

Updated 2 November 2020

Latest Government COVID-19 Restrictions and Impact on Sport

On 29th October the Scottish Government gave further information around the new five-tier protection framework to slow down the spread of Covid-19 in specific council areas. These new measures which come into effect from 6.00am on Monday 2 November have wider implications for sport and we have updated the advice below based on the new travel guidance issued on 1st November by the Scottish Government. The information below should be read in conjunction with current guidance found on our [Covid-19 Hub](#).

The full breakdown of restrictions can be found on the [Scottish Government website](#), and Scottish Swimming published a summary of which council areas fall within each level or tier, available [here](#). Key information is provided below:

What can still go ahead in levels 1, 2 and 3:

- ✓ Club training for U18s
- ✓ Group land training for U18s
- ✓ Swimming lessons for U18s
- ✓ Individual lane swimming for all ages
- ✓ Outdoor non-contact group training for U18s and 18+
- ✓ Performance sport¹

Please note that in levels 1 and 2, Indoor non-contact sport is allowed for 18s and over, but Indoor contact sport is not.

What cannot go ahead in level 3 areas (exemption for performance sport):

- × Indoor group training for 18+
- × Indoor land training for 18+
- × Group exercise classes for indoor gyms/sports courts, pools for 18+
- × Indoor and outdoor contact sports for 18+

Can I travel between areas in different levels?

Travel is permitted between areas in level 1 and 2. This covers club training and swimming lessons.

In addition, people may travel between areas at any level: 0, 1, 2, 3 or 4 if it is to enable work, education, or outdoor exercise. This would cover land training outdoors and coaches who may have to travel between levels 1, 2, or 3 for paid or voluntary work.

On Sunday 1 November the Government updated the guidance on travel granting an exemption for U18s sport to enable those under 18 to travel into or out of level 3 areas for the purposes of sport.

Can those aged 18 and over train with their club?

The Scottish Government is actively reviewing the restrictions around organised sport and physical activity for those aged 18 and over. Until we have further information club members aged 18 and over should not be participating in indoor group training at the current time in level 3/4 areas.

Notes: 1. Performance sport is defined by [sportscotland](#) here: [Resumption of Performance Sports](#)