

LACROSSE SCOTLAND GUIDELINES –

Level based Restrictions Overview

For all Clubs, Teams, Players, and Supporters

PLEASE REFER TO THE COVID RTP3 (30OCT) GUIDANCE FOR MORE SPECIFIC INFORMATION

As you will be aware, the First Minister announced a new strategic approach to suppress the coronavirus. This included the announcement of a 5-level system of 'protections' (restrictions) which can be applied locally or nationally, depending on the prevalence of the virus.

The [Coronavirus \(COVID-19\): Scotland's Strategic Framework](#) was published by the Scottish Government this afternoon providing the detail to this announcement. The levels applying in each local authority area will then be reviewed on a weekly basis.

In summary, the impact on sport and exercise at each level, aligned to the public health advice at each level, is as follows:

- **Level 0:** All sporting activity permitted, with some general restrictions, such as the wearing of facemasks, physical distancing etc.
- **Level 1:** No adult (18+) indoor contact sport.
- **Level 2:** Same as level 1.
- **Level 3:** No adult (18+) indoor non-contact group sport / exercise or adult (18+) indoor contact sport. No outdoor adult (18+) contact sport.
- **Level 4:** Indoor sports facilities closed. No outdoor contact sport allowed for any age.
 - Non-contact allows for a maximum of 30 participants per player bubble who must keep at least 2m distance from each other at all times.
 - Children and Young People are grouped as under 18s. Previously over 12s were grouped with adults.

LEVEL	INDOOR CONTACT SPORT Adult (18+)	INDOOR NON-CONTACT SPORT Adult (18+)	OUTDOOR CONTACT SPORT Adult (18+)	OUTDOOR NON-CONTACT SPORT Adult (18+)	INDOOR / OUTDOOR SPORT (Youth <18)
0	✓	✓	✓	✓	✓
1	✗	✓	✓	✓	✓
2	✗	✓	✓	✓	✓
3	✗	✗	✗	✓	✓
4 ¹	✗	✗	✗	✗	✗

¹ Indoor sports facilities closed.

Sport & Physical Activity Protection Levels

		Level 0	Level 1	Level 2	Level 3	Level 4
OUTDOOR SPORT Organised outdoor sport, competition, events	Overview	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. Multiple bubbles, each with up to 30 people, can be used in training, competition or small-scale sporting events if all guidance is followed (<i>200 max per day unless with an exemption</i>).				
	Children & Young people (u18 years)	Contact & non-contact permitted	Contact & non-contact permitted	Contact & non-contact permitted	Contact & non-contact permitted	Sport prohibited
	Adults (18+ years)				Non-contact permitted Contact prohibited	
INDOOR SPORT Organised indoor sport, competition, events	Overview	The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of sport and leisure facilities and sport-specific SGB Guidance . 'Group' activity refers to adults, from more than 2 households (6 members) who take part in organised sport or physical activity. 'Individual exercise' refers to the organised sport or physical activity within household rules, i.e. 1:1 coaching. For further information, see definitions within this guidance.				
	Children & Young people (u18 years)	Contact & non-contact permitted	Contact & non-contact permitted	Contact & non-contact permitted	Contact & non-contact permitted	Sport prohibited: Leisure Centres, gyms and other indoor sports facilities closed.
	Adults (18+ years)		Non-contact permitted Contact prohibited	Non-contact permitted Contact prohibited	Indoor individual exercise only	
COACHING	Overview	General guidance is available within this document for coaches, leaders, personal trainers, deliverers and instructors, <i>herein referred to as coach/es</i> . In addition, Getting Coaches Ready for Sport provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions.				
	Indoor & Outdoor coaching	The local protection level in place for sport and physical activity will dictate what activity can be coached, indoors and outdoors and to whom in that area. See indoor/outdoor above for further information. Coaches can take multiple indoor sessions per day; however, the numbers allowed in each session will depend upon the protection level in place.				
TOILETS, CHANGING & SHOWER ROOMS	Clubs & Sports Facilities	Where changing rooms and showering facilities are to be used specific guidance relating to the use of 'Changing and Showers' is available at Getting Your Facilities Fit for Sport . This is applicable at all levels where facilities remain open. Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines				Indoor sports facilities closed. Toilets and changing rooms of outdoor sports facilities closed.
FACILITIES	Meeting Rooms	Consider whether meetings and training must be completed in person or whether alternative approaches can be used. If it is essential that meetings and training take place in person, Scottish Government guidance for general workplaces must be followed, and a risk assessment should be completed.				

Area Restrictions (2 November 2020)

The following areas are under current restrictions:

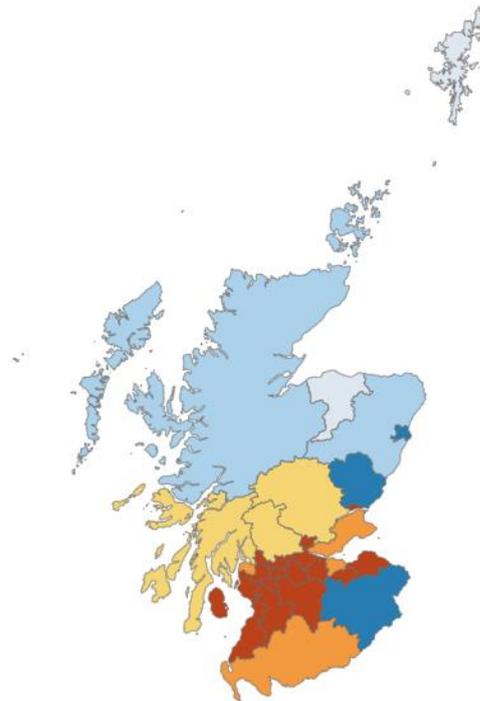
Level 3 - Glasgow City, Renfrewshire, East Renfrewshire, East Dunbartonshire, West Dunbartonshire, East Ayrshire, North Ayrshire, South Ayrshire, South Lanarkshire, North Lanarkshire, Inverclyde, City of Edinburgh, Midlothian, East Lothian, West Lothian, Clackmannanshire, Falkirk, Stirling, Dundee.

