

## Update to Travel Guidance 2 December 2020

The Scottish Government and sportscotland recently updated the guidance around travel, clarifying restrictions under the different protection level areas in Scotland. A summary is found below.

### Children & Young People (17 years or under)

- Participants aged 17 years or under can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport, physical activity, training and competition
- Children and young people living in a Level 4 area should only travel **locally** (within their local government area) to take part in organised sport
- Children and young people living in a Level 4 area should only travel outwith their local government area (up to 5 miles) to take part in informal outdoor exercise such as walking, running or cycling which starts and finishes at the same place. Such activity should follow [Scottish Government 'meeting others outdoors' guidance](#).

### Adults (18 years or over)

- 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
- 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 sport or physical activity
- 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 outdoor exercise such as walking, cycling or running that starts and finishes at the same place. Such activity should follow [Scottish Government 'meeting others outdoors' guidance](#).

### Travel Summary

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