



January 2021

Level 4 Guidance (Stay at Home)

Introduction

1. The guidance is applicable to waterskiing and wakeboarding activity facilities and activities where Scottish Government have identified the requirement for **enhanced Level 4 'stay at home'** restrictions to be applied.
2. The information outlined below should be used in conjunction with, and where appropriate supersede, the ['Return to sport and physical activity guidance'](#).
3. It is the responsibility of the relevant facility operator / COVID officer to ensure that full risk assessments, processes and mitigating actions are in place before any sport or leisure activity takes place and to check if the activity is in an area which is subject to additional Scottish Government localised measures and restrictions.
4. Where a local outbreak has been reported, sports facility operators and deliverers should review their facility/operational risk assessment and consider if additional mitigating actions should be put in place to reduce risk. This may, for example, include; suspending activity, enhancing hygiene and physical distancing measures or introducing additional activity restrictions.
5. Be aware that the Scottish Government may update or change Levels and restrictions at any time, including the local areas subject to them. Therefore COVID officers should regularly check Scottish Government advice and guidance relating to local outbreaks and measures at [Coronavirus \(COVID-19\): local advice and measures](#).

Travel Restrictions in Level 4 areas

6. Those living in a Level 4 local authority area can travel within that area to undertake outdoor sport, exercise and recreation 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.

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

Outdoor Sport & Leisure Activity

8. Operators in Level 4 areas may continue to open outdoor sports areas, courts, pitches and facilities 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](#).
9. Restrictions on the number of people who can take part in sport, exercise and recreation has been updated and is as follows;
 - 9.1 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 2m physical distancing is maintained, before, during and after the activity. Participants should leave facilities immediately following exercise.

Indoor Sport & Leisure Facilities

10. Indoor facilities including club houses, changing rooms and activity areas should remain closed at Level 4. Exemptions are available as noted below.
11. Public Toilets
 - 11.1 Operators may open indoor toilets for public use if they follow Scottish Government [Opening Public Toilets Guidelines](#).
 - 11.2 Public toilets are defined as any toilets accessible to the public. The opening of toilets should be accompanied by local risk assessment, and control measures should be proactively monitored by operators.
 - 11.3 All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance.
12. Storage Areas & Lockers
 - 12.1 One off access to storage areas and locker rooms is permitted to retrieve personal equipment which is essential for an activity to be undertaken. Personal equipment should not be returned to these areas.
 - 12.2 Where equipment cannot reasonably be taken home and is stored on site, access to retrieve and return such equipment to storage areas is allowed if appropriate risk assessments are undertaken.
 - 12.3 Risk assessments should include mitigating actions to reduce the risk of virus transmission such as individual access, booking slots and cleaning/hygiene protocols.
13. Access to outdoor facilities

Where external access to outdoor sports facilities is not possible, access through an indoor area can be provided if suitable risk assessments and safety measures are put in place. These should include restricting access to one person at a time, ideally with a one-way system in operation, and no contact with hard surfaces such as door handles. Persons moving through the area should not stop or congregate at any time.

Hospitality

14. Facility operators providing catering or bar services should refer to Scottish Government guidance for applicable guidance including takeaway services. [Coronavirus \(COVID-19\): tourism and hospitality sector guidance.](#)