

# Beyond Level 0

## Introduction

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The guidance outlined in this document is effective from 9 August 2021 (inclusive) and should be used by clubs and coaches based in **Beyond Level 0** areas.

The information outlined in this document should be used in conjunction with, and where appropriate supersede, *Our Return to Swim, Bike, Run Activity: Guidance for Clubs and Coaches* and *Our Return to the Pool: Guidance for Clubs and Coaches* documents.

## Travel

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A breakdown of the travel restrictions for those living in Beyond Level 0 areas can be found below. A Protection Level Overview in tabulated format is available [here](#).

### For Organised Activity

- ✓ Beyond Level 0, no travel restrictions will be applicable, within or between areas in Scotland, which are not categorised under the protection level system.
- ✓ **Under 18s:** Children and young people can travel to and from Level 0, 1, 2 and 3 areas to take part in organised sport, training, and competition.
- ✓ **Under 18s:** Children and young people can also travel to and from a Level 4 area, if for example, they belong to a club which is outside their own local government area.
- ! **Adults:** Adults 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.
- ✓ Transiting through other areas Level 0-2 during the course of organised activity is permitted (i.e. circular cycle route).

### For Informal Exercise

- ✓ Beyond Level 0, no travel restrictions will be applicable, within or between areas in Scotland, which are not categorised under the protection level system.
- ! **Under 18s:** Children and young people can travel out with their local government area to take part in informal exercise such as walking, running or cycling.
- ! **Adults:** Adults can travel out with their local government area to take part in informal exercise such as walking, running or cycling.
- ✓ Transiting through other areas (any level) during the course of informal exercise is permitted (i.e. circular cycle route).

## Organised Activity - Outdoors

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A breakdown of what organised activity clubs and coaches can deliver in Beyond Level 0 areas can be found below. A Protection Level Overview in tabulated format is available [here](#).

### Children (Under 12) & Young People (12-17)

- ✓ Children and young people can take part in organised activity.
- ✓ There is no 'group' or 'field of play bubble' restrictions to the number of people at any one time. A maximum total daily limit of 5000 people.
- ! If any participant attending lives in a Level 4 area, Level 4 guidance will apply to the whole activity reducing the group size for young people aged 12-17 years to 15 people including children and young people, coaches and any others supporting the activity at any one time.
- ✓ Physical distancing requirements can be suspended for the duration of activity.
- ! If any participant attending lives in a Level 4 area, Level 4 guidance will apply to the whole activity therefore young people aged 12-17 year will be required to physically distance before, during and after activity.
- ✓ In line with general Scottish Government guidance, children under 12 do not need to maintain physical distance from others.
- ! Once an individual has completed their activity, they should immediately vacate the 'field of play' and are then subject to household rules.

### Adults (18+)

- ✓ Adults can take part in organised activity.
- ✓ There is no 'group' or 'field of play bubble' restrictions to the number of people at any one time. A maximum total daily limit of 5000 people.
- ✓ Physical distancing requirements can be suspended for the duration of activity.
- ! Physical distancing should always be maintained before and after activity and during any breaks.
- ! Once an individual has completed their activity, they should immediately vacate the 'field of play' and are then subject to household rules.

## Organised Activity - Indoors

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A breakdown of what organised activity clubs and coaches can deliver in Beyond Level 0 areas can be found below. A Protection Level Overview in tabulated format is available [here](#).

### Children (Under 12) & Young People (12-17)

- ✓ Children and young people can take part in organised activity in line with Triathlon Scotland and facility operator guidance.
- ! The number of participants allowed to take part in indoor sport or physical activity must be risk assessed by the operator following Scottish Government Coronavirus (COVID-19): guidance on the opening of indoor and outdoor sport and leisure facilities and Triathlon Scotland.
- ✓ Physical distancing requirements can be suspended for the duration of activity if this is inline with facility operator guidance.
- ✓ In line with general Scottish Government guidance, children under 12 do not need to maintain physical distance from others.
- ! Participants should not congregate before or after an activity. Clubs & coaches should work with operators to ensure comprehensive mitigating actions are put in place to stop this happening.

### Adults (18+)

- ✓ Adults can take part in organised activity in line with Triathlon Scotland and facility operator guidance.
- ! The number of participants allowed to take part in indoor sport or physical activity must be risk assessed by the operator following Scottish Government Coronavirus (COVID-19): guidance on the opening of indoor and outdoor sport and leisure facilities and Triathlon Scotland.
- ! Participants should not congregate before or after an activity. Clubs & coaches should work with operators to ensure comprehensive mitigating actions are put in place to stop this happening.
- ! No physical distancing requirements if this is in line with facility operator guidance 'Give People Space'.
- ! Face covering must be worn outside of physical activity.

## Glossary

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| Children           | Any person aged 11 years and under.   |
| Young People       | Any person aged 12-17.  |
| Adults             | Any person aged 18 years and over.  |
| Organised Activity | Refers to activities which are undertaken in a structured and managed way following specific rules and guidance of Triathlon Scotland, local authorities or businesses who in turn have fully applied related Scottish Government and sportscotland guidance. All organised activity should be overseen by a Covid Officer with documented risk assessments undertaken and mitigating actions put in place to ensure the health, safety and welfare of participants, coaches and officials. |
| Informal Exercise  | Refers to recreational triathlon activity which follows general household rules. Physical distancing should always be maintained.   |