



Guidance for clubs and groups during COVID-19

Updated: 16 April 2021

INTRODUCTION

From the 16th of April some of the rules on what you can and cannot do change to allow travel anywhere in Scotland for recreation and also to meet in groups of up to 6 adults from 6 households outdoors. The continued presence of COVID-19 and the new variants of the virus means that we still need to take extra care with our preparations and how we conduct ourselves while hill walking, climbing and getting to and from walks/climbs.

The purpose of this guidance is to provide a framework for clubs organising hill walking and climbing activity in Scotland to be used alongside the current Scottish Government public health advice, highlighting additional considerations to be aware of in the presence of COVID-19 when taking part in these activities.

LOCAL PROTECTION LEVELS IN SCOTLAND

A 5-level system of local measures is in place in Scotland.

Mainland Scotland and some islands are at Level 4. Some islands are at [Level 3](#). Clubs and participants should be aware of their local area protection level and associated restrictions for travel and groups sizes and consider this when planning outdoor activity. Please use the Scottish Government post code checker to find out which level your area is in,

- [Local protection levels by area post code checker](#) (Scottish Government website)

Broad guidance for sporting activity which should be followed within each level is set out in Table A below.

Under current Scottish law, you must not travel between Scotland and the rest of the UK, Ireland, the Channel Islands and the Isle of Man (the “Common Travel Area”) unless you have a reasonable excuse (see [exceptions](#))

Note: For the purposes of the latest guidance all forms of walking and climbing are classed as non-contact sporting activity (except in an emergency)

IMPORTANT: Do not leave your home to undertake exercise or physical activity if Scottish Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19.

Please note: Public health advice and guidance for Scotland may differ from that of England and Wales (information for England and Wales is available on the [BMC website](#)).

Information on Scottish Government approach to managing COVID -19 is available at [Scottish Government: Coronavirus in Scotland](#).

We urge everyone heading out to enjoy the outdoors to be mindful of how their individual actions reflect on the whole outdoor community and to be aware of the concerns that rural and remote communities may have about the risk of transmission from areas where the virus is more prevalent. We ask individuals to take a sensible approach to their activities, use your judgement to manage the risks, and to consider the social responsibility we all have to each other, to protecting our emergency services and to minimise the transmission of COVID-19.

PLANNING CLUB ACTIVITIES

For activity-specific information, please refer to the general guidance for hill walking and climbing in Scotland when planning your club activities – find the latest version here:

www.mountaineering.scot/coronavirus

- **Be mindful of how others may feel about group activities** – not everyone may wish to participate or feel comfortable being around larger groups.
- **Plans may need to change at short notice**, so consider whether it is wise to plan too far in advance.
- **Consider the level of activities being organised** and whether they are suitable for participants' level of experience and competence.
- **Travel and transport**
 - Travel guidance provided by the Scottish Government should always be followed. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#). Information for each local authority area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.
- From the 16th of April travel for **informal outdoor recreation and exercise** is allowed at the current Level 4, anywhere in Scotland
- **'Organised' club outdoor activities** in level 3 and 4 areas should not currently take place outside your local authority area. If clubs are booking commercial buses/coaches or use an adventure tourism company, this falls under the guidance from Transport Scotland.
- **Car sharing** - Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).

