



Angling Scotland Limited

Guidance for Anglers, Clubs and Fisheries for
the safe conduct of Recreational Angling Under
COVID-19 Restrictions

Phase 3 (Ver 5.0)
Effective 5 January 2021





Introduction

Angling Scotland Ltd has been working with the Scottish Government, **sport**Scotland and Marine Scotland to ensure a phased resumption of angling activity as and when it is safe to do so. We offer this advice to anglers, clubs and fisheries as best practice. We will continue to work with the Scottish Government and its agencies as we follow the route map to the new normality.

Scottish Government has introduced a new [strategic framework document](#) for managing COVID-19 which became effective from 2 November 2020. This provides a 0-4 Level approach to restrictions with each local authority area (or sub-area) placed in a relevant protection Level depending upon its COVID-19 status which will be reviewed weekly.

SGBs, clubs and participants should be aware of their local area protection level and associated restrictions which may be in place and should consider this as part of risk assessment planning. Broad guidance for sporting activity which should be followed within each Level is set out in Table A [at Annex A to this guidance](#).

With effect from midnight on 4 January 2021 much of Scotland was moved into Level 4 with certain extended 'stay at home' restrictions imposed. It is important that all Anglers, Fisheries and Clubs are aware of and comply with these restrictions. More detailed information on them and exemptions applicable for sport and physical activity is available at [Appendix 1 to Annex A to this guidance](#).

Information on Scottish Governments approach to managing COVID-19 is available at;

[Scottish Government: Coronavirus in Scotland](#)

We rely on the angling community to reflect itself well, to follow the Scottish Government guidance in letter and in spirit and in doing so strengthen our hand in being able to best represent anglers and angling, and to better influence government thinking in the angling environment.

We hope that you find this guidance as both useful and sensible as we begin to reintroduce Angling into our lives.

Guidelines will be updated as we progress through the different phases of the Scottish Government COVID-19 route map. Current information is available here:

[Scottish Government: Covid-19 Framework for decision making](#)

David Ogg
Chairman, Angling Scotland Ltd





Guidance for Anglers

General Guidance

Anglers are expected to comply with the guidance outlined in this document and also observe the government and public health restrictions. Guidance is subject to rapid change in line with the Scottish Government's strategic framework and 5 level approach. We would ask all Anglers to regularly check with Angling Scotland and their fisheries for regular updates and most importantly stay up to date. Scottish Government information is available at [Scottish Government: Coronavirus in Scotland](#). Be aware that guidance can change, and restrictions may be reintroduced - ensure you have checked the latest version of guidelines applicable to angling. Please read Annex A and Appendix 1 to Annex A to this guidance if you are in a Level 4 area. Further information on protection levels that will apply in each local authority area are available at [Coronavirus \(COVID-19\): allocation of protection levels to local authorities](#). A local post code checker is also available at [COVID restrictions by protection level in areas of Scotland](#).

- **IMPORTANT:** Do not leave your home to take part in sport 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.
- People who are symptomatic and household members should self-isolate for 10 days as per NHS Scotland guidance. No one who is self-isolating should attend a sports facility or activity. If you are in the highest risk (shielding) group outlined by the Government, then you can participate provided that strict social distancing is adhered to.
- [Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy. The gathering of contact information from anyone attending sport/leisure activities or facilities in a secure and safe manner, will assist NHS Scotland's Test and Protect service to identify any clusters of cases, contact those who may have been exposed to the virus, and request them to take appropriate steps to prevent potential onward spread.
- [Maintaining customer records](#). In order to support Test and Protect sports facility operators (clubs and fisheries) are required to collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient. It is important that sport facility operators and customers cooperate, as it will be crucial to national efforts to suppress the virus. Sports facility operators will store information for 21 days and share it with public health officers when requested. A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#).
- [Face Coverings](#). Participants and visitors to indoor sports facilities should wear face coverings before and after activity or when in on-site fishery facilities (e.g. reception, tackle shop etc). Face coverings do not need to be worn in hospitality environments i.e. café, restaurant or bars.
- [Physical Distancing](#). Normal physical distancing and household number guidelines will be applicable before and after sporting activity or when taking breaks. Coaches, officials, parents and guardians should continue to observe physical distancing when involved in children's activity as a coach, official or spectator. Please refer to specific club or facility guidelines. Where access through an indoor space is provided it should be for one person at a time, ideally with a one-way system in operation. Participants should ensure not to make contact with hard surfaces such as door handles and move through the area without stopping or congregating at any time. Further information on physical distancing guidance is available at [Staying Safe and Protecting Others](#).



