

Motorcycle Sport Guidelines – Beyond Level 0

The First Minister provided a Covid-19 update on 22 June 2021 and confirmed publication of an updated [Strategic Framework \(June 2021\)](#) and that a [Review of Physical Distancing](#) has been completed following the accelerated rollout of the vaccination programme.

A further update was provided on 3 August 2021 confirming that all of Scotland will move 'Beyond Level 0' on the 9th August 2021.

Although restrictions are being eased it was also confirmed that Scottish Government will retain the option of putting in place local measures and travel restrictions to manage any future virus outbreaks.

Where protection levels become applicable organised sporting activities can be undertaken providing all activity is consistent with Scottish Government guidance on health, physical distancing, and hygiene. You will also need to make sure that your club, facility, and participants are made aware of, and can adapt to, changes in guidance at short notice. This is particularly important where changes to travel, physical distancing or local area protection level restrictions are made by Scottish Government at short notice. Information on Scottish Government's approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#).

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

To manage a safe return to organised sport all clubs, facility operators and event organisers should have in place Test & Protect procedures to help break chains of transmission of Coronavirus (COVID 19). Further information is available at [Scottish Government: Test & Protect](#).

Clubs, event organisers and participants should, where applicable, 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 is set out in Table A – see appendix.

Further information on protection levels that apply in each local authority area are available at [Coronavirus \(COVID-19\): allocation of protection levels](#). A local post code checker is also available at [COVID restrictions by protection level in areas of Scotland](#)

Although Scotland is to moving to 'Beyond Level 0' from 9th August 2021 caution is still required, and the following guidance should be considered.



SPORTS FACILITY & PARTICIPATION GUIDANCE

1. It is the responsibility of each club committee, sports facility operator and/or events organiser (herein referred to as the operator) to appoint a 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.
2. The COVID officer 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.
3. Operators should only open facilities when it is safe to do so and in accordance with Scottish Government guidance.
4. Operators must ensure that users are made aware of the requirement to adhere to the relevant approved guidance prior to any sport or physical activity being undertaken at the venue and reserve the right to intervene where there are any clear and visible breaches of this guidance by participants. Where such breaches take place operators should notify the nominated club/activity COVID Officer overseeing the activity and they should in turn take appropriate action to mitigate future risk and protect participants and the wider public.
5. When a local area is operating 'Beyond Level 0' it is recommended that 'Give people space' messaging should be promoted by Operators.
6. An outdoor sporting 'field of play bubble', including multiple bubbles, can be used for organised training, competition, or participation events up to the limits noted below. Coaches, officials, and other volunteers are not included in Level 0 to Level 2 bubble/participation numbers but are at Level 3. Support staff numbers should be limited to those that are required to ensure a safe, well run activity:

Level 3 – Bubbles of up to 30 with a maximum of 200 participants per day

Level 2 – Bubbles of up to 50 with a maximum of 500 participants per day

Level 1 – Bubbles of up to 100 with a maximum of 1000 participants per day

Level 0 – Bubbles of up to 500 with a maximum of 5000 participants per day

Beyond Level 0 – No bubble restrictions but a maximum of 5000 participants per day

Operators and organisers should undertake comprehensive risk assessments to minimise the risk of movement or contact between bubbles (or waves) including before, during or after an activity. Once an individual has completed their activity, they should immediately vacate the 'field of play' and are then subject to household rules.

Coaching

The guidance below is to support coaches, leaders, deliverers, and instructors, herein referred to as coach/es. In addition, please see [Getting Coaches Ready for Sport](#) which provides a 4-stage approach/checklist to help coaches get ready for delivering sport and physical activity. It can be used as it is or amended to reflect the sport or delivery activity.

7. Coaches operating within clubs and facilities should liaise with the relevant COVID Officer before undertaking coaching and all sporting or physical activity must adhere to operator and relevant SGB Guidance.
8. Coaches and others supporting organised sporting or physical activity should attempt to keep physically distant, but it is recognised that this will not always be possible to ensure the safety of participants. In such circumstances the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment.

9. Coaches should be aware that local restrictions may be in place for sport and physical activity, and this should be considered as part of risk assessment planning and will dictate what activity can be coached, indoors and outdoors and to whom. See Table A for further information.

10. In levels 0-3: Coaches can run organised outdoor group training sessions in line with maximum bubble sizes outlined in Table A.

11. In level 4: Coaches can run organised outdoor non-contact group training sessions for a maximum of 15 people aged 12 years or over (including the coach/es) or up to 30 children (including the coach/es) aged u12 years.

