

Level 4 – Stay at Home

Play it Safe - Updated 12 March 2021

General Sport Guidance

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 Government’s approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#) .

Outdoor Sport & Leisure Activity

Restrictions on the number of people who can take part in outdoor organised sport, exercise and recreation in Level 4 is as follows:

Outdoor sporting bubbles for localised training and competition (Level 4)

- Children ([aged up to 11 years](#))
 1. 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. **This does not include inter-club competition.**
 2. A children’s outdoor sporting ‘field of play bubble’ at Level 4 can consist of up to 30 people including coaches and officials at any one time.
- Young People and Adults ([aged 12 years or over](#))
 1. Young People and adults can take part in **outdoor** non-contact organised sport including training, group exercise, aerobics, fitness classes and competition within their usual club or facility environment.
 2. An outdoor sporting ‘field of play bubble’ for young people and adults at Level 4 can consist of **up to 15 people**, including coaches, at any one time. **Physical distancing should always be maintained.**

Coaching (Level 4)

1. 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)**
2. Coaches can run organised outdoor contact and non-contact training sessions **for up to 30 children (including the coach/es) aged under 12 years.**
3. Coaches can take multiple sessions (where protection levels allow) per day, however the number of participants allowed in each session will

depend upon the age of participants and the protection Level restrictions in place in the given location.

4. 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](#).

Volleyball Specific Guidance

- Children (**aged up to 11 years**)
 1. People under the age of 12 years can participate in outdoor organised volleyball activity without the need to maintain physical distance during play.
 2. Where possible **coaches should maintain physical distance** from the players at all times.
 3. Organised outdoor activity **for up to 30 people (including coaches)** can take place but the **maximum number of players per court should be 8 (4v4)**.
- Young people and adults (**aged 12 and over**)
 1. People aged 12 years and over can participate in outdoor organised volleyball activity **as long as physical distance (2 metres) is maintained at all times on and off the court**.
 2. Conditioned training sessions and competition can take place, **as long as physical distance (2 metres) is maintained at all times**. This means **net play is not permitted** in this phase of restrictions.
 3. Organised outdoor activity for **up to 15 people** (including the coach) can take place but **the maximum number of players per court should be 4 people (2v2)**.
 4. For full details on how to keep your activity space safe, please refer to our detailed '[Play it Safe](#)' [guidance document for outdoor volleyball](#).

Travel Guidance for Sport and Recreation (Level 4)

- Children & Young People (**17 years or under**)
 1. Participants **aged 17 years or under** can travel to and from Level 0, 1, 2 and 3 areas to take part in organised sport, physical activity, training and competition.
 2. Children and young people may travel into or out of a Level 4 area for organised activity **if that is where their sport, club or activity usually takes place**.

3. Children and young people living in a Level 3 or 4 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, running or cycling which starts and finishes at the same place. Such activity should follow [Scottish Government 'Stay at Home' guidance](#).
- **Adults (18 years or over)**
 1. Participants aged **18 years or over** can travel to and from Level 0, 1 and 2 areas (but not Level 3 or 4) to take part in organised sport, physical activity, training and competition.
 2. Adults living in a Level 3 or Level 4 area should only **travel locally** (within their own local government area) to take part in organised outdoor sport.
 3. Adults living in a Level 3 or Level 4 area should only travel out with their local government area (up to 5 miles) to take part in **informal exercise** such as walking, cycling, golf or running that starts and finishes at the same place. Such activity should follow [Scottish Government 'Stay at Home' guidance](#).

Travel Summary

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

Elite Sports

Those involved in our Elite beach volleyball programme should continue to follow the Scottish Volleyball Elite guidance, in line with strict COVID-secure protocols that have been approved by **sportscotland** and the Scottish Government.

Overview

Indoor sport and leisure facilities including club houses, changing rooms and activity areas should remain closed at Level 4.

Please note Information in this document supersedes any information within our previous Play it Safe guidance.

Our Protection Levels Framework (Level 0-4) will be updated in the coming weeks.