

# Route Back to the Water 2021

	12 March	5 April	26 April	17 May	June tbc
Facilities	Outdoor open water venues and open air swimming pools can open for informal, individual exercise.		Indoor gyms and swimming pools can open for individual exercise and the groups below. Indoor group exercise for adults is permitted under the household rules.		
Travel	Stay at Home. Organised sport travel exemption for Under 18s.	From 2 April Stay Local. Can travel within LA area for a non-essential purpose.	All travel restrictions will be lifted in mainland Scotland. Scottish Government will consult with island communities on the need for any continued restrictions in travel to the islands.		Travel allowed within UK.
Informal	Informal, outdoor exercise permitted for up to 4 adults from 2 households or for 12-17 year olds, 4 people from 4 households.	Informal, outdoor exercise permitted for up to 4 adults from 2 households or for 12-17 year olds, 4 people from 4 households.	Informal, outdoor exercise permitted for up to 6 adults from 3 households or for 12-17 year olds, 6 people from 6 households.	Informal, outdoor exercise permitted for up to 6 adults from 3 households or for 12-17 year olds, 6 people from 6 households.	Up to 6 people from up to 3 households can socialise indoors and up to 8 people from 3 households outdoors. For 12-17, up to 8 people from 8 households can meet socially outdoors.
Learn to swim	Contact and non-contact organised outdoor exercise permitted for Under 12s up to groups of 30.	Outdoor exercise and outdoor contact sport can resume for 12-17 year olds up to groups of 15.	Learn to Swim classes can resume for under 18s.	Adult Learn to Swim classes can resume.	
Clubs	Contact and non-contact organised outdoor exercise permitted for Under 12s up to groups of 30. For 12+ non-contact outdoor exercise permitted up to groups of 15.	Outdoor contact sport can resume for 12-17 year olds up to groups of 15. For 18+ non-contact outdoor exercise is permitted up to groups of 15.	Indoor contact and non-contact sport can resume for under 18s. For 18+ non-contact outdoor exercise is permitted up to groups of 30.	Indoor non-contact group activity can restart for Over 18s	Indoor contact sport can resume for Over 18s.
Performance	Performance athletes can train under exemption.	Performance athletes can train under exemption.	Performance athletes can train under exemption.	Performance athletes can train.	Performance athletes can train.

**\*Please note that while activities can resume as above, exact dates will be down to localised decisions and may vary. Maximum bubble sizes for group activity beyond 17<sup>th</sup> May are still under Government review.**



**Scottish  
Swimming**