12. Face coverings must be worn by coaches when indoors, except where an exemption applies.

13. Coaches working with children should familiarise themselves with the additional considerations developed by Children 1st: [Child Wellbeing and Protection Considerations](#).

Equipment Provision and Use

14. Where equipment is provided, appropriate cleaning measures, including provision of sanitiser and disposable gloves, should be put in place to reduce the risk of contamination.

15. All fixed equipment should be checked prior to use to avoid participants having to adjust or touch it.

16. Where shared equipment is necessary for an activity appropriate hygiene measures must be put in place before, during and after use.

17. Appropriate hygiene protocols should be undertaken including hand hygiene and regular cleaning of equipment before, during and after exercise.

Spectators

Sports events, including spectator events, can take place subject to appropriate Scottish Government guidance being followed. Further information is available on the sportscotland website: [Return to Competition & Events: sport events](#).

Spectators are permitted under the following circumstances:

- 'Beyond Level 0' a maximum of 5000 people outdoors and 2000 people indoors can spectate subject to the organiser following [Scottish Government Coronavirus \(COVID-19\): events sector guidance](#) and obtaining relevant permissions, where they normally would be required to do so. Any increase in these numbers must be agreed directly with the appropriate local authority prior to the competition going ahead.
- Where supervising a child and/or vulnerable person.
- Where local area protection levels apply and a competition or event is organised and takes place at premises whose entrances and exits are controlled (indoors and outdoors) for the purpose of crowd and capacity management in line with Scottish Government (COVID-19): events sector guidance and [\(COVID-19\): calculating physical distancing capacity in public settings](#).

It is recognised that it may not always be possible to prevent people from spectating [at a competition or event] in a public space such as a park. In such circumstances, the organisers are required to consider mitigating measures as part of their risk assessment/management plan with an emphasis on discouraging, where possible, informal spectating. Any such measures should be clearly communicated by the organiser prior to the competition which may include, amongst other things, the displaying of notices around the venue to remind the public to follow Scottish Government

guidance. For clarity, where informal spectating does take place organisers are not expected to enforce government guidance on members of the public in places not under their control.

TRAVEL GUIDANCE

1. 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](#).
2. Information for each local government area, including any applicable level, is available at [Coronavirus: local protection levels](#) including a post code checker.
3. You should avoid car sharing with anyone from another household unless you deem it to be necessary. If individuals or groups do car share then they should follow [Transport Scotland: advice on how to travel safely](#) and put in place appropriate risk assessment and mitigations.

Children & Young People (17 years or under)

4. People can travel to and from Level 0, 1, 2 and 3 areas to facilitate or take part in organised sport, training, and competition which is for persons under 18 years of age.
5. Children and young people can also travel to and from a Level 4 area, if for example, they belong to a club which is outside their own local government area. This flexibility is to allow children and young people to take part in sport or organised activity, but they should travel no further than they need to. If attending a sport/activity in a Level 3 area or below, Level 4 guidance will apply to the whole activity e.g., 12 to 17-year-old outdoor activity should be restricted to non-contact and include a maximum of 15 participants.
6. Children and young people living in a Level 3 or 4 area can also travel out with their local government area to take part in informal exercise such as walking, running or cycling. Such activity should follow [Scottish Government 'local protection levels' guidance](#).

Adults (18 years or over)

7. Participants aged 18 years or over can travel to and from a Level 0, 1 and 2 area to take part in organised sport, physical activity, training, and competition. However, to help suppress the spread of the virus, it is advised that people should not utilise facilities or take part in activities that are not allowed in their home local area protection Level. Participants should not travel to a Level 3 or 4 area to take part in organised sport or physical activity.
8. Adults living in a Level 3 or 4 area should only travel locally (within their local government area) to take part in organised sport or physical activity as outlined in Table A.
9. Adults living in a Level 3 or Level 4 area can also travel up to 5 miles out with their local government area to take part in informal exercise or recreation such as walking, cycling, golf or running that starts and finishes in the same place. Such activity should follow Scottish Government 'local protection levels' guidance.

Table A – Return to Sport (Beyond Level 0)

		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	Contact & non-contact sport & PA permitted	
	Adults (18+ years)						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 <u>normal facility occupancy levels</u> 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 <u>maximum occupancy in buildings to 7sqm per person</u> 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 <u>maximum occupancy in buildings to 9sqm per person</u> 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.		