Prior to Angling

- Please check before you leave that toilet facilities will be available at the sports facility.
- Wash your hands with soap and water for at least 20 seconds before leaving home. Information on hand hygiene is available at: [Health Protection Scotland: Hand hygiene techniques](#)
- Take your own hand sanitiser to the sports facility and use regularly throughout the activity
- **Travel for Sport & Physical Activity Participation – This must be read in conjunction with detail at Appendix 1 to Annex A for those in Level 4 areas:**
 - Travel guidance outlined 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 government area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker._
 - Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely.](#)
 - Sport & Physical Activity Participation
 - Participants can take part in organised sport and physical activity within their own local government area based on Level as detailed in Tables A and B at Annex A. Such activity is subject to exemption from household rules as detailed within this guidance.
 - When a participant travels out with their home local government area they should follow the travel guidance detailed below. Travel regulations are now legally enforceable.
 - Participants should, where possible, avoid any unnecessary travel out of area and keep journeys within area to an absolute minimum.
 - Children & Young People (17 years or under)
 - Participants aged **17 years or under** can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport, physical activity, training and competition.
 - Children and young people living in a Level 4 area should only travel locally (within their local government area) to take part in organised sport as outlined in Table A at Annex A.
 - Children and young people living in a Level 4 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, running or cycling which starts and finishes at the same place. Such activity should follow [Scottish Government 'Stay at Home' guidance.](#)
 - Adults (18 years or over)
 - Participants aged **18 years or over** can travel to and from Level 0, 1 and 2 areas (but not Level 3 or 4) to take part in organised sport, physical activity, training and competition as outlined in Table A at Annex A.
 - Adults living in a Level 3 or Level 4 area should only travel locally (within their own local government area) to take part in organised sport or physical activity as outlined in Table A at Annex A.
 - Adults living in a Level 3 or Level 4 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, cycling or running that starts and finishes at the same place. Such activity should follow [Scottish Government 'Stay at Home' guidance.](#)
- Operators should risk assess all activity and it is strongly recommended that where at all possible training and competition should take place locally.
- **Participation Booking.** Where a venue operator allows, book in advance and made payment online.





- Schedule your session time in the manner prescribed by your fishery and aim to arrive no more than 15 minutes prior to your session. Under no circumstances should you arrive without booking in advance. If you arrive early and need to wait, then do so away from the venue and clear of any entrances or exits.
- Disinfect your equipment including waders, nets and any other items that may come in to contact with you or the water.
- Ensure you have enough equipment for the entire session as the facilities at the fishery may be closed and you should not exchange equipment with other anglers.
- Park your car in such a way as to facilitate physical distancing.
- Avoid touching fixed equipment including gates, fences or benches.
- After completing your session return directly to your car (if appropriate) and leave.

During Angling

- Always stay at least two metres away from other people including before, during and after the activity or when taking breaks.
- Use your own net do not share nets with other Anglers.
- Do not share equipment, food or drink with others unless from the same household.
- Follow all local procedures that are implemented by your fishery or club.
- If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.
- Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.
- Always follow good hand and respiratory hygiene guidelines e.g. washing of hands, use of face coverings in enclosed spaces.



Guidance for Clubs & Fisheries

sportscotland has also produced [Getting your Facilities Fit for Sport](#) resource to help sport facility operators prepare for reopening. The resource supports Scottish Government guidance by providing further detailed checklists for the reopening of a range of sport specific facilities.

