



# Guidance for clubs during COVID-19

Updated: 12 January 2022

## INTRODUCTION

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 where appropriate.
- Giving other people plenty of space, especially indoors and in busy environments.
- Continued compliance with Test and Protect, including self-isolation when necessary.

The latest information on Covid-19 in Scotland can be accessed on the Scottish Government website at [Coronavirus in Scotland](#).

**Clubs and participants should, where applicable, be aware of the current Scottish Government guidance and consider this as part of risk assessment planning.**

\*\*Please note that guidance may differ between Scotland and the rest of the UK\*\*

### **If you have symptoms of Covid-19**

People who are symptomatic or have had a positive lateral flow or PCR test, and their close contacts, should follow the latest guidance on the NHS inform website: [Coronavirus \(Covid-19\): Guidance for individuals with possible coronavirus infection](#)

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

## TRAVEL & TRANSPORT

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: Travel and Transport](#)

For information on car sharing and public transport, visit the [Transport Scotland website](#)

## 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.**

## PLANNING CLUB ACTIVITIES

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](http://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.
- **Car sharing** – If individuals or groups do car share, please follow the advice available on the [Transport Scotland website](#)

## CLUB/GROUP ACTIVITIES & RESPONSIBILITIES

- The Scottish Government may update or change guidance or restrictions at any time. COVID officers should therefore regularly check the [Scottish Government Coronavirus landing page](#) for the latest information.
- It is the responsibility of each club committee, sports facility operator and/or deliverer 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 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 that participants are asked to follow before, during and after visits to the venue/activity.
- All clubs and facility operators should keep a record of attendees to support the Test and Protect process.
- 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 manage a situation where someone in your club or group is non-compliant with any Covid measures in place.
- 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

Club hut operators should follow the relevant sector guidance and rules, 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 measures, including self-isolation when necessary.

Mountaineering Scotland understands that each club hut is different in terms of layout, facilities etc and it is not practical to produce more specific guidance that would cover all huts and situations. We are here to

support clubs, however how a hut or huts are operated is a matter for clubs to decide based on their individual hut/circumstances and how current guidelines can be applied **to those circumstances**.

- **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/](http://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](#)

**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 how to operate huts, clubs should continue to adhere to all government guidelines and ensure risk assessments and procedures are updated accordingly.

Previous documents:

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

## 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](http://www.ami.org.uk)
- [www.bmg.org.uk/](http://www.bmg.org.uk/)
- [sportscotland.org.uk/covid-19/getting-coaches-ready-for-sport/](http://sportscotland.org.uk/covid-19/getting-coaches-ready-for-sport/)



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