



Guidance for clubs during COVID-19

Updated: 9 August 2021

INTRODUCTION

Most legal restrictions relating to Covid-19 will be lifted on the 9th August 2021 when Scotland moves to 'Beyond Level 0'. This includes restrictions on physical distancing and the size of social gatherings. Additionally, no businesses will have to legally remain closed.

The latest information on Coronavirus in Scotland can be accessed on the Scottish Government website at [Coronavirus in Scotland](#).

MOVING 'BEYOND LEVEL 0'

As restrictions are eased, the emphasis will continue to be on personal responsibility, good practice and informed judgement.

Whilst these changes will signal the end of most restrictions for sport and physical activity it will not however signal the end of the epidemic. Covid-19 is a disease that will need to be managed for the foreseeable future and to maintain progress in returning to more normality, it is important that people continue to abide by a set of baseline measures covered by Scottish Government guidance and where relevant legislation. This includes:

- Maintaining hand hygiene and surface cleaning
- Continued promotion of good ventilation
- Wearing face coverings in indoor sport and leisure facilities when not taking part in physical activity
- Applying and adhering to the 'give people space' messaging
- Continued compliance with Test and Protect, including self-isolation when necessary.

If you have symptoms of Covid-19

People who are symptomatic, including close contacts, should self-isolate for 10 days as per NHS Scotland guidance. From the 9th August 2021 close contacts 18 years of age or over who have been double vaccinated for more than 14 days or 5 to 17- year-olds, with no symptoms, will be able to take a PCR test and end self-isolation if the result is negative. This approach will be encouraged but not required for children under 5 years.

No one who is self-isolating should attend a sports facility or activity.

FURTHER MONITORING

Scottish Government are also continuing to monitor the UK wide and International Covid-19 position. Further information on restrictions applicable between Scotland and other parts of the UK and internationally is available on the Scottish Government website at Coronavirus (COVID-19): travel and transport

GUIDANCE FOR SPORT AND PHYSICAL ACTIVITY

KEY CONSIDERATIONS

- **Be COVID aware** – Continue to give people space and follow the public health advice on face coverings, hand hygiene, travel and meeting with others.
- **Be prepared:** Plan your activity and check the status of car parks, toilets and other facilities before you go.
- **Be safe:** Plan ahead and stay well within your limits - whatever your activity - to avoid the need for rescue and emergency services.
- **Be considerate:** Think about how your actions might impact on others, be responsible and follow the Scottish Outdoor Access Code at all times

Clubs and participants should, where applicable, be aware of any local restrictions which may be in place and should consider this as part of risk assessment planning.

Beyond Level 0

- Organised sporting competition and events can take place 'Beyond Level 0' but should continue to follow guidance outlined in the Sports Events & Competition section within Return to Sport guidance
- No bubble restrictions but a maximum of 5000 participants per day.

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

TABLE A

Update: 5 August 2021, FINAL

		Beyond Level 0	Level 0	Level 1	Level 2	Level 3	Level 4
OUTDOOR SPORT Organised outdoor sport, competition, events and Physical Activity (PA)	Overview No field of play bubble restrictions apply beyond Level 0, although limits on participation numbers at competition and events are applicable. For Levels 0-4 outdoor sporting 'field of play bubbles' apply for organised sport as noted below. At Levels 0-2 figures exclude coaches and support staff*. Multiple bubbles can be used for training, events, and competition if appropriate guidance, set out within this document, is followed. Indoor and outdoor stadium, or equivalent events/competitions, involving spectators are subject to relevant Scottish Government guidance.						Local training / competition only. U12s: max 30 including coaches. Over 12s / adults: max 15 including coaches.
		No bubble restrictions Total Daily Limit: 5000 participants	Maximum bubble size: 500 participants* Total Daily Limit: 5000 participants	Maximum bubble size: 100 participants* Total Daily Limit: 1000 participants	Maximum bubble size: 50 participants* Total Daily Limit: 500 participants	Maximum bubble size: 30 participants Total Daily Limit: 200 participants	
	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	Contact & non-contact sport & PA permitted	U12s: Contact sport & PA permitted 12-17 years: Non-contact sport & PA permitted.
	Adults (18+ years)					Non-contact sport & PA permitted Contact sport & PA prohibited	Non-contact sport & PA permitted Contact sport & PA prohibited
INDOOR SPORT Organised indoor sport, competition, events and Physical Activity (PA)	Overview Organised indoor sport or physical activity should follow Scottish Government Covid-19: sport and leisure facilities and sport specific SGB Guidance . 'Group' activity refers to adults, who take part in organised sport or physical activity, where the number of participants is larger than allowed under normal household rules. 'Individual exercise' refers to organised sport or physical activity which takes place 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 & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Indoor sport & PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed.
	Adults (18+ years)			Non-contact sport & PA permitted Contact sport & PA prohibited	Non-contact sport & PA permitted Contact sport & PA prohibited	Indoor <u>individual exercise only</u> No contact or non-contact group activity	