- All activity should be consistent with current guidance from the Scottish Government's strategic framework, facilities should also make sure they can adapt to changes in guidance at short notice.
- All essential maintenance and preparatory work has been completed in order to ensure compliance with Government guidance on physical distancing and hygiene.
- **Participation Limits.** Limits on the number of participants accessing outdoor facilities should be risk assessed to ensure appropriate social distancing can be maintained.
- **Test and Protect**, is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy. Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.
- **Maintaining customer records.** It is a mandatory requirement that sport facility operators collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient. Sports facility operators should store information for 21 days and share it when requested to do so by public health officers. A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#).
- **Registration with the Information Commissioner's Office.** In order to gather and store customer information securely, sports facility operators may need to be registered with the Information Commissioner's Office (ICO). This will be the case if you are using an electronic system to gather and store data. If you are unsure whether you need to register, please contact the ICO via their helpline on 0303 123 1113, or visit www.ico.org.uk
- **COVID-19 Officer.** All sports facility operators providing sport specific activities must abide by relevant SGB guidance and have an appointed 'Covid Officer' who will complete documented risk assessments and ensure appropriate mitigations are put in place before any sporting activity is undertaken. The nominated club committee, appointed [COVID-19 officer](#) or sports facility operator (herein referred to as the COVID officer) should ensure all appropriate management processes are in place so that they can effectively oversee and maintain the implementation of measures outlined herein. **An e-learning module for COVID officers is available at [here](#).**

General Guidelines

- Risk assessments should be carried out and documented for all activities and facilities. Consider safety first, particularly minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are protected. Clubs and fisheries should check with insurers to ensure adequate cover is in place.
- Physical distancing rules outlined by the Scottish Government must always be adhered to. The number of participants accessing facilities should be risk assessed with limits considered to ensure appropriate social distancing can be maintained.
- Put your risk assessment on display so that Anglers can understand the risks and measures taken to manage.
- At all times, participants and facility operators should adhere to the Scottish Government's social distancing guidelines of staying at least 2m away from others. Scottish Government guidelines are available at www.gov.scot/coronavirus-covid-19/
- **Travel Restrictions.** The travel restrictions outlined by the Scottish Government should always be adhered to. You should avoid travel to other Local Authority(LA) areas regardless of their level unless essential. We are still strongly encouraging individuals to only travel as far as is necessary and within the guidelines to participate in angling competitions. Up to date guidance is available at [Covid-19: Guidance on Travel and Transport](#) .





Booking & Payments

- Online bookings should be taken if possible. If not, alternative measures should be put in place including phone bookings.
- Consider introducing buffer periods between sessions to stagger start times so that participants do not all arrive/leave at the same time.
- Where possible use online or contactless payment options and avoid handling cash.

Health, Safety & Hygiene

- Scottish Government has produced the [Coronavirus \(COVID-19\): FACTS poster including translations and accessible formats](#). Where possible operators should use this document to reinforce messages. FACTS stands for: Face Coverings, Avoid crowded places, Clean your hands regularly, Two metre distance and Self isolate and book a test if you have symptoms
- Sports facility operators and clubs may now open toilets for public use if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).
- Public toilets are defined as any toilets accessible to the public. The opening of toilets should be accompanied by local risk assessment, and control measures should be proactively monitored by clubs/operators.
- All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance.
- Ensure access to first aid and emergency equipment is maintained. Where equipment is stored indoors please ensure public access to indoor areas is restricted as much as possible with hygiene and safety protocols reviewed as part of the risk assessment.
- Please ensure that first aid equipment has been updated appropriately for the COVID pandemic and first aiders have appropriate training. In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The 'Covid Officer' should consider processes for managing this as part of their risk assessment. This could include but not be limited to;
 - Provision of suitable PPE
 - Training of coaches/supervising adults
 - Presence of one parent/guardian being required at the activity for children/vulnerable adults
- Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
- Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.
- Make hand sanitizers or wipes available for use at entrance/exit to venue/facility where possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.
- A checklist for health, hygiene and cleaning considerations and actions is available here: [Getting your Facilities Fit for Sport](#)
- Face Coverings:
 - Sports facility operators should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility e.g. reception, locker rooms and storage areas. This is a mandatory requirement.
 - Face coverings may not be required when using hospitality services such as café's, bars and restaurants. For further information refer to Scottish Government [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).





- Further guidance is available at;
 - [Health Protection Scotland: General guidance for non-healthcare settings](#)
 - [Health Protection Scotland: Cleaning in a non-healthcare setting](#)
 - [Health Protection Scotland: Hand hygiene techniques](#)
 - [St. John's Ambulance: Covid-19 advice for first aiders](#)
 - [HSE: First Aid During the Coronavirus](#)
- Bins may be provided but should be regularly checked, cleaned/sanitised, emptied and disposed of using appropriate personal protective equipment.
- All fixed equipment should be checked prior to use to avoid participants having to adjust or touch it.
- Where shared equipment is necessary for an activity appropriate hygiene measures must be put in place to ensure the equipment is thoroughly cleaned before, during and after use.
- No personal equipment should be left at a facility by a participant once the activity has ended.

