

SDS Phase 3 Return to Sport and Physical Activity Guidance Paper (updated 20 August)



This guidance is being produced to support athletes, participants with a disability, SDS Branches, coaches, volunteers and staff on Phase 3 of the return of outdoor sport and physical activity in Scotland.

Sporting activities can now 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 sport and leisure activities it is a mandatory requirement that all clubs, facility operators and deliverers put in place comprehensive 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](#).

SGBs, clubs and participants should be aware that the easing of restrictions does not mean that all facilities will open immediately. Clubs, owners and operators will require time to consider all the implications of opening facilities and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers. This is a difficult time for everyone so please be patient.

Where a participant with a disability requires functional support to enable their participation in physical activity and sport this can be provided without maintaining physical distancing. This support can be provided by a coach or other individual. 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

Further information on supporting the inclusion of participants with a disability can be found [here](#).

The information outlined below is generic and should be used to inform the development of suitable sport specific guidance which can be shared with participants, clubs, local authorities/trusts, third sector and other sports facility operators.

Should a return to sport be possible for **your sport** during phase 3 in line with government and **your sport specific Scottish Governing Body** guidelines. Further guidance will be available from your mainstream Scottish Governing Body to advise you on the implications for your individual sport. For further information on **sportscotland's** guidance on Phase 3: return to sport and physical activity click [here](#) and Scottish Governing Bodies guidance click [here](#)

Key Dates

Monday 24 August

Outdoor contact sport: Training and competition in an organised setting can resume for all ages. Maximum numbers in any one session must be agreed by SGBs and **sportscotland**.

Outdoor group coaching: For organised sports and leisure activities including aerobics and fitness classes can take place for a maximum of 30 people at one time.

Snooker, pool halls and indoor bowling: Can re-open following appropriate guidance, including enhanced hygiene.

Small outdoor live events: Some small outdoor seated live events and outdoor open space live events will be allowed to take place. These events will have to follow guidance on aspects including physical distancing, enhanced hygiene, and restricted numbers. Scottish Government will work with the events sector on options for larger pilot events. Outdoor sporting events or activities involving more than 30 people should not take place at this time unless following SGB specific guidance which has been approved by sportscotland.

Monday 31 August

Indoor sports facilities: All indoor sports facilities will be able to re-open following appropriate guidance. Scottish Government has published general [guidance](#) for these facilities, while **sportscotland** has updated its [Getting your Facilities Fit for Sport](#) guidance with further information for specific types of facilities.

Children under 12: Will be able to undertake both contact and non-contact sports activity in indoor facilities. Relevant SGBs will publish guidance for undertaking their sports activity.

Adults and young people aged 12 and over: Will only be able to participate in non-contact sports activity in indoor facilities subject to appropriate physical distancing measures being put in place to limit the risk of participants encroaching within 2m. Relevant SGBs will publish guidance for undertaking their sports activity.

Indicative Dates (below dates are indicative only and may be subject to change, following the next formal review point on 10 September)

Monday 14 September

Indoor contact sport: Allowed to resume for adults and young people aged 12 and over, following relevant SGB guidance. (From 31 August only allowed for children under 12.)

Sports stadia: Allowed to re-open for limited numbers. Test events may take place before this date.

Events: There will be further relaxation of restrictions on indoor and outdoor events, although this will not allow all events and particularly large events to take place.

Local restrictions

Where a locality or region is subject to localised restrictions, not all of the changes above will apply. Details of local restrictions are available [here](#).

Coaching & Instructing

Guidance for coaches, leaders, personal trainers, and instructors (herein referred to as coaches) is available at [Getting your coaches ready for sport](#) .

From the 24th August 2020 coaches can take organised outdoor group training sessions with a maximum of 30 people involved at any one time.

During all sessions appropriate risk assessed physical distancing and hygiene measures should be put in place to protect participants.

Boccia

For the sport of boccia there will be the ability to return from the 31st August depending on the readiness of facility providers to open to clubs and sessions for training purposes only.

Competition will be considered in the future. SDS will publish further updates and guidance as and when competition is allowed to return.

SDS has produced a separate Return to Boccia Guidance Paper that will be available from the 31st August

General Guidance

To prevent spread of the virus, please follow the **FACTS**:

Face coverings

Avoid crowded places

Clean hands regularly

Two metre distance

Self-isolate and book a test if you have symptoms

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

Shielding is currently paused and it is the individuals responsibility to decide when it is safe for their return to sport. The advice is highlighted in [a separate Route Map](#). The advice to people is to continue to strictly follow the guidelines on physical distancing, handwashing, surface cleaning and respiratory hygiene guidance on the [NHS Inform website](#).

sportscotland Phase 3: Return to Sport & Physical Activity

For further guidance on the following areas please refer to the [Phase 3; Return to Sport and Physical Activity](#) document produced by **sportscotland**:

Furlough Scheme

Sport Facility and Operational Guidance

Test & Protect

Changing Facilities, Showers & Toilets

Organised Sporting Activity for Children & Adults

Health, Safety & Hygiene

First Aid

Guidance for Participants

Physical Distancing

Spectators

Covid-19 Officer Training [sportscotland Covid Officer E-learning Module](#)

SDS key messages

- This guidance relates only to sport and physical activity in Scotland.
- Further guidance will be available from your mainstream Scottish Governing Body to advise you on the implications for your individual sport. Click [here](#)
- Guidance for coaches, leaders, personal trainers, and instructors (herein referred to as coaches) is available at [Getting your coaches ready for sport](#) .
- From the 3rd August 2020 restrictions were lifted on the number of households (or extended households) that can be coached per day.
- From the 24th August 2020 coaches can take organised outdoor group training sessions with a maximum of 30 people involved at any one time.
- During outdoor group training sessions appropriate risk assessed physical distancing and hygiene measures should be put in place to protect participants.
- Face coverings: Mandatory (with limited exceptions) on public transport and in shops
- Be kind, friendly and considerate to everyone you meet
- Follow Public Health guidelines for hygiene
- Any branch or club activity must be in accordance with the guidelines provided
- Exercise well within your capabilities
- For further details please refer to [sportscotland's guidance here](#)

Our priority remains to protect the health of our coaches, volunteers, athletes, participant, staff and the wider community and help to suppress the spread of the Covid-19 virus. We should all continue to follow the government's and public health guidelines.