

Appendix 1 – Level 4 Guidance (Stay at Home)

Updated on 26 February 21

The local measures and restrictions outlined in this Appendix 1 supersede the guidance issued on 5 January 2021. This document should be read in conjunction with the Covid-19 Framework for athletics and running.

Indicative Dates

15 March – 12 – 17 years non-contact sport can return subject to further guidance. Individual or household 18+ exercise will move to be 4 adults from 2 households.

5 April – Stay at home removed. Individual or household 18+ exercise will move to be 6 adults from 2 households.

26th April – Return to the levels approach.

scottishathletics will produce updated framework and information prior to each of the indicative dates.

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.

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 anyone over 12 years of age in a Level 4 area. (from 15th March at earliest this will change to 18+)
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. Children aged 11 and under can meet outdoors, within their local authority area, for sport, exercise or recreation. In line with **scottishathletics** guidance they can meet in groups of up to 8. 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

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

Athletics event’s organisers specific guidance

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

Travel

- 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.
- 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