Organised Outdoor Angling for Children (to be read in conjunction with the Angling Scotland Best Practice for Coaching & Instructing)

- All sports organisations providing children's activity must abide by relevant SGB guidance and have a named 'Covid Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place by the sports organisation before any children's activity is undertaken.
 - No formal presentation ceremonies should take place during or after an activity or competition and the focus should be on reducing numbers in attendance at any one time.
 - Coaches and other adults supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment.
 - Specific consideration should be given to supervision of children under the age of 5 years as it is not appropriate for young children to maintain the models of physical distancing that are suitable for older children, either practically or in terms of child development. You may, for instance, ask a parent to be present.
 - Where an employee is providing an activity, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken. See the Businesses, workplaces and self-employed people section at [Scottish Government: Coronavirus in Scotland](#).
 - Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
- Health, safety & hygiene measures for children's activity should be in line with guidance provided within this document.
 - In the event of first aid treatment being required it is recognised that a suitably qualified coach/supervising adult may require to attend to a child. The sports organisation 'Covid Officer' should consider processes for managing this as part of the risk assessment. This could include but not be limited to;
 - Provision of suitable PPE
 - Training of coaches/supervising adults
 - Presence of one parent/guardian being required at the activity
 - Where there is likely to be close contact between children in an organised sporting activity mitigation should be put in place to minimise risk and keep participants safe.
 - The focus should be on delivering the organised activity with as few participants as possible interacting with each other and for the minimum amount of time, whilst still allowing the activity to be run effectively.
- Adult involvement and ratios;
 - All adults involved in coaching / actively engaging with children in an organised environment should have undertaken appropriate SGB safeguarding and, where available, Covid-19 training.





- Coaches should always ensure appropriate ratios of coach/adult to child and follow all related safeguarding advice.
- Health, safety and welfare policies should always be risk assessed and implemented.

Advance Planning and Communication with Anglers and staff/contractors

- Fisheries should ensure clear and regular communication to all Anglers. setting out what they are doing to manage risk, and what advice they are giving to individuals before, during and after visits to the venue/activity and encouraging them to follow the “Guidance for Anglers” in this document.
- Provide Anglers with regular updates on any changes made and make them aware in advance of measures you are putting in place at your venue/club, and guidelines they are asked to follow. Such as:
 - Physical distancing – the 2m rule applies to all these settings. Facilities need to adapt to encourage social distancing.
 - Cleaning – hand hygiene is a core measure and provision should be made for this where possible.
- Workforce – ensure that relevant workplace guidance 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.
- Communicate clearly opening times and how people can safely access a facility, if relevant, for example through a booking or queuing system.
- It is more important than ever to consider inclusive guidance for people who need support to be active and sports facility operators should consider this as part of their work to encourage people to return.
- Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed and up to date.

ANNEXES:

- A . **Table A: Sport & Physical Activity Protection Levels**
Table B: Travel Summary
- B. **Useful Links**

APPENDICIES:

- 1. **Level 4 Guidance (Stay at Home)**





Table A: Sport & Physical Activity Protection Levels

		Level 0	Level 1	Level 2	Level 3	Level 4
OUTDOOR SPORT Organised outdoor sport, competition, events and Physical Activity (PA)	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 & PA prohibited Exemptions available for professional /performance sport (ALL Levels)
	Adults (18+ years)				Non-contact sport & PA permitted Contact sport & PA prohibited	
INDOOR SPORT Organised indoor sport, competition, events and Physical Activity (PA)	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 & 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. Exemptions aval for professional/performance sport (ALL Levels)



