

Protection Levels					
	Level 0	Level 1	Level 2	Level 3	Level 4
Travel for boating activity, training, or events	<p>Participants aged 18 years or over (adults) who live in a Level 0, 1 or 2 area should, where possible, minimise unnecessary travel between areas and not travel to a Level 3 or 4 area to take part in organised sport or physical activity.</p> <p>This travel guidance is also applicable to maintenance on boats or equipment.</p> <p>The Scottish Government travel Guidance can be found here</p>			<p>Participants aged 18 years or over (adults) living in a Level 3 or Level 4 area should only travel within their Local Authority Area to take part in organised physically distanced non-contact sport or exercise outdoors or for boat maintenance.</p> <p>You can also take part in local informal exercise such as walking, cycling, golf, running, including sailing, (up to 5 miles of their local authority boundary area) that starts and finishes at the same place but straddles the boundary of two local authority areas. This could include boundaries on the water as long as you depart and return to the same location and don't go ashore but cannot include any activity organised by a club/centre or National Governing Body</p>	<p>All participants both children (Under 18) and Adults (18 years or over) living in a Level 3 or Level 4 area should only travel within their Local Authority Area to take part in organised physically distanced non-contact sport or exercise outdoors or for boat maintenance.</p> <p>You can also take part in local informal exercise such as walking, cycling, golf, running or sailing (up to 5 miles of their local authority boundary area that starts and finishes at the same place but straddles the boundary of two local authority areas. This could include boundaries on the water as long as you depart and return to the same location and don't go ashore but cannot include any activity organised by a club/centre or National Governing Body unless for essential training.</p>
	<p>Participants under 18 years of age can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport and physical activity other than team sports.</p>				
	<p>Participants should only travel with members of their own and extended households. Specific information on car sharing is available from Transport Scotland: advice on how to travel safely.</p> <p>RYA Training qualifications that are necessary training for work or to gain employment are exempt from the travel restrictions. Training providers should make this clear to all participants and respect that some participants or instructors may not feel comfortable being in a boat with someone from outside of their local authority. Coaches, Instructors and Examiners may travel for work purposes and if they use the exemption mitigating actions should be put in place to reduce risk to the coach, instructor, examiner and participants. This should be documented in the operator or deliverer risk assessment.</p>				
Informal Boating Dinghy, Windsurfing, powerboating, canal boating, sail cruising, motor cruising, personal watercraft	Maintain 2m physical distancing				
	<p>Maximum 15 people from up to 5 households (15/5) outdoors.</p> <p>8/3 indoor socialising permitted including overnight stays.</p>	<p>No In-home socialising, this will include socialising below deck.</p> <p>8/3 Outdoors, 6/2 indoors in public place. Single household or extended household only overnight.</p>	<p>No in-home socialising, this will include socialising below deck</p> <p>No Indoor gatherings</p> <p>6/2 Outdoors</p> <p>6/2 indoors in public places</p> <p>Single Household or extended household only overnight.</p>	<p>No in-home socialising, this will include socialising below deck</p> <p>No Indoor gatherings.</p> <p>6/2 Outdoors, 6/2 indoors in public places.</p> <p>Single Household / extended household only overnight.</p>	<p>No in-home socialising, this will include socialising below deck</p> <p>No Indoor gatherings.</p> <p>6/2 Outdoors.</p> <p>Overnight not permitted.</p>
Organised outdoor activity (Non-contact) Training, racing or Social sailing without contact	<p>Club/Training Centre/Class Association Activity.</p> <p>All ages.</p> <p>An outdoor sporting 'field of play bubble' can consist of a maximum of 30 people including coaches, officials and other support staff at any one time. This can be non-contact or contact activity.</p>			<p>Field of play bubble can be applied for all ages in non-contact situations.</p> <p>Maintain 2m physical distancing</p>	<p>Field of play bubble can be applied for all ages in non-contact situations.</p> <p>Maintain 2m physical distancing</p>
Organised outdoor activity (Contact) Training, Racing or Social Sailing with contact	<p>Multiple bubbles, each with up to 30 people, can be used in training, competition or small-scale events if multiple bubble guidance* is followed (200 max per day unless with exemption).</p>			<p>Field of play bubble can be applied for under 18s in contact situations.</p> <p>Adult contact sport not permitted.</p>	<p>Contact sport prohibited for all ages.</p>
Indoor Tuition	<p>Adhere to physical distancing, good hygiene and face coverings should be worn if 2m cannot be maintained.</p>			<p>Adhere to physical distancing, good hygiene. Face coverings should be worn in the classroom.</p>	<p>Not permitted unless for Key workers. Face coverings should be worn in the classroom.</p>
Indoor facilities – Changing, toilets and showers	<p>Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines</p> <p>Changing rooms and showering facilities should remain closed where possible, although they should be made available for participants who require additional support such as disabled people or those with special needs. If they are to be opened then specific guidance relating to use of 'Changing and Showers' is available at Getting Your Facilities Fit for Sport. This is applicable at all levels where facilities remain open.</p>				<p>Indoor sports facilities and club houses; closed including changing rooms and showers. Toilets may be open if they follow guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines</p>
Hospitality	<p>Food and Alcohol permitted indoors and outdoors. Time restrictions may apply.</p> <p>Further information is available here Coronavirus (COVID-19): tourism and hospitality sector guidance.</p>	<p>Food and alcohol are permitted outdoors and alcohol is only permitted with a main meal indoors. Time restrictions may apply.</p>	<p>No sale of alcohol indoors or outdoors. Food may be consumed on the premises. Time restrictions may apply.</p>	<p>Not permitted (Exception for Hotel for work related stays).</p>	