



SDS Return to Sport and Physical Activity Guidance Paper (updated 5 April 2021)

This guidance is being produced to support athletes, participants with a disability, SDS Branches, coaches, volunteers, and staff in relation to the Scottish Government's new [strategic framework document \(version: Feb 2021\)](#) for managing COVID-19 which became effective from 23 February 2021. This provides a 0-4 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.

The free NHS Scotland Protect Scotland app has been designed to help us protect each other, reduce the spread of Coronavirus and avoid further lockdowns. By using the app and following current public health measures we can all stay safe when we meet up, socialise, work or travel. To find out more and download the app please visit protect.scot.

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](#).

Where Scottish Government local measures and restrictions are in place guidance detailed will supersede the corresponding guidance

People who are symptomatic and household members should self-isolate for 10 days as per NHS Scotland 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](#).

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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.

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 Organised outdoor sport, competition, events and Physical Activity (PA)	Overview	An outdoor sporting 'field of play bubble' may consist of participants including coaches, officials and other support staff with maximum numbers allowed in each level noted below. Multiple bubbles can be used for training and SGB 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 and approval. Other outdoor participation events are permitted subject to further Scottish Government clarification on numbers.				Local training/competition only. U12s: max 30 including coaches. Over 12s/adults max 15 including coaches.
		* Subject to SG Confirmation	* Subject to SG confirmation	*Subject to SG confirmation	Maximum of 30 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	U12s: Contact sport permitted 12-17 years: Contact sport temporarily permitted up until the 25 April 2021. Non-contact only at Level 4 from 26 April 2021.
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	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, 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	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	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 up 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.	

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 in consultation with the participant. This process is reflective of making "reasonable adjustment," in line with the Equality Act 2010.

"Reasonable adjustment" ensures the meaningful inclusion of people with disabilities within physical activity and sport by meeting individual needs.

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](#).

Equality & Inclusion

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

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.

The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include;

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.

Accessibility – Accessibility of our environments is another key issue emerging from the pandemic. As clubs and leisure centres 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.

Anxiety, mental health and wellbeing – The pandemic is leading to an increased risk of anxiety and mental ill-health for people who share all characteristics. 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.

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.

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.

Level 4 Guidance (Stay Local) – 2nd April Up to 25th April 2021

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 'Stay Local'** restrictions to be applied.

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**.

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.

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.

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.

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 [Coronavirus \(COVID-19\): Local Protection Levels](#).

Travel Restrictions in Level 4 areas

Those living in a Level 4 local authority area can travel within that area to undertake outdoor sport, exercise and recreation including walking, cycling, golf or running that starts and finishes at the same place (or up to 5 miles from the boundary of their local authority area for informal exercise), as long as they abide by the rules on meeting other households.

Exemptions are also applicable for essential animal welfare reasons, such as exercising or feeding a horse or going to a vet.

When taking part in sport, exercise or recreation participants should at all times follow Scottish Government 'Stay Local' guidance

Travel Summary

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

Participants can take part in organised sport and physical activity within their own local government area based on Level as detailed in [Table A](#). Such activity is subject to exemption from household rules as detailed within this guidance.

When a participant travels out with their home local government area they should follow the travel guidance detailed below. Travel regulations are now legally enforceable.

Participants should, where possible, avoid any unnecessary travel out of area and keep journeys within area to an absolute minimum.

Children and young people may travel to and from a Level 4 area, if for example, they belong to a club which is just outside their own local authority area.

They should however travel no further than necessary and only participate in activities they are permitted to undertake in a Level 4 area. For instance, 12-17year olds living in a Level 4 area are restricted to participating in groups of no more than 15 people.

Adults living in a Level 4 local authority area may travel within, but not outwith, that area to take part in organised sport.

Outdoor Sport & Leisure Activity

Operators in Level 4 areas may continue to open outdoor sports areas, courts, pitches and facilities (with the exception of ski centres/resorts) 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](#).

Restrictions on participants taking part in outdoor organised sport, exercise and recreation in **Level 4** is as follows.

Children (aged up to 11 years)

Children can take part in outdoor contact and non-contact organised sport including training, group exercise and competition within their usual club or facility environment. Inter club competition should not take place.

An outdoor sporting 'field of play bubble' can consist of up to 30 children, coaches, and officials at any one time.

Young People (aged 12-17 years)

Young people can take part in outdoor contact and non-contact organised sport including training, group exercise and competition within their usual club or facility environment up to and including the 25th April 2021. Thereafter only non-contact sport or physical activity should take place at Level 4. Inter club competition should not take place.

An outdoor sporting 'field of play bubble' can consist of up to 15 young people, coaches, and officials at any one time.

Adults (aged 18 years or over)

Adults can take part in outdoor non-contact organised sport including training, group exercise, aerobics, fitness classes and competition within their normal club or facility environment.

An outdoor sporting 'field of play bubble' for adults can consist of up to 15 people, including coaches, and officials at any one time. Physical distancing should always be maintained.

Where there are multiple bubbles operating at the same venue these must be risk assessed to ensure there can be no mixing of participants before, during or after the activity. Specific mitigations could include staggered start times, limiting car parking or controlling access / egress points.

Outdoor sporting bubbles for training, competition, or small-scale participation events (Levels 0-3) – From 26th April 2021

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 at Level 3 (numbers are subject to further confirmation from Scottish Government for Level 0, 1 & 2). 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**.

