

Protection Levels		
	Level 3	Temporary Lockdown
Travel for boating activity, training, or events	<p>Participants aged 18 years or over (adults) living in a Level 3 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, rolling, 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) should only travel within their Local Authority Area to exercise informally outdoors or for essential boat maintenance.</p> <p>You can also take part in local informal exercise such as walking, cycling, rolling, 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>
Indoor gathering	<p>No in-home socialising, this will include socialising below deck No Indoor gatherings. 6 people /2 households indoors in public places. Single Household / extended household only overnight</p>	<p>No in-home socialising, this will include socialising below deck No Indoor gatherings Overnight not permitted.</p>
Outdoor gathering	6 people/2 households Outdoors - 2m physical distancing.	2 people/2 households Outdoors (not including U12s towards the people) - 2m physical distancing.
Organised outdoor activity (Non-contact) Training, racing or Social sailing without contact	<p>Field of play bubble can be applied for all ages in non-contact situations.</p> <p>Maintain 2m physical distancing</p>	NOT PERMITTED
Organised outdoor activity (Contact) Training, Racing or Social Sailing with contact	<p>Field of play bubble can be applied for under 18s in contact situations.</p> <p>Adult contact sport not permitted.</p>	NOT PERMITTED
RYA Training	<p>If deemed necessary, RYA Training could take place using the non-contact field of play bubble as above.</p> <p>Essential Training or examinations for work purposes or leading to qualifications for employment will be able to continue providing the appropriate measures are in place to mitigate against the risk of infection.</p>	Essential Training or examinations for work purposes or leading to qualifications for employment will be able to continue providing the appropriate measures are in place to mitigate against the risk of infection.
Toilets	<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.</p> <p>Toilets may be open if they follow guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines</p>
Hospitality	No sale of alcohol indoors or outdoors. Food may be consumed on the premises. Time restrictions may apply.	Not permitted (Exception for Hotel for work related stays).