

Scottish Disability Sport Guidance Paper

PHASE 1 – Extension to Exercise; Outdoor Sport

General guidance;

- Risk assessments should be carried out and documented for all activities and facilities. Consider safety first, particularly minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are protected.
- Clubs, deliverers and operators should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.
- At all times, participants and facility operators should adhere to the Scottish Government's social distancing guidelines of staying at least 2m away from others. Scottish Government guidelines are available at www.gov.scot/coronavirus-covid-19/.
- Furloughed staff
 - It is for each employer to decide when it is the appropriate time to return staff to work from the [Coronavirus Government Job Retention \('furlough'\) scheme](#).
 - A furloughed employee can take part in volunteer work, if it does not provide services to or generate revenue for, or on behalf of your organisation or a linked or associated organisation.

Facility / Venue guidance;

- All indoor facilities should remain closed to the public including clubhouses, toilets, locker rooms, retail outlets and activity areas.
- Clubs and facilities are permitted to carry out routine maintenance, but the primary consideration must be to ensure the safety of staff.
- No spectating should take place but where a parent is supervising a child or vulnerable adult, this will be allowed if social distancing measures are followed.
- Limits on the number of participants should be considered to ensure appropriate social distancing can be maintained.
- Health, Safety & Hygiene

- Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
- Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.

Detailed guidance is available at;

www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/

www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/

- Facility Equipment
 - Clubs and venue operators should, where possible, remove equipment including benches, scoreboards, tables and any other objects that are not essential for participation purposes.
 - 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.
- Bookings and payment
 - Online bookings should be taken if possible. If not, alternative measures should be put in place including phone bookings.
 - Where possible and in line with Data Protection regulations, a register of users should be kept in case there is a need to track and trace.
 - Consider introducing buffer periods between sessions to stagger start times so that participants do not all arrive/leave at the same time.
 - Where possible use online or contactless payment options and avoid handling cash.
- Communication with members/customers
 - Clubs and 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.
 - Make them aware in advance of measures you are putting in place at your venue, and guidelines they are asked to follow.
 - Ideally clubs/operators should publish an action plan detailing their plans to re-open safely.
 - Communicate clearly opening times and how people can safely access a facility, if relevant, for example through a booking or queuing system.

- **It is more important than ever to consider inclusive guidance for people who need support to be active and clubs/operators should consider this as part of their work to encourage people to return.**
- Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed and up to date.
- Workforce

Clubs and venue operators must ensure that relevant workplace guidance 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.
- **Coaching, Instructing and Personal Training**

Currently no such activity can be undertaken, however this is under review by Scottish Government with guidance to be updated at the appropriate time.
- **Competitions**
 - **The initial focus during this phase should be on facilitating recreational and social play, and letting participants practice and exercise.**
 - **Some formats of competition will be able to resume before others and updates should be provided at the appropriate phase.**

Guidance for participants

The following guidance can be used to support participants. Consider using it in the context of before, during and after the activity.

- Stay up to date
 - Scottish Government information is available at www.gov.scot/coronavirus-covid-19/ .
 - Be aware that guidance can change, and restrictions may be reintroduced - ensure you have checked the latest version of guidelines for your activity.
- Travelling to and from the activity
 - Travel restrictions outlined by the Scottish Government should always be adhered to by participants. The latest advice can be found on the Scottish Government website.
 - Use toilet facilities at home before you leave.
 - Bring your own hydration / food to the venue.
 - Bring your own hand sanitiser to the venue and use regularly through the activity.

- Park your car in such a way as to facilitate social distancing.
 - Avoid touching fixed equipment including gates, fences or benches.
 - After completing your exercise/activity return directly to your car and leave. Do not store equipment at the venue.
- Clinically vulnerable people
 - The advice for clinically vulnerable groups remains the same. If you are in this group, you are advised to stay at home.
 - If you are living in a household with a possible COVID-19 infection or if you are classified as extremely vulnerable on health grounds, you should remain and exercise at home
- Participant Bookings
 - Where a venue allows, ensure you have booked in advance and made payment online.
 - Only outdoor facilities can be used.
- **Maintaining social distancing**
 - **Always stay at least two metres away from other participants including before, during and after the activity or when taking breaks.**
 - **Please ensure to follow guidance from your sport's governing body, club or operator on maximum numbers able to take part in the activity.**
- If you have children with you
 - You can exercise with members of your household, including children, or with members from one other household.
 - Spectating is not allowed other than if you are supervising a child or vulnerable person.
 - In all cases social distancing should be maintained.
- Equipment & Facilities
 - Do not share equipment, food or drink with other participants or use water fountains or other non-essential fixed equipment.
 - **Be aware that all onsite indoor facilities including toilets will be closed.**
- Hygiene
 - If you need to sneeze or cough, do so into a tissue or upper sleeve.
 - Avoid touching your face.