Table A: Sport & Physical Activity Protection Levels						
		Level 0	Level 1	Level 2	Level 3	Level 4
	Adults (18+ years)		<p>Non-contact sport & PA permitted</p> <p>Contact sport & PA prohibited</p>	<p>Non-contact sport & PA permitted</p> <p>Contact sport & PA prohibited</p>	<p>Indoor <u>individual exercise only</u></p> <p>No contact or non-contact group activity</p>	As above
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.				
PERFORMANCE SPORT	Professional & Performance	Professional & performance sports with Resumption of Performance Sport guidance in place and approved by Scottish Government or sportscotland is permitted at all Levels.				
TRAVEL	Indoor / Outdoor Sport & Physical Activity	For further information please refer to Travel Guidance within this document.				
HOSPITALITY & RETAIL	Clubs & Sports Facilities	<p>Clubhouses and sports facilities which provide catering and bar services, can operate providing they adhere to Scottish Government guidance appropriate to the protection level in which they are operating. Further information is available at Coronavirus (COVID-19): tourism and hospitality sector guidance.</p> <p>Retail units operated by sports facility operators may reopen provided all specific Scottish Government guidance for retailers appropriate to the protection level in which they are operating is in place and adhered to. Further information from the Scottish Government is available at Retail Sector Guidance.</p>				



Table A: Sport & Physical Activity Protection Levels						
		Level 0	Level 1	Level 2	Level 3	Level 4
TOILETS, CHANGING & SHOWER ROOMS	Clubs & Sports Facilities	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.
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	Although gym and leisure facilities can open, 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.				

Table B: Travel Summary

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	Local Travel Only
18+ (Adults)	✓	✓	✓	Local Travel Only	



Level 4 Guidance (Stay at Home)

Introduction

The guidance within this appendix is applicable to sport and physical activity facilities and activities where Scottish Government have identified the requirement for **enhanced Level 4 'stay at home'** restrictions to be applied.

This guidance is not applicable to professional or performance sports activity which is approved through the 'Resumption of Performance Sport' process by Scottish Government or **sportscotland**.

The information outlined below should be used in conjunction with, and where appropriate supersede, the '[Return to sport and physical activity guidance](#)' to inform the development of sport specific information which will be shared with participants, clubs, local authorities/trusts, third sector and other sports facility operators within Level 4 areas.

It is the responsibility of the relevant facility operator / COVID officer to ensure that full risk assessments, processes and mitigating actions are in place before any sport or leisure activity takes place and to check if the activity is in an area which is subject to additional Scottish Government localised measures and restrictions.

Where a local outbreak has been reported, sports facility operators and deliverers should review their facility/operational 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.

Be aware that the Scottish Government may update or change Levels and restrictions at any time, including the local areas subject to them. Therefore COVID officers should regularly check Scottish Government advice and guidance relating to local outbreaks and measures at [Coronavirus \(COVID-19\): local advice and measures](#).

Travel Restrictions in Level 4 areas

Those living in a Level 4 local authority area can travel within that area to undertake outdoor sport, exercise and recreation including walking, cycling, golf or running that starts and finishes at the same place (or up to 5 miles from the boundary of their local authority area for informal exercise), as long as they abide by the rules on meeting other households.

Exemptions are also applicable for essential animal welfare reasons, such as exercising or feeding a horse or going to a vet.

When taking part in sport, exercise or recreation participants should at all times follow [Scottish Government 'stay at home' guidance](#)





Outdoor Sport & Leisure Activity

Operators in Level 4 areas may continue to open outdoor sports areas, courts, pitches and facilities (with the exception of ski centres/resorts) if documented risk assessments are undertaken and all appropriate mitigating actions including the guidance herein is put in place to ensure the safety of participants, staff and volunteers. Please also refer to additional guidance produced by **sportscotland** at: [Getting Your Facilities Fit for Sport](#).

Restrictions on the number of people who can take part in sport, exercise and recreation has been updated and is as follows;

“Only a single household group, or a group containing no more than 2 people from 2 different households can meet outdoors for sport, exercise or recreation purposes. Children under the age of 12 from these households do not count towards this number but where separate households are participating 2m physical distancing should be maintained at all times.”

Group sport, exercise or training activity should not be undertaken by young people or adults over 12 years of age in a Level 4 area. Household rules apply.

Children under the age of 12 years can meet outdoors for sport, exercise or recreational and do not count towards the total number of people permitted to gather outdoors. Children under 12 years can therefore take part in non-contact group activity. In such circumstances the number of coaches involved must not exceed household limits i.e. maximum of two for any given session.

Coaches should not deliver a session to more than one other person if aged 12 years or older at any given time.

Indoor Sport & Leisure Facilities

Indoor sport and leisure facilities including club houses, changing rooms and activity areas should remain closed at Level 4. Exemptions are available as noted below.

