

Level 4 (5th-25th April)

Play it Safe - Updated 5 April 2021

General Sport Guidance

Organised sporting activities can be undertaken, providing all activity is consistent with current 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 and can adapt to changes in guidance at short notice. Information on Scottish Government’s approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#) .

Outdoor Sport & Leisure Activity

Restrictions on the number of people who can take part in outdoor organised sport, exercise and recreation in Level 4 is as follows:

Outdoor sporting bubbles for localised training and competition (Level 4)

- Children (**aged up to 11 years**)
 1. Children can take part in **outdoor contact and non-contact** organised sport including training, group exercise and competition within their usual club or facility environment. **This does not include inter-club competition.**
 2. A children’s outdoor sporting ‘field of play bubble’ at Level 4 can consist of **up to 30 people including coaches** and officials at any one time.
- Young People (**aged 12-17 years**)
 1. Young people aged 12-17 years can take part in **outdoor contact and non-contact** organised sport including training, group exercise and competition within their usual club or facility environment **up to and including the 25th April 2021. Thereafter only non-contact sport or physical activity should take place at Level 4.** Inter club competition should not take place.
 2. An outdoor sporting ‘field of play bubble’ can consist of **up to 15 young people**, coaches, and officials at any one time.
- Adults (**aged 18 years or over**)
 - 1 Adults can take part in **outdoor non-contact organised sport** including training, group exercise, aerobics, fitness classes and competition within their normal club or facility environment.
 - 2 An outdoor sporting ‘field of play bubble’ for adults can consist of up to **15 people**, including coaches, and officials at any one time. **Physical distancing should always be maintained.**

Coaching (Level 4)

1. Coaches can run organised outdoor non-contact group training sessions in Protection Level 4 **for a maximum of 15 people aged 12 years or over (including the coach/es)**
2. Coaches can run organised outdoor contact and non-contact training sessions **for up to 30 children (including the coach/es) aged under 12 years.**
3. Coaches can take multiple sessions (where protection levels allow) per day, however the number of participants allowed in each session will depend upon the age of participants and the protection Level restrictions in place in the given location.
4. Additional support tools are available for coaches and volunteers at the [Getting Coaches Ready for Sport](#) section of the **sportscotland** website including [mental health and wellbeing awareness training](#).

Volleyball Specific Guidance

- Children (**aged up to 11 years**)
 1. People under the age of 12 years can participate in **outdoor organised** volleyball activity **without the need to maintain physical distance** during play.
 2. Where possible **coaches should maintain physical distance** from the players at all times.
 3. Organised outdoor activity **for up to 30 people (including coaches)** can take place but the **maximum number of players per court should be 8 (4v4).**
- Young people (**aged 12 -17**)
 1. People aged 12 to 17 years of age can participate in outdoor organised volleyball activity **without the need to maintain physical distance during play, up to and including the 25th April 2021. Thereafter players aged 12-17 must maintain physical distance during organised volleyball activity at Level 4.** This is for the purpose of allowing activity to get started.

This activity must take place within their usual club or facility environment.
 2. Organised outdoor volleyball activity for **up to 15 people** (including the coach) can take place but **the maximum number of players per court should be 4 people (2v2).**

- Adults (**aged 18 years or over**)
 1. Adults can take part in **outdoor organised volleyball sessions** within their normal club or facility environment.
 2. An outdoor sporting 'field of play bubble' for adults can consist of **up to 15 people**, including coaches, and officials at any one time. **Physical distancing should always be maintained.**
 3. The **maximum number of people per court** at any one time should be **4 people (2v2)**.

For full details on how to keep your activity space safe, please refer to our detailed ['Play it Safe' guidance document for outdoor volleyball.](#)

Travel Guidance for Sport and Recreation (Level 4)

- Children & Young People (**17 years or under**)
 1. Participants aged **17 years or under** can travel **to and from Level 0, 1 and 2 areas** to take part in organised sport, training, and competition.
 2. Children and young people can also **travel to and from a Level 3 or 4 area, if for example, they belong to a club which is just outside their own local authority area.** They should however travel no further than necessary to take part in the organised activity.
 3. Children and young people living in a Level 3 or 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 Local' guidance.](#)
- Adults (**18 years or over**)
 1. 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. They should not travel to a Level 3 or 4 area.
 2. Adults living in a Level 3 area should only travel locally or to another Level 3 area to take part in organised sport or physical activity.
 3. **Adults living in a Level 4 area should only travel locally** to take to take part in organised sport or physical activity.
 4. 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, golf or running that starts and finishes at the same place. Such activity should follow [Scottish Government 'Stay Local' guidance.](#)

Table B: Travel Summary

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	✓
18+ (Adults)	✓	✓	✓	L3 Travel Only	Local Travel Only

Elite Sports

Those involved in our Elite beach volleyball programme should continue to follow the Scottish Volleyball Elite guidance, in line with strict COVID-secure protocols that have been approved by **sportscotland** and the Scottish Government.

Overview

Indoor sport and leisure facilities including club houses, changing rooms and activity areas should remain closed at Level 4.

Please note Information in this document supersedes any information within our previous Play it Safe guidance.

Our Protection Levels Framework (Level 0-4) will be updated in the coming weeks.