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.
- 73.4 **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

74. 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.
75. Ensure access to first aid and emergency equipment is maintained.
76. Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.
77. 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.
78. Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
79. 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.
80. 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.
81. 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.
82. [Getting your Facilities Fit for Sport](#) provides a checklist for health, hygiene and cleaning considerations and actions.

Face Coverings

83. 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.
84. 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.
85. 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](#).
86. 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](#)

Test and Protect

87. [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

88. 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.
89. Operators should store information for 21 days and share it when requested to do so by public health officers.
90. 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

91. 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.
92. 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

93. 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.
94. 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.
95. Further information on the Protect Scotland app is available at www.protect.scot.

What should someone do if they have coronavirus symptoms?

96. 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.
97. The [Coronavirus \(COVID-19\): Test and Protect information leaflet](#) provides information on the Test and Protect service from NHS Scotland.

Local Outbreaks or Clusters of Coronavirus Cases

98. 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](#).
99. 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

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. 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](#).

Travel

7. Participants of all ages living in a Level 4 area should only travel locally (within around 5 miles of their local authority area) to take part in physically distanced non-contact sport or exercise outdoors. Under no circumstances should contact sport or physical activity be undertaken.
8. Participants can also take part in local informal exercise such as walking, cycling, golf or running that starts and finishes at the same place but straddles the boundary of two local authority areas.

Outdoor Sport & Leisure Activity

9. 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](#).
10. Organised non-contact sport and physical activity may take place outdoors in a Level 4 area including 'field of play bubbles' for up to a maximum of 30 people as long as 2m physical distancing is maintained at all times, before, during and after the activity. Participants should leave facilities immediately following exercise.
11. Informal sport and physical activity not overseen by a Covid Officer and subject to specific SGB and operator guidance and relevant risk assessments, should adhere to Scottish Government household rules for Level 4. Currently this is 2 households with a maximum of 6 participants taking part from those households.
12. Outdoor group coaching for organised sport and leisure activities including personal training and fitness classes can continue to take place with up to 30 people at any one time, including the coach as long as the relevant risk assessments and mitigating actions are put in place by the Covid Officer. Physical distancing must be maintained at all times.

Indoor Sport & Leisure Facilities

13. 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.
14. Public Toilets
 - 14.1 Operators may open indoor toilets for public use if they follow Scottish Government [Opening Public Toilets Guidelines](#).
 - 14.2 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.
 - 14.3 All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance.
15. Storage Areas & Lockers
 - 15.1 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.

16. 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

17. 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

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

DISCLAIMER

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

Supported by

sportscotland

The Scottish Karate Governing Body is a private company limited by guarantee. Company number SC270068
Registered office address Harper MacLeod LLP The Ca'd'oro 45 Gordon Street Glasgow G1 3PE

All correspondence to: S.K.G.B. Office, 2 Strathdee Road, Netherlee, East Renfrewshire G44 3TJ Tel No 0141-633 1116
e-mail: info@skgb.com www.skgb.com