

Covid Dates Update from Sportscotland

Effective from 18 March 2021

For all Clubs, Teams, Players, and Supporters

The First Minister on Tuesday provided an update to Parliament on COVID-19 and related restrictions. The statement provided further detail on the planned easing of restrictions during April and May and included a significant number of changes. The dates are dependent on the suppression of the virus and the continued rollout of the vaccine.

Scottish Government has also now published a new [Coronavirus \(COVID-19\): timetable for easing restrictions](#) document.

The key indicative dates most relevant to the sport sector are:

- **2 April Stay local**

Stay at home measures become stay local – people can travel within the local authority area for a non-essential purpose.

- **5 April For 12-17-year-olds**

Outdoor contact sport can resume.

- **12 April (or end of Easter holidays) Schools**

All pupils go back to school full-time.

- **26 April (Described as a move to a modified level 3 for mainland Scotland.)**

- **Gyms**

Gyms can open for individual exercise (NB: Scottish Government has previously used 'gyms' to refer to indoor sports facilities generally).

- **Outdoor gatherings**

For 12 to 17-year-olds – up to 6 people from 6 households can socialise outdoors. For adults - up to 6 adults from 3 households can socialise outdoors.

- **Domestic travel**

All travel restrictions will be lifted in mainland Scotland.

Scottish Government will consult with island communities on the need for any continued restrictions in travel to the islands and hopes to lift restrictions on travel to the rest of the UK and Ireland on or soon after 26 April.

- **Close contact services**

Up to 4 people from 2 households can socialise indoors in a public place such as a café or restaurant.

- **Shielding**

People on the shielding list can return to work; children and young people on the shielding list can return to school or nursery; and students on the shielding list can return to college or university.

- **17 May (Described as a move to level 2.)**

- **Outdoor sport**

Outdoor adult contact sport can resume.

- **Indoor group exercise**

Indoor group exercise can resume. (NB: This appears to be distinct from indoor non-contact sport. See Early June.)

- **Indoor gatherings**
Up to 4 people from 2 households can socialise indoors in a private home or public space.
- **Spectator events**
Small-