Multiple outdoor sporting bubbles can be used for training and competition. In such cases operators and organisers should undertake comprehensive risk assessments to ensure that these bubbles do not mix at any time including before, during or after an activity. Once an individual has completed their activity, they should immediately vacate the 'field of play' and are then subject to household rules.

Total participant numbers allowed to take part in small-scale events at Levels 0, 1, 2 & 3 are being reviewed by Scottish Government. Further information will be provided once available.

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 should risk assess and identify mitigating measures 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.

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 other relevant Scottish Government guidance.

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.

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.

SGBs and operators should introduce a period of training to familiarise participants with guidelines before running competitions.

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 in Level 3, including the coach, if physical distancing is always maintained. Bubble numbers for Level 0, 1 & 2 are to be confirmed by Scottish Government.

Indoor Sport & Leisure Facilities

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.

Public Toilets

- Operators may open indoor toilets for public use if they follow Scottish Government [Opening Public Toilets Guidelines](#).
- 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.
- All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance.

Definitions - for the purposes of this guidance

'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.

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.

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.

Sports competition refers to where participants or teams compete against different opponents as part of an organised league or competition.

Adult ‘group’ sport or 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.

Indoor individual exercise refers to non-contact recreational sport or physical activity which follows household rule numbers. 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

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.

Subject to the protection level guidance within this document, 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.

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:

- 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.
- As soon as a participant has completed training, a competition or event, they should leave the field of play/venue.

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 sporting events](#).

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.

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.

Coaching

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.

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](#).

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.

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.

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'.

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.

Coaching (Levels 0-3)

Coaches can run organised outdoor group training sessions in protection Levels 0-3 in line with maximum bubble sizes outlined in Table A 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 also ensure to follow specific guidance on sporting bubbles within this document.

Coaches can take multiple indoor sessions per day in line with the level restrictions for age groups. The number of participants allowed in each session will depend upon the protection Level restrictions in place in the given location.

Coaching (Level 4)

Coaches can run organised outdoor non-contact group training sessions in protection Level 4 for a maximum of 15 people aged 12 years or over (including the coach/es)

Coaches can run organised outdoor contact and non-contact training sessions for up to 30 children (including the coach/es) aged under 12 years.

Face coverings must be worn by coaches when indoors, except where an exemption applies. For instance;

- where an individual has a health condition or is disabled, including hidden disabilities, for example, autism, dementia or a learning disability.
- or if there is a reasonable excuse not to wear a face covering such as;
 - 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.
 - being physically active or exercising as part of the coached session.

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](#)

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.

At all times coaches should:

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

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](#).

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](#).

Boccia

There will be no organised boccia activity under Level 4 restrictions. However, under other levels there is the ability to return 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 published a separate Return to Boccia Guidance Paper. To access this guidance please follow this link: [Return to Boccia](#)

Travel guidance can be found in Table A on page 3.

General Guidance

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

Face coverings

Avoid crowded places

Clean hands regularly

Two metre distance

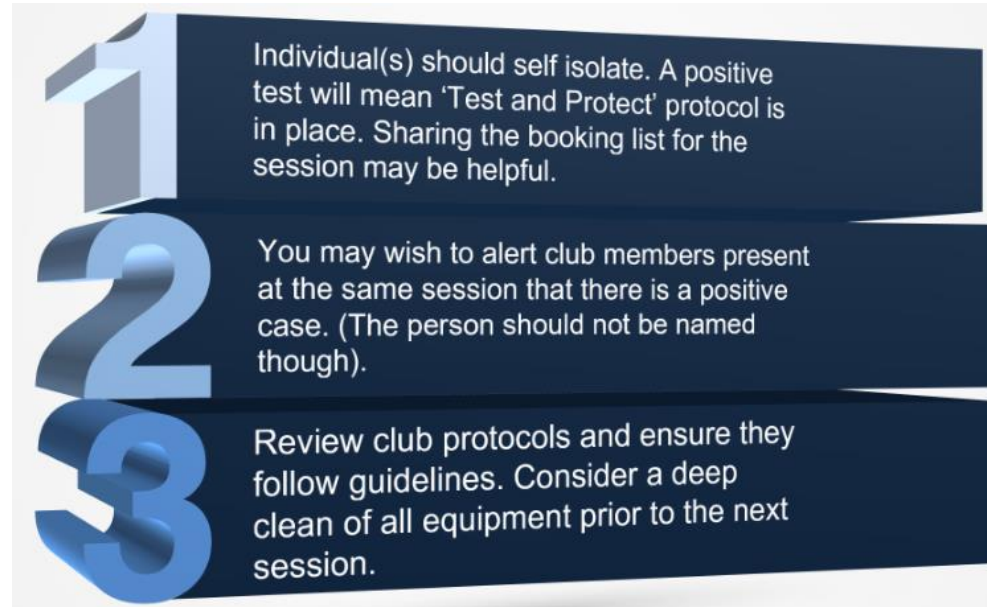
Self-isolate and book a test if you have symptoms

IMPORTANT:

People who are symptomatic and household members should self-isolate for 10 days as per NHS Scotland guidance. No one who is self-isolating should attend a sports facility or 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 [here](#). 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](#).

What to do if someone in the club or session has Covid-19



Local Outbreaks or Clusters of Coronavirus Cases

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. 94. 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.

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](#)
- 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.

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

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.