COACHING	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.		
	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. Coaches can take multiple sessions per day, however the numbers allowed in each session will depend upon the protection Level in place.		
PERFORMANCE SPORT	Elite sports with Resumption of Performance Sport guidance in place and approved by Scottish Government or sportscotland is permitted at all Levels.		
TRAVEL	For further information please refer to Travel Guidance within this document.		
HOSPITALITY & RETAIL	Clubhouses and sports facilities which provide catering and bar services, can operate providing they adhere to Scottish Government guidance. Further information is available at Coronavirus (COVID-19): tourism and hospitality sector guidance . Retail units operated by sports facility operators may reopen provided all specific Scottish Government guidance for retailers is in place and adhered to. Further information from the Scottish Government is available at Retail Sector Guidance .		
TOILETS, CHANGING & SHOWER ROOMS	Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at Getting Your Facilities Fit for Sport . This is applicable at all levels where facilities remain open.		Indoor sports facilities closed. Changing rooms closed.
	Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines		Public Toilets open.
INDOOR FACILITIES (can open up to Level 3)	Overview	Specific information relating to indoor sports facility guidance is available at Getting Your Facilities Fit for Sport . Below is a summary of overarching guidance for operators regarding occupancy limits, physical distancing, and appropriate ventilation / CO2 levels (ppm) which should be monitored. Test & Protect procedures should continue in all indoor settings.	
	Beyond Level 0	Level 0	Levels 1 – 3
	Return to normal facility occupancy levels but focus on good ventilation and 'Give people space' messaging. <u>Ventilation</u> : Monitor to maintain levels at 800-1000ppm. No physical distancing required. Face coverings must be worn out with activity. Maintain hygiene and surface cleaning measures.	Restrict maximum occupancy in buildings to 7sqm per person to achieve enhanced ventilation (equivalent to 15 l/s/p). <u>Ventilation</u> : Monitor to maintain levels at 800-1000ppm. 1m physical distancing out with activity. Face coverings must be worn out with activity.	Restrict maximum occupancy in buildings to 9sqm per person to achieve enhanced ventilation (equivalent to 20 l/s/p). <u>Ventilation</u> : Monitor to maintain levels at <1000ppm. 1m physical distancing out with activity. Face coverings must be worn out with activity.
WORKFORCE	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. Although gym and leisure facilities can open to Level 3, we would encourage providers to consider whether meetings and training must be completed in person or whether these can be completed online or via telephone. 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.		

PLANNING CLUB ACTIVITIES

Definitions:

- **'Informal sport or physical activity'** is that which adheres to the Scottish Govt rules for informal outdoor recreation/exercise and meeting others outdoors socially (household rules) along with all the usual COVID measures (physical distancing etc).
- **'Organised sporting or physical activity'** refers to activities which are undertaken in a structured and managed way following the specific rules and guidance we have provided for clubs in order to participate in larger group sizes. All organised activity should be overseen by a Covid Officer with documented risk assessments undertaken and mitigating actions put in place to ensure the health, safety and welfare of participants, coaches and officials (more details below)

For activity-specific guidance, 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 is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).
 - **Car sharing** – If individuals or groups do car share then we would encourage you to follow the advice available on the [Transport Scotland website](#) to minimise the risks of transmission.

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.

- Scottish Government may update or change Levels and restrictions at any time, including local areas subject to them. Therefore, COVID officers should regularly check the [Scottish Government Coronavirus landing page](#) for the latest information.
- 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.
- Where a local outbreak has been reported sport and physical activity operators, in all settings, should review their risk assessment and consider if additional mitigating actions should be put in place to reduce risk. This may, for example, include suspending activity, enhancing hygiene and physical distancing measures, or introducing additional activity restrictions.
- 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.
- Contact tracing and testing of close contacts will continue as we move forward through the pandemic, including 'Beyond Level 0'. All clubs, facility operators and deliverers (herein referred to as 'operators') should have in place Test & Protect procedures to help break chains of transmission of Coronavirus.
- Think about how you would manage a situation where someone in your club or group is non-compliant with any Covid 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.

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

Beyond level 0: No legal restrictions on gatherings and households mixing, however operators, in all settings, should review their risk assessment and consider if additional mitigating actions should be put in place to reduce risk of transmission of COVID-19.

Club hut operators should follow the relevant sector guidance and rules and the baseline measures covered by Scottish Government guidance and, where relevant, legislation. This includes:

- Maintaining hand hygiene and surface cleaning
- Continued promotion of good ventilation
- Wearing face coverings where appropriate
- Applying and adhering to the ‘give people space’ messaging
- Continued compliance with Test and Protect, including self-isolation when necessary.

At time of writing there have been no further updates to the BMC guidance document “Reopening Club Huts During COVID-19” (see below), however an updated position statement has been issued jointly by Mountaineering Scotland and the BMC (see link below) and we will be continuing to work with the BMC to respond to the latest changes.

The current guidance in Scotland indicates that the wearing of face masks would not be required in a hut where there is no public access. We are however looking for further clarity on the capacity, and physical distancing considerations for dormitory style, and shared sleeping accommodation and how clubs may be able to safely increase capacity on a phased basis depending on the layout of the hut.

- [Preparation for the re-opening of club huts during COVID-19](#)
- [Update to the BMC guidance on re-opening club huts \(12 May 2021\)](#)

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/



The Granary | West Mill Street | Perth PH1 5QP

Email: info@mountaineering.scot

www.mountaineering.scot