



These guidelines are effective as of 15th December 2021 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; [Scottish Government: Coronavirus in Scotland](#)

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.

Return to sport and physical activity

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INTRODUCTION

The First Minister provided a Covid-19 update on 14 December 2021, outlining the increased challenge posed by the Omicron variant, the priority being placed on the continued emphasis on supporting the vaccine and booster programme, and the need for businesses to strengthen compliance with current protection measures.

Businesses and service providers are now legally required to take reasonably practical measures to minimise spread of coronavirus on their premises, taking into consideration Scottish Government guidance available at [Scottish Government: Safer Businesses and Workplaces](#).

All of Scotland continues to be 'Beyond Level 0', but the Scottish Government retain the option of putting in place local measures and travel restrictions to manage any future virus outbreaks.

People who are symptomatic or identified as close contacts should follow Scottish Government and NHS guidance on self-isolation available at [Scottish Government: Test & Protect](#) . 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, should continue to have in place Test & Protect procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available at [Scottish Government: Test & Protect](#).

Clubs and participants should, where applicable, be aware of any local area restrictions which may be in place and should consider this as part of risk assessment planning. In the event of the reintroduction of local restrictions or Levels, guidance for sporting activity which should be followed is set out in [Table A](#) below. Please note this may be subject to change.

TABLE A

		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 may be 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	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	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 Coronavirus (COVID-19): Safer Businesses and Workplaces 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 Contact sport & PA prohibited	Non-contact sport & PA permitted Contact sport & PA prohibited	Indoor individual exercise only No contact or non-contact group activity	

COACHING	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.		
	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 Coronavirus (COVID-19): Safer Businesses and Workplaces .		
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 Keeping 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 Coronavirus (COVID-19): 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 Keeping 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 <u>normal facility occupancy levels</u> but focus on good ventilation and ' Give people space ' messaging. <u>Ventilation</u> : Monitor to maintain levels at 800-1000ppm. No physical distancing required. Face coverings must be worn out with activity. Maintain hygiene and surface cleaning measures.	Restrict <u>maximum occupancy in buildings to 7sqm per person</u> to achieve enhanced ventilation (equivalent to 15 l/s/p). <u>Ventilation</u> : Monitor to maintain levels at 800-1000ppm. 1m physical distancing out with activity. Face coverings must be worn out with activity.	Restrict <u>maximum occupancy in buildings to 9sqm per person</u> to achieve enhanced ventilation (equivalent to 20 l/s/p). <u>Ventilation</u> : Monitor to maintain levels at <1000ppm. 1m physical distancing out with activity. Face coverings must be worn out with activity.
WORKFORCE	Sports facility operators must ensure that Scottish Government guidance on Coronavirus (COVID-19): Safer Businesses and Workplaces 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, where local restrictions or Levels apply, 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, Coronavirus (COVID-19): Safer Businesses and Workplaces must be followed and a risk assessment should be completed.		

SPORTS FACILITY & PARTICIPATION GUIDANCE

1. It is the responsibility of each club committee, sports facility operator and/or deliverer (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 open facilities when it is safe to do so and 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. 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.
8. Sport & Physical Activity Participation
 - 8.1 Participants can take part in organised sport and physical activity as detailed in [Table A](#). If local restrictions or Levels are reintroduced, sport and physical activity is subject to exemption from household rules as detailed within this guidance.
 - 8.2 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'.
9. Children & Young People (17 years or under)
 - 9.1 People can travel between Level 0-3 areas to facilitate or take part in organised sport, training, and competition which is for persons under 18 years of age.

- 9.2 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.
- 9.3 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.
10. Adults (18 years or over)
- 10.1 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. However, to help suppress the spread of the virus, it is advised that people should not utilise facilities or take part in activities that are not allowed in their home local area protection Level. Participants should not travel to a Level 3 or 4 area to take part in organised sport or physical activity.
- 10.2 Adults living in a Level 3 or 4 area should only travel locally (within their local government area) to take part in organised sport or physical activity as outlined in [Table A](#).
- 10.3 Adults living in a Level 3 or Level 4 area can also travel up to 5 miles out with their local government area to take part in informal exercise or recreation such as walking, cycling, golf or running that starts and finishes in the same place.