CLUB/GROUP ACTIVITIES & RESPONSIBILITIES

- It is the responsibility of each club committee, sports facility operator and/or deliverer (herein referred to as the operator) to appoint one or more responsible person/s, referred to as the [COVID officer](#), to act as the point of contact on all things related to COVID-19. An [e-learning module for COVID officers](#) is available to support those undertaking the role.
- The COVID officer(s) **must** ensure that full risk assessments, processes and mitigating actions are in place before any sport or leisure activity takes place. Specific consideration should be given to the needs of those who are at greater risk including some older adults or those with disabilities.
- Clubs are advised to publish an action plan detailing their plans to carry out activities safely.
- Clubs should communicate clearly and regularly with members and participants setting out what they are doing to manage risk, measures that are in place and guidelines participants are asked to follow before, during and after visits to the venue/activity.
- [Test and Protect](#) measures must be implemented for all organised activities to assist NHS Scotland with contact tracing in the event of a virus outbreak. Contact details must be collected and retained for 21 days for each group lead/organised walk and consideration should be given to the particular risks to older members and those who are in more vulnerable groups.
- Think about how you would manage a situation where someone in your club or group is non-compliant with physical distancing or other measures in place.
- Members should be responsible for bringing their own food, drink and equipment and avoid sharing equipment where possible.
- Ensure that any equipment used is cleaned or quarantined after use (see further resources).
- Think about how you would administer first aid if required – see [HSE website](#) and [St John Ambulance](#) for advice on first aid during COVID-19.
- Those who were shielding can follow the same guidance as the rest of Scotland. To stay safe, they should strictly follow physical distancing and hygiene measures. More details on the [Scottish Government website](#).

ORGANISED CLUB ACTIVITY:

- In level 0, 1, 2 and 3 areas, clubs and groups can hold organised activities for up to 30 people (adults and children including the leader(s)) from any number of households with 2m physical distancing at all times, however we would advise keeping groups small around 6 – 8 people to ensure they are easier to manage.
- From Friday the 12th March outdoor organised non-contact sports and group exercise can take place in Level 4 areas in groups of up to 15 people including the leader(s).

- Organised club activities at **levels 3 and 4 must remain within the local authority area** (see Planning club activities section above).
- Children and young people 17 or under may travel into or out of a Level 4 area for organised activity if that is where their sport, club or activity usually takes place.
- [Test and Protect](#) measures should be implemented for all organised activities to assist NHS Scotland with contact tracing in the event of a virus outbreak.
- Participants should only travel in private vehicles with members of their own, or extended, household, except in an emergency, and parking is a consideration if you are planning larger organised meets (see travel and transport guidance above).

INFORMAL CLUB ACTIVITY:

- For club members wishing to meet each other in an informal way outdoors (i.e. not as a club meet), general household rules should be followed (from 16 April 2021):
 - In level 3 and 4 areas up to six adults from six separate households can meet outdoors for informal sport or exercise. Children under 12 do not count towards the total number of people counted in a gathering.
 - In level 4 areas young people aged 12 to 17 can also meet outdoors in groups of up to six people from six different households for informal sport or exercise.
 - Where separate households are participating, 2m physical distancing should always be maintained.
 - The members of an individual household or extended household can meet for outdoor recreation.
 - The new Level 3 guidance which will come into force at 00:01 on 26 April has still to be updated

SOCIAL MEETS

- If arranging social meets, clubs should follow the latest Scottish Government public health guidelines [on the Scottish Government website](#).

INSURANCE

- Under the Mountaineering Scotland liability insurance policy, there is a duty of care owed to members and the public to ensure they are safe, and this means continuing to adhere to all governments guidelines and risk assessments be updated accordingly.

CLUB HUTS

The BMC have developing specific guidance for clubs which can be accessed here:

www.mountaineering.scot/assets/contentfiles/media-upload/BMC_Hut_Reopening_v1.pdf.

We are awaiting further guidance from the UK and Scottish Government on the reopening of self-catering accommodation and will be working with the BMC on an update to this guidance document should the current guidance change.

Mountaineering Scotland understands that each club hut is different in terms of layout, facilities etc and it would not be possible to produce more specific guidance that would cover all huts and situations. We are here to support clubs, however whether or not to open your hut is a matter for clubs to decide based on their individual circumstances and how current guidelines can be applied.

