

## 5<sup>th</sup> January 2021 Summary of Lockdown Restrictions

On the 4<sup>th</sup> January, the Scottish Government announced the introduction of further restrictions in Level 4 for mainland Scotland which effectively imposes a full lockdown similar to last March, in order to curtail the spread of the new COVID-19 virus strain. There is a clear message to stay at home and only go out for essential purposes.

While the full breakdown of restrictions can be found on the [Scottish Government website](#), below is information relating to aquatics and sport.

### Western Isles, Shetland and Orkney

These islands will remain in Level 3 restrictions and therefore some pools may remain open for swimming lessons and club training for under 18s – subject to the previous guidance on our COVID-19 Hub.

### Mainland Scotland

All of mainland Scotland is in an enhanced Level 4 lockdown until at least 31<sup>st</sup> January and the date will be reviewed later this month.

1. Indoor facilities including pools and gyms will remain closed in January.
2. No sports bubbles are allowed for training or exercise. Household rules apply.
3. Sport or informal exercise can continue but it will be for a maximum of 2 people together unless under 12 years as they do not count towards the total.
4. Coaching is restricted to 2 people (including the coach) for those 12 years or over. Under 12s do not count towards the number so a coach can take larger groups of u12s (**local area only and a maximum of 2 coaches with up to 12 children under 12**).
5. Travel is restricted (as previously) but with 'stay at home' the key message and this is now the law. There are exemptions for sport, exercise and recreation and participants can still travel up to 5 miles from the boundary of a LA to take part in informal exercise such as walking, running, golf or cycling as long they abide by the rules on meeting other households noted above e.g. 2 adults from maximum of 2 households.
6. Performance/professional sport retains its exemptions at Level 4 although this is subject to local operators opening facilities based on their risk assessments.

### What can still go ahead:

- ✓ Exercise at home via our SS Connect programme content and online workouts
- ✓ Walking, running, cycling, golf, outdoor swimming for 2 adults together from 2 households\*
- ✓ Outdoor small, coached land training sessions for under 12s in local area
- ✓ Professional sport for identified performance athletes

**\*Please note we DO NOT advise outdoor swimming in the winter. There are key safety concerns. Here is a link to our open water guidance <https://bit.ly/2MrGLkK>**

### What can no longer happen:

- × Group training for over 12s
- × Indoor training (except performance athletes)

### NOTE

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