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

Age Group	Beyond Level 0	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	No Restrictions	✓	✓	✓	✓	✓
18+ (Adults)		✓	✓	✓	Local Travel Only	Local Travel Only

Outdoor Sport & Physical Activity

11. 'Beyond Level 0' normal facility occupancy levels apply but operators are encouraged to focus on '**Give people space**' messaging and continue to maintain hygiene protocols.
12. Information relating to outdoor sport and physical activity that can be undertaken by protection level (where applicable) and age group is available in [Table A](#).

13. 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.

Indoor Sport & Physical Activity

14. Indoor sport and leisure facilities can open, up to and including Level 3, if applicable Scottish Government [Coronavirus \(COVID-19\): Safer Businesses and Workplaces](#) is implemented.
15. Appropriate risk assessments and mitigating measures should be put in place to reduce risk and protect participants
16. The number of participants allowed to take part in indoor sport or physical activity must be risk assessed by the operator and follow Scottish Government [Coronavirus \(COVID-19\): Safer Businesses and Workplaces](#) and sport specific [SGB Guidance](#).
17. Information relating to indoor sport and physical activity that can be undertaken is available in [Table A](#).

Sports Events & Competitions

18. Sport Competition
 - 40.1 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.
 - 40.2 The maximum number of participants allowed to take part in a sport competition should be no more than:
 - 40.2.1 Outdoors: Bubble/daily participation numbers as outlined in [Table A](#).
 - 40.2.2 Indoors: Risk assessed maximum numbers following Scottish Government guidance for [Coronavirus \(COVID-19\): Safer Businesses and Workplaces](#). Additional information is also available in [Table A](#).
 - 40.2.3 'Beyond Level 0' there are no limits on spectator numbers, subject to organisers obtaining relevant permissions, where they normally would be required to do so. However, operators/ organisers should follow Scottish Government's [Coronavirus \(COVID-19\): Certification Scheme - Information for Businesses and Event Organisers](#) where attendance thresholds are met. A COVID vaccine certificate or a record of a recent negative COVID-19 test result (from either a Lateral Flow Device or PCR) is needed for:
 - indoor events (unseated) with 500 or more people
 - outdoor events (unseated) with 4,000 or more people
 - any event with 10,000 or more people
 - 40.2.4

- 40.3 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.

Coaching

19. The guidance below is to support coaches, leaders, personal trainers, deliverers, and instructors. 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.
20. 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](#).
21. Coaches and others supporting organised sporting or physical activity should if possible, 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.
22. Up to date information on the latest travel regulations is available at [Coronavirus \(COVID-19\): travel and transport](#).
47. Face coverings must be worn by coaches when indoors, except where an exemption applies. For instance:
- 50.1 where an individual has a health condition or is disabled, including hidden disabilities, for example, autism, dementia, or a learning disability.
 - 50.2 or if there is a reasonable excuse not to wear a face covering such as:
 - 50.2.1 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.
 - 50.2.2 being physically active or exercising as part of the coached session.
 - 50.3 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.
48. At all times coaches should:
- 51.1 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.
 - 51.2 ensure signage on guidelines for participating safely and promoting hygiene are clearly displayed and up to date.
 - 51.3 check measures, 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.

- 51.4 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.
 - 51.5 consider the needs of participants returning after recovering from COVID-19. Participants should be able to confidentially disclose this, in a similar way to any other personal matter relevant to coached activity, so the coach can make suitable adjustments and allowances to the planned activity for the individual and check that input from a medical professional has been sought where appropriate.
 - 51.6 Coaches working with children should familiarise themselves with the additional considerations developed by **Children 1st**: [Child Wellbeing and Protection Considerations](#).
49. Additional support tools are available for coaches and volunteers at the [Getting Coaches Ready for Sport](#) section of the **sportscotland** website including [mental health and wellbeing awareness training](#).

Additional Sport & Leisure Activity Considerations

- 50. 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' may 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 proximity, or a combination of actions.
- 51. Where an employee is providing an activity, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken. Further information is available at Scottish Government [Coronavirus \(COVID-19\): Safer Businesses and Workplaces](#).

Toilets, Changing and Locker Rooms

- 52. Access to, and use, of changing rooms and showering facilities is permitted
- 53. Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at [Keeping Your Facilities Fit for Sport](#).
- 54. Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).

Equipment Provision and Use

- 55. Operators should consider, where possible, removal of equipment including benches, scoreboards, tables and any other objects that are not essential for participation purposes.

56. 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.
57. All fixed equipment should be checked prior to use to avoid participants having to adjust or touch it or alternatively appropriate cleaning regimes should be in place.
58. Where shared equipment is necessary for an activity appropriate hygiene measures must be put in place before, during and after use.

