

## Appendix 1 – Level 4 Guidance (Stay at Home)

Updated on 19 January 2021

The local measures and restrictions outlined in this Appendix 1 will supersede the corresponding guidance within **scottishathletics** supporting document for phase 4 of the protection levels.

All restrictions outlined below will apply from 00:01 on Tuesday 5<sup>th</sup> January 2021 until further notice.

The restrictions currently apply to all mainland local authority areas (islands should continue to follow the level 3 guidance).

### General Information

1. Stay at home as much as possible.
2. Informal exercise is permitted with your own household or with one other person.
3. Recognised **scottishathletics** performance athletes should be aware of the guidance issued for performance sport and should get in touch with their relevant Performance Team point of contact for further information or e-mail: [performanceteam@scottishathletics.org.uk](mailto:performanceteam@scottishathletics.org.uk).

### Outdoor Athletics Activity

4. A maximum of 2 people from up to 2 separate households (12 years or over) can meet outdoors for sport, exercise or recreation purposes if physical distancing is maintained, before, during and after the activity.
5. 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.
6. Coaches should not deliver a session to more than one other person if aged 12 years or older at any given time.
7. Children aged 11 and under do not need to maintain physical distance from others.
8. Although **scottishathletics** strongly recommends no group training, children aged 11 and under can meet outdoors for sport, exercise or recreation. In such circumstances the number of coaches involved must not exceed household limits i.e., maximum of two for any given session.

### Indoor Athletics Activity

9. Cancelled (facilities will remain closed through the Level 4 “stay at home” restrictions).

### Athletics event's organisers specific guidance

10. Only virtual events are permitted and must follow household rules.

### Travel

11. 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.
12. When taking part in sport, exercise or recreation participants should at all times follow [Scottish Government 'stay at home' guidance](#).

## Remember **FACTS** for a safer Scotland



**Face coverings**



**Avoid crowded places**



**Clean your hands regularly**



**Two metre distance**



**Self-isolate and book a test if you have symptoms**

### CORONAVIRUS

**STAY SAFE**

**PROTECT OTHERS**

**SAVE LIVES**

