

RETURN TO PLAY



BRITISH
DODGEBALL

UPDATE FOR RETURN TO PLAY IN SCOTLAND.

LOCAL MEASURES & RESTRICTIONS

Introduction

The guidance within this appendix is applicable to sport and physical activity facilities and activities where Scottish Government have identified the requirement for local measures and 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.
- Local measures and restrictions will come into force for licensed premises from 18:00 on Friday 9 October, with all other restrictions applying from 00:01 Saturday 10 October and run until midnight on Sunday 25th October 2020.
- The restrictions currently apply to the following NHS Health Boards and local authorities, but be aware these may change if infection rates increase in other parts of Scotland; NHS Ayrshire & Arran (North, South and East Ayrshire), NHS Greater Glasgow & Clyde (Glasgow, East and West Dunbartonshire, Renfrewshire and East Renfrewshire, and Inverclyde), NHS Lanarkshire (North and South Lanarkshire), NHS Forth Valley (Clackmannanshire, Stirling and Falkirk) and NHS Lothian (Edinburgh, East, West and Mid-Lothian).
- The information outlined below should be used in conjunction with, and where appropriate supersede, the '**Phase 3: return to sport and physical activity guidance**' to inform the development of sport specific guidance which will be shared with participants, clubs, local authorities/trusts, third sector and other sports facility operators within local areas identified by Scottish Government as requiring additional measures/restrictions to reduce the spread of COVID-19 infection.
- 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.
- Travel to or from an area with Scottish Government local measures or restrictions in place to undertake sport or physical activity should where possible be avoided.
- People living in areas with Scottish Government local measures or restrictions should not participate in outdoor amateur contact sport in any location (unless they are under 18 years of age).
- Be aware that the Scottish Government may update or change measures and restrictions at any time, including the local areas subject to them. Therefore COVID officers should regularly check Scottish Government advice and guidance relating to local outbreaks and measures at [Coronavirus \(COVID-19\): local advice and measures](#).

OUTDOOR SPORT & LEISURE ACTIVITY – LOCAL MEASURES

- Facility operators in areas subject to local measures and restrictions may continue to open all outdoor sports areas, courts and pitches 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](#).
- Children and young people under 18 years of age can continue to take part in organised outdoor non-contact and contact sports training, competition or events if all relevant guidance is followed.
- Adults (18 years of age or older) can take part in organised outdoor non-contact sports training, competition or events if all relevant guidance is followed.
- Adults should not take part in any form of contact sport in areas which are subject to Scottish Government local measures or restrictions.

- Where outdoor sports training, competition or events are planned and include multiple bubbles; facility operators, organisers and deliverers 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.
- Facility operators, organisers and deliverers 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 or activity.
- Outdoor group coaching for organised sport and leisure activities including aerobics and fitness classes can continue to take place with up to 30 people at any one time, including the coach as long as physical distancing is maintained at all times.

INDOOR SPORT & LEISURE ACTIVITY – LOCAL MEASURES

- Indoor sport and leisure facilities can remain open if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented.
- Children under 12 years of age can continue to take part in organised indoor contact and non-contact sports training, activity and competition.
- Young adults under 18 years of age can continue to take part in indoor non-contact sports training, activity and competition.
- Adults (18 years of age or older) should not take part in any indoor group activity such as exercise classes, any form of contact sport, group competitions or group coaching/training.
- Adult group activity for the purposes of this guidance is activity, involving adults, from more than 2 households / 6 members of those households who take part in an activity.

- Recreational activity, such as gym use, 1:1 personal training, swimming, ice skating and indoor snowsports activity where physical distancing can be maintained is permitted.
- Coaches can take multiple sessions per day, but each session should not include more than one other household if adults are involved (maximum of 6 people in total).
- The number of participants allowed to take part in indoor sport or leisure activity must be risk assessed by the sports facility operator following Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) and sport specific [SGB Guidance](#).
- Guidance for coaches, leaders, personal trainers, and instructors (referred to as coaches) is available at [Getting your coaches ready for sport](#).

HOSPITALITY

Additional restrictions are in place for hospitality businesses. Sports facility operators providing catering or bar services should refer to Scottish Government guidance for details of these restrictions. [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).

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