Bookings and Payment

59. Encourage people to make bookings online. 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.
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.

Safeguarding

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

Equality & Inclusion

65. 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 inequalities due to Covid-19:
 - Older people
 - Disabled people
 - Ethnic minorities
 - Women
 - People from deprived communities

66. 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.
67. The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include:
- 79.1 **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 must think innovatively about the range of ways we can provide information to people about sport and physical activity.
- 79.2 **Accessibility** – Accessibility of our environments is another key issue emerging from the pandemic. As clubs and leisure centers 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.
- 79.3 **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.
- 79.4 **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

68. The latest available information can be accessed on the Scottish Government website at [Coronavirus in Scotland](#).
- 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
69. Ensure access to first aid and emergency equipment is maintained.
70. Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.

71. 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.
72. Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
73. 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.
74. 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.
75. 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.

Face Coverings

76. Sports facility operators should follow Scottish Government [Coronavirus \(COVID-19\): face coverings guidance](#) and ensure participants and visitors wear face coverings, if indoor, 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.
77. 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.
78. 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](#).
79. The [Coronavirus \(COVID-19\): public use of face coverings](#) provides guidance on general use and exemptions.

Links to supporting guidance:

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

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

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

Test and Protect

80. [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.
81. People who are symptomatic or identified as close contacts should follow Scottish Government and NHS guidance on self-isolation available at [Scottish Government: Test & Protect](#). No one who is self-isolating should attend a sports facility or activity.
82. 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.
83. Operators should store information for 21 days and share it when requested to do so by public health officers.

Registration with the Information Commissioner's Office

84. 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.
85. 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

86. 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.
87. 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.
88. Further information on the Protect Scotland app is available at www.protect.scot.

What should someone do if they have coronavirus symptoms?

89. If a person has a continuous cough, high temperature, or loss or change in taste or smell, they should self-isolate and request a coronavirus test right away. Further information is available at [NHS inform: Get a Test](#) or by calling **0800 028 2816** if they cannot get online.

Local Outbreaks or Clusters of Coronavirus Cases

90. Where a local outbreak has been reported, sports facility operators and deliverers within this locality should review Scottish Government local protection 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: '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 were lifted on the 9th August 2021 when Scotland moved to 'Beyond Level 0'. This included restrictions on physical distancing and the size of social gatherings. Additionally, no businesses must legally remain closed due to Covid-19.
3. However, as of 17th December 2021, businesses and service providers are now legally required to take reasonably practical measures to minimise spread of coronavirus on their premises, for example measures which limit close face-to-face interaction, such as supporting working from home, making adjustments to the premises and putting in place protective measures such as signage, screens and other mitigations.
4. In determining these measures, consideration must be given to the Scottish Government guidance available at [Scottish Government: Safer Businesses and Workplaces](#).
5. 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.
6. 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.
7. 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.
8. Scottish Government may update or change Levels and restrictions at any time, including local areas subject to them. Therefore, COVID officers should regularly check the [Coronavirus in Scotland](#) section of the Scottish Government website for updates.

Travel Restrictions

9. '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

[Travel Guidance](#) within the Return to Sport document for further information on where restrictions will apply should a local area move into protection levels.

10. 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

11. High levels of personal hygiene and respiratory etiquette will remain essential as we move Beyond Level 0.
12. 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

13. 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.
14. Operators should continue to maintain customer records and follow applicable guidance available in the [Test & Protect](#) section of Return to Sport guidance.

Competition & Events

15. 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.

16. At 'Beyond Level 0' there are no limits on spectator numbers, subject to organisers obtaining relevant permissions, where they normally would be required to do so. However, operators/ organisers should follow Scottish Government's [Coronavirus \(COVID-19\): Certification Scheme - Information for Businesses and Event Organisers](#) where attendance thresholds are met. A COVID vaccine certificates or a record of a recent negative COVID-19 test result (from either a Lateral Flow Device or PCR) is needed for:

indoor events (unseated) with 500 or more people
outdoor events (unseated) with 4,000 or more people
any event with 10,000 or more people

17. Professional football and rugby stadium operators should follow Scottish Government's [Coronavirus \(COVID-19\): Stadium Sector Guidance for Professional Football and Rugby](#).

18. 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.
19. 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

20. 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

21. Retail units operated by sports facility operators should follow Scottish Government's [Coronavirus \(COVID-19\): Safer Businesses and Workplaces](#) guidance.

DISCLAIMER

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