



Level 3 (26th April – 17th May)

Play it Safe - Updated 26 April 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](#).

Definitions – for the purpose 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”.
- **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.

See Table 1 below for an overview of the generic [Sport and Physical activity guidance](#) for each Protection Level.

For the purpose of this guidance, **OUTDOOR BEACH** and **GRASS VOLLEYBALL** are considered as a **NON-CONTACT** sport in the adapted form of 2 v 2 **without net play** e.g., blocking.

OUTDOOR BEACH/GRASS VOLLEYBALL with open net play (including blocking) is not permitted for people aged 18 and over within Level 3 restrictions.

INDOOR Volleyball is considered as a **CONTACT** sport for the purpose of this guidance.

Table 1: Generic Sport and 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 bubble size: 30	

	Children & Young people (u18 years)				Contact & non-contact sport & PA permitted	U12s: Contact sport & PA permitted 12-17 years: Non-contact sport & PA permitted.
	Adults (18+ years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	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	Indoor sport & PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed.
	Adults (18+ years)	Contact & non-contact sport & PA permitted	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, herein referred to as coach/es . 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	<p>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.</p> <p>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.</p>	
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.	



Outdoor Sport & Leisure Activity – Level 3

Restrictions on the **number of people** who can take part in outdoor organised sport, exercise and recreation in **Level 3** is as follows:

Outdoor sporting bubbles for training, competition, or small-scale participation events (Levels 0-3)

1. 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**.
2. Once an individual has completed their activity, they should immediately vacate the 'field of play' and are then subject to household rules.
3. Total participant numbers allowed to take part in small-scale events at Levels 0, 1 & 2 are being reviewed by Scottish Government. Further information will be provided once available.

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

- See Table 1 for updated information on Level 4 restrictions.

Coaching Outdoors - 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 1](#) or as agreed through approved [SGB Guidance](#) and [Scottish Government \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#). **Coaches are included** in the 30 people.



- 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 1](#) 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 risk assessment.

Indoor Sport and Physical Activity

1. Indoor sport and leisure facilities can open if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented.
2. Appropriate risk assessments and mitigating measures must be put in place to reduce risk and protect participants. For instance, consider physically distanced training, reducing numbers taking part and changing game formats or rules.



3. Participants should not congregate before or after an activity. Operators must ensure comprehensive mitigating actions are put in place and documented in their risk assessment to stop this happening. Consider staggering start/arrival times and any other relevant additional measures.
4. The number of participants allowed to take part in indoor sport or physical activity must be risk assessed by the operator following Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) and sport specific guidance below.

Coaching Indoors – Level (0-3)

1. Coaches can take multiple indoor sessions **(where protection levels allow)** per day, however the number of participants allowed in each session will depend upon the Protection Level restrictions in place in the given location.
2. 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 priority should be on ensuring the safety of the coach and participants and minimising the risk of virus transmission before, during and after activity.



Volleyball Specific Guidance

Outdoor Volleyball Specific Guidance – Level 3

- Children (**aged up to 17 years**)
 1. People under the age of 18 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)**.
- Adults (**aged 18 years or over**)
 1. Adults can take part in **outdoor organised volleyball sessions** within their normal club or facility environment. **Physical distancing should always be maintained.**
 2. An outdoor sporting 'field of play bubble' for adults can consist of **up to 30 people**, including coaches, and officials at any one time.
 3. The **maximum number of people per court** at any one time should be **4 people (2v2)**.

For full details on how to keep your outdoor activity space safe, please refer to our detailed '[Play it Safe' guidance document for outdoor volleyball](#).

Indoor Volleyball Specific Guidance – Level 3

- Children (**aged up to 17 years**)
 1. People under the age of 18 years can participate in **indoor organised group** 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. See Table 2 and Table 3 below for indicative numbers per court/session depending on the size of the space.

- Adults (**aged 18 years or over**)
 1. Adults aged 18 and over cannot take part in **indoor group volleyball sessions** in Level 3.
 2. Adults aged 18 and over can only take part in **individual exercise only indoors** in Level 3.

Scottish Volleyball recommends the following maximum number of people **per indoor court** in **Level 3:**

Table 2: Number of players permitted per court – Level 3

Court Size [Badminton or 6v6/9x18m]	Maximum number of people aged 17 and under, per court	Maximum number of people aged 18 and over, per court
Badminton Court (long net)	8 (4v4)	Indoor Individual Exercise Only – regardless of court size
6v6 Court (9x18m)	12 (6v6)	



Scottish Volleyball recommends the following maximum number of people **per indoor hall/session in Level 3**, taking hall size (per number of badminton courts) and age of participant into consideration:

Table 3: Number of Players per session – dependent on hall size – up to a maximum of 30 in **Level 3**

Hall Size (Per Badminton Courts)	Maximum number of people aged 17 and under , taking part at any one time (Maximum number includes coaches)	Maximum number of people aged 18 and over , taking part (Maximum number includes coaches)
4 badminton courts	30	Indoor Individual Exercise Only – regardless of hall size
5 badminton courts	30	

For full details on how to keep your indoor activity space safe, please refer to our detailed [‘Play it Safe’ guidance document for indoor volleyball](#).

Travel Guidance for Sport and Recreation (Level 3)

- 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, training, and competition.
 2. Children and young people can also travel to and from a Level 4 area, if for example, they belong to a club which is outside their own local government area. This flexibility is to allow children and young people to take part in sport or organised activity, but **they should travel no further than they need to**. If attending a sport/activity in a Level 3 area or below, Level 4 guidance will apply to the whole activity e.g., 12 to 17-year-old outdoor activity should be



restricted to non-contact and include a maximum of 15 participants.

3. Children and young people living in a Level 3 or 4 area can also travel out with their local government area to take part in informal exercise such as walking, running or cycling. Such activity should follow [Scottish Government 'local protection levels' guidance](#).
- Adults (**18 years or over**)
 1. Participants aged **18 years or over** can travel to and from a Level 0, 1 and 2 area to take part in organised sport, physical activity, training and competition. They should not travel to a Level 3 or 4 area.
 2. Adults living in a Level 3 area should only travel locally or to another Level 3 area to take part in organised sport or physical activity as outlined in Table 4.
 3. Adults living in a Level 4 area should only travel locally to take to take part in organised sport or physical activity.
 4. Adults living in a Level 3 or Level 4 area can also travel out with their local government area to take part in informal exercise such as walking, cycling, golf or running. Such activity should follow [Scottish Government 'local protection levels' guidance](#).

Table 4: Travel Summary (Organised sport and physical activity)

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	✓
18+ (Adults)	✓	✓	✓	L3 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

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

As we progress through the Protection Levels, we will establish an updated version of our Play It Safe Protections Levels Framework for reference in the situation that different local authorities end up in different levels. This document is currently under development and will be published in the coming weeks.