- **Cleanliness and hygiene** - Cleaning will be a key consideration for all accommodation providers under the current guidance and will be a particular challenge for club huts given the way they operate. For more information on managing hygiene/cleaning is available here. www.assc.co.uk/policy/cleaning-protocols-for-self-catering-properties-in-the-context-of-covid-19/
- **Occupancy** – Club hut managers should follow the current Scottish Government guidance for self-catering accommodation depending [on the local measures in place](#).
- **Unoccupancy Clause** - Hiscox are aware that due to lockdown that being able to monitor the property and perhaps do some work would be restricted due to lockdown. For this reason, they have extended their unoccupancy condition to offer assistance.
- **Public Liability Insurance** – Under the current policy there remains a duty of care owed to members and the public to ensure they are safe. This means in considering whether to re-open huts, clubs should continue to adhere to all government guidelines and ensure risk assessments and procedures are updated accordingly.

COACHES, LEADERS AND GUIDES

Paid and volunteer Qualified coaches, leaders, instructors or guides should refer to their specific professional association guidance on good practice during this phase of the Scottish Government route map. Mountain Training Scotland have developed specific COVID-19 advice for leaders, coaches and instructors:

- [Mountain Training Scotland – Coronavirus information](#)
- www.ami.org.uk
- www.bmg.org.uk/
- sportscotland.org.uk/covid-19/getting-coaches-ready-for-sport/

TABLE A: MOUNTAIN-RELATED ACTIVITY & PROTECTION LEVELS

| | | Level 0 | Level 1 | Level 2 | Level 3 | Level 4 |
|--|-------------------------------------|--|--|--|--|--|
| OUTDOOR Mountain-related activity Organised outdoor mountain related activity | Overview | 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. Multiple bubbles, each with up to 30 people, can be used in training, competition or small-scale sporting events if all guidance is followed (200 max per day unless with exemption). | | | | Scottish Government household number rules apply for exercise, sport and recreation. |
| | Children & Young people (u18 years) | Contact & non-contact sport & PA permitted | 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 permitted for under 12s |
| | Adults (18+ years) | Contact & non-contact sport & PA permitted | Contact & non-contact sport & PA permitted | Contact & non-contact sport & PA permitted | Non-contact sport permitted Contact sport & PA prohibited | Contact sport & PA prohibited |
| INDOOR SPORT Organised indoor climbing and bouldering. | 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, from more than 2 households (6 members) who take part in organised sport or physical activity. ‘Individual exercise’ refers to organised sport or physical activity 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 permitted | Contact & non-contact sport permitted | Contact & non-contact sport permitted | Contact & non-contact sport permitted | Indoor sport prohibited: Leisure Centres, gyms and other |

| | Adults (18+ years) | | Non-contact sport permitted Contact sport prohibited | Non-contact sport permitted Contact sport prohibited | Indoor <u>individual exercise only</u> No contact or non-contact group activity | indoor sports facilities closed. Exemptions available for professional /performance sport |
|-----------|--|--|---|---|--|--|
| COACHING | Overview | General guidance is available within this document for coaches, leaders, personal trainers, deliverers and instructors, <i>herein referred to as coach/es</i> . 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. | | | | |
| TRAVEL | Indoor / Outdoor Sport & Physical Activity | For further information please refer to the current Scottish Government travel guidance and the travel and transport information in the document above. | | | | |
| 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 | Consider whether meetings and training must be completed in person or whether alternative approaches can be used. 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. | | | | |

FURTHER INFORMATION & RESOURCES

- COVID-19 public health guidelines for Scotland – staying at home and physical distancing: www.gov.scot/publications/coronavirus-covid-19-staying-at-home-and-away-from-others/
- COVID-19 advice from Health Protection Scotland on hand hygiene: www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/
- COVID-19: Framework for decision making – overview of public engagement: www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-overview-public-engagement/
- Access to the outdoors during the coronavirus outbreak: guidance for the public and land managers: www.outdooraccess-scotland.scot/access-outdoors-during-current-coronavirus-outbreak-guidance-public-and-land-managers
- Advice on cleaning and maintaining climbing equipment: www.papertrail.io/blog/covid-19-links-and-resources-for-equipment-owners-and-managers
- Advice on for first aiders during COVID-19: www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders



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