

October 2020

Following a rise in COVID-19 cases across Scotland, the First Minister has announced some new restrictions to help interrupt the upward trajectory of the virus. These restrictions have some implications for our sport both indoor and outdoor.

The 5 health board areas across Scotland that are currently worst affected by COVID-19 are facing higher level restrictions than the rest of the country but we ask everyone to play their part in reducing the risk of spreading the infection.

The 5 health board areas are as follows:

- Greater Glasgow and Clyde
- Lanarkshire
- Lothian
- Forth Valley
- Ayrshire and Arran

The following restrictions apply to anyone from any of the highlighted health board areas above:

- People from the highlighted 5 health board areas, **should not travel** outwith their area unless they have to. People from out with these areas should also **avoid traveling to** these health board areas.
- Please stay within your local health board area for the purpose of any volleyball activity; indoors or outdoors.
- Within these 5 health board areas, outdoor non-contact sport for all ages **can continue** to take place as long as Scottish Government and Scottish Volleyball guidance is followed.

Please see our Scottish Volleyball 'Play it Safe' - Outdoor guidance for the safe delivery and participation in outdoor volleyball.

[NB; Volleyball is a non-contact sport.]

Play It safe

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- Indoor non-contact sport for adults (ages 18 and over) is not permitted until at least Sunday 25th October.
- Indoor volleyball can continue to take place for juniors (aged 17 and under). Please follow our 'Play it Safe' guidance for Indoor Volleyball for such activity.
- New mandatory guidance for use of Face Coverings in indoor communal spaces will be in place from Friday 9th October.
- These restrictions are to be followed initially for a period of 16 days: from Friday 9th October at 6pm to Sunday 25th October.
- For those in the 5 highlighted health board areas, please consider our Scottish Volleyball 'Play it Safe' guidance for adult Indoor volleyball suspended and follow the above restrictions.
- For those outwith the 5 highlighted health board areas, our 'Play it Safe' guidance for indoor and outdoor volleyball still applies.

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