Level 2 - Aberdeen, Aberdeenshire, Angus, Argyll & Bute, Borders, Dumfries & Galloway, Fife, Perth & Kinross.

Level 1 - Highland, Moray, Orkney, Shetland, Western Isles.

Rate of infection in Scotland 21 – 27 October

7 day positive rate per 100,000 population



Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of your governing body Covid-19 guidance.

The above guidance has been produced to allow a phased return to Lacrosse in Scotland based on levels of Covid threat. All players and clubs have a responsibility to take care of themselves and their members. We are working hard with Sportscotland and the Scottish Government on moving to the next phases and will keep members up to date as soon as we know the following policies.

It should be noted that even where the activity is permitted, it will still have to follow relevant guidance to protect public health. Team-based lacrosse activities will go through an approval process with sportscotland and the Scottish Government where approved guidance may be more restricted than announced national guidelines by the 1st Minister.

Background Information

While the restrictions announced are short-term, we understand the challenges they present concerning the phased return of sport and physical activity. Also, we recognise the impact this pandemic is continuing to have on participation, employment, finances and facilities across the sector. As we have said previously, we will continue to engage with all partners to ensure that the concerns and challenges facing the sector are heard, understood and addressed.

In terms of communicating with clubs, communities, members and the wider public, we should continue to make clear that we are dealing with a global health pandemic that touches every sector of society. In that regard, the [evidence paper](#) published by the Chief Medical Officer, Chief Nursing Officer and National Clinical Director shows that the number of confirmed Covid-19 cases with a link to sport is on the rise (see page 12).

People who are symptomatic should self-isolate for 10 days; household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend a sports facility/activity.

To manage a safe return to sport and leisure activities, it is a **mandatory requirement** that all clubs, facility operators and deliverers put in place Test and Protect procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available within this guidance and at [Scottish Government: Test and Protect](#).

Clubs and participants should be aware that the easing of restrictions does not mean that all facilities/venues will open immediately. Likewise, Sports Governing Bodies (SGBs) may have to take stricter guidelines than the national guidelines as a condition for returning to training and competition. These guidelines have been approved with the intent of providing a safe environment for all participants. Participants should be aware that local restrictions may also be in place and should be considered as part of risk assessment planning; further information on guidance which should be followed in areas which the Scottish Government has identified as requiring additional measures and restrictions.

*If you reside in an area of Scotland with increased restrictions, you will **NOT** be allowed to train and/or compete with anyone outwith the restricted areas nor will anyone from areas outside the restricted areas be allowed to travel to a restricted area to train and/or compete. Only intra-squad training within the guidelines will be allowed in the restricted areas until the restrictions are lifted.*

All participants of Lacrosse in Scotland are REQUIRED:

- to be members of their SGB in good standing;
 - o *LS Membership is required for the Ro6 exemptions*
- sign the participant COVID declaration;
- register with their SGBs (Lacrosse Scotland) Track and Trace online form before every lacrosse activity.
- to wear a mask and sanitise hands when away from the playing field; including during arrival, changing, on breaks, and departure.
- DO NOT Carpool. One household per car, taxi, rideshare. Period!

Failure to complete the above will prohibit you from playing lacrosse in Scotland nor considered eligible for team competition selections, as per requirements imposed by the Scottish Government. Knowingly violating the guidelines WILL result in forfeiture

of lacrosse participation eligibility in Scotland until compliance with the government-approved guidelines. All clubs and players NOT registered and in good standing with Lacrosse Scotland are not covered by the approved governmental exceptions to training and competition roster sizes and MUST adhere to the Scottish Government guidance on the Rule of Six and social distancing of 2m.

We are all in this together!

- All partners across the sporting system are committed to the safe return of sport. However, recent figures serve as a timely reminder that the virus has not gone away, and we understand the tough decisions taken by the Government as it continues to deal with what is a public health emergency.
- While the introduction of further restrictions is disappointing, now more than ever, it is vital that we all do what we can to help suppress the spread of the virus and to protect the NHS.
- We believe that sport can be delivered safely and we will be working with partners, including the Scottish Government and **sportscotland**, to show that this is the case.
- While we know, this is a frustrating time, but continued patience and understanding will be required as we look to make further progress when the time is right, in line with the latest public health guidance.
- Discussions continue to take place across the sector to address the challenges that still need to be overcome before the delivery of sport in local communities and at a club level will be considered in any way back towards anything like normal.
- Everyone connected with Scotland's sporting system is working together to address these challenges.

PLEASE REFER TO THE COVID RTP3 (30OCT) GUIDANCE for more specific information and further clarification of these guidelines. The restrictions have been produced in line with the Government guidance on public spaces, outdoor activity and exercise announced on 23 October 2020 by the First Minister.

DISCLAIMER

Please refer to the LS website and social media for further updates and enjoy getting back on the field or in the box safely and with consideration to others around you¹. *Neither **sportscotland**, nor any contributor to the content of this guidance, shall be responsible for any loss or damage of any kind, which may arise from your use of or reliance on this guidance note. Care has been taken over the accuracy of the content of this note, but **sportscotland** cannot guarantee that the information is up to date or reflects all relevant legal requirements. We recommend that you obtain professional specialist technical and legal advice before taking, or refraining from, any action based on information contained in this note.*

¹ For any comments, questions, or concerns, please contact LS at vice.chair@lacrossescotland.com