Public Toilets

Operators may open indoor toilets for public use if they follow Scottish Government [Opening Public Toilets Guidelines](#).

Public toilets are defined as any toilets accessible to the public. The opening of toilets should be accompanied by local risk assessment, and control measures should be proactively monitored by operators.

All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance.

Storage Areas & Lockers

One off access to storage areas and locker rooms is permitted to retrieve personal equipment which is essential for an activity to be undertaken. Personal equipment should not be returned to these areas.





Where equipment cannot reasonably be taken home and is stored on site, such as kayaks, boats etc, access to retrieve and return such equipment to storage areas is allowed if appropriate risk assessments are undertaken.

Risk assessments should include mitigating actions to reduce the risk of virus transmission such as individual access, booking slots and cleaning/hygiene protocols.

Access to outdoor facilities

Where external access to outdoor sports facilities is not possible, access through an indoor area can be provided if suitable risk assessments and safety measures are put in place. These should include restricting access to one person at a time, ideally with a one-way system in operation, and no contact with hard surfaces such as door handles. Persons moving through the area should not stop or congregate at any time.

Hospitality

Additional restrictions are in place for hospitality businesses with Level 4 areas subject to bar and café closures. Sports facility operators providing catering or bar services should refer to Scottish Government guidance for applicable guidance including takeaway services. [Coronavirus \(COVID-19\): tourism and hospitality sector guidance.](#)

Retail

Retail units operated by sports facility operators in Level 4 areas should follow Scottish Government [Retail Sector Guidance.](#)

DISCLAIMER

*Neither **sportscotland**, Angling Scotland Ltd nor any contributor to the content of this guidance, shall be responsible for any loss or damage of any kind, which may arise from your use of or reliance on this guidance note. Care has been taken over the accuracy of the content of this note but **sportscotland** and Angling Scotland Ltd cannot guarantee that the information is up to date or reflects all relevant legal requirements. We recommend that you obtain professional specialist technical and legal advice before taking, or refraining from, any action based on information contained in this note.*





Useful Links

[Angling Scotland Website](#) [Angling Scotland Facebook](#)

[Scottish Government: Coronavirus in Scotland](#)

[Scottish Government: Stay at Home guidance – Level 4](#)

[Scottish Government: Covid-19 Framework for decision making](#)

[Scottish Government Phase 3: Staying safe and protecting others](#)

[Scottish Government: Staying safe outdoors](#)

[COVID-19: Guidance on Travel & Transport](#)

[Coronavirus Government Job Retention \('furlough'\) scheme](#)

[Scottish Government: Tourism and Hospitality Guidance](#)

[Getting your Facilities Fit for Sport](#)

[Professional & Performance Sport Resumption Guidance](#) [Getting your coaches ready for sport](#)

[Coronavirus \(COVID-19\): Public use of face coverings](#)

[Health Protection Scotland: General guidance for non-healthcare settings](#)

[Health Protection Scotland: Cleaning in a non-healthcare setting](#)

[Health Protection Scotland: Hand hygiene techniques](#)

[St. John's Ambulance: Covid-19 advice for first aiders](#)

[Retail Sector Guidance](#)





Definitions – for the purpose of this guidance

‘Organised sporting or physical activity’ refers to activities which are undertaken in a structured and managed way following specific rules and guidance of relevant SGBs, local authorities or businesses who in turn have fully applied related Scottish Government and **sportscotland** guidance. 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.

Contact sport or activity is defined as “a sport or activity in which the participants necessarily come into bodily contact or as a matter of course encroach within 2m of one another” such as Judo, Netball and Basketball.

Non-contact sport or activity is defined as “a sport or activity in which the participants are physically separated by playing rules such as to make it difficult for them to make physical contact during an activity. Examples include Tennis, Cricket, Boccia and Curling.

Sports competition refers to where participants or teams compete against different opponents as part of an organised league or competition.

Adult ‘group’ sport or activity refers to adults, from more than 2 households / 6 members of those households who take part in organised sport or physical activity.

Indoor individual exercise refers to non-contact recreational sport or physical activity which follows general household rules i.e. no more than 2 households / 6 members of those households. This includes gym use, 1:1 personal training, swimming, ice skating and indoor snowsports activity where physical distancing can be maintained.

