

Table A: Sport & Physical Activity Protection Levels

		Beyond Level 0	Level 0	Level 1	Level 2	Level 3	Level 4	
OUTDOOR SPORT Organised outdoor sport, competition, events and Physical Activity (PA)	Overview	No field of play bubble restrictions apply beyond Level 0, although limits on participation numbers at competition and events are applicable. For Levels 0-4 outdoor sporting 'field of play bubbles' apply for organised sport as noted below. At Levels 0-2 figures exclude coaches and support staff*. Multiple bubbles can be used for training, events, and competition if appropriate guidance, set out within this document, is followed. Indoor and outdoor stadium, or equivalent events/competitions, involving spectators are subject to relevant Scottish Government guidance.					Local training / competition only. U12s: max 30 including coaches. Over 12s / adults: max 15 including coaches.	
		No bubble restrictions Total Daily Limit: As agreed with Local Authority	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)	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	Non-contact sport & PA permitted Contact sport & PA prohibited		
INDOOR SPORT Organised indoor sport, competition, events and Physical Activity (PA)	Overview	Organised indoor sport or physical activity should follow Scottish Government Covid-19: sport and leisure facilities and sport specific SGB Guidance . 'Group' activity refers to adults, who take part in organised sport or physical activity, where the number of participants is larger than allowed under normal household rules. 'Individual exercise' refers to organised sport or physical activity which takes place within household rules i.e. 1:1 coaching. For further information see definitions within this guidance.						
	Children & Young people (u18 years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Indoor sport & PA prohibited:	
	Adults (18+ years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	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	Leisure Centres, gyms and other indoor sports facilities closed.	
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 Retail Sector Guidance .							
TOILETS, CHANGING & SHOWER ROOMS	Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at 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 Opening Public Toilets Guidelines					Public Toilets open.		
INDOOR FACILITIES (can open up to Level 3)	Overview	Specific information relating to indoor sports facility guidance is available at Getting Your Facilities Fit for Sport . Below is a summary of overarching guidance for operators regarding occupancy limits, physical distancing, and appropriate ventilation / CO2 levels (ppm) which should be monitored. Test & Protect procedures should continue in all indoor settings.						
		Beyond Level 0 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.	Level 0 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.	Levels 1 – 3 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 workforce planning in sport & leisure facilities is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.							
	Although gym and leisure facilities can open to Level 3, we would encourage providers to consider whether meetings and training must be completed in person or whether these can be completed online or via telephone. If it is essential that meetings and training takes place in person, Scottish Government guidance for general workplaces must be followed and a risk assessment should be completed.							