



## Level 4 Enhanced

### Stay at Home (January 2021)

#### General Sport Guidance (Level 4 Enhanced - Stay at Home)

- Facility operators in Level 4 areas may continue to open outdoor sports courts 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. Where separate households are participating, 2m physical distancing should always be maintained.
  - **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 **but all organised group activity is advised against during the Level 4 Enhanced restrictions.**
  - Coaches should **not deliver a session to more than one other person** if aged 12 years or older, at any given time.

#### Volleyball Specific Guidance (Level 4 Enhanced – Stay at Home)

- **Adults and children aged 12 and above** can only take part in outdoor volleyball in a **1 v 1 format**, where both players **maintain 2 metres physical distance at all times** before, during and after play, unless all participants are members of the same household.

This is in line with the requirement that **a maximum of 2 people from 2 different households** may participate in outdoor sport and exercise.

- Those aged 11 and below are exempt from these gathering limits, **but Scottish Volleyball are advising against group activity for all age groups throughout this Level 4 Enhanced period.**
- **Volleyball coaching can only take place outdoors on a 1 : 1 basis** for those ages 12 years and over.



### **Travel Guidance for Sport and Recreation (Level 4 Enhanced – Stay at Home)**

Those living in a Level 4 local authority area can travel for local outdoor sport or exercise that starts and finishes at the same place (**which can be up to 5 miles from the boundary of your local authority area**), as long as you abide by the rules on meeting other households.

### **Other Local Authority areas**

As per the First Minister's statement, the island areas currently in level 3 will continue with current level 3 restrictions for now. You can check COVID restrictions in your area using the [Scottish Government Postcode Checker](#).

### **Professional Sports**

Those involved in professional sports remain exempt for training and coaching, in line with strict COVID-secure protocols that must be approved by **sportscotland** and the Scottish Government.

**To see our detailed guidance for Volleyball, please see our [Play It Safe Protection Levels Framework and full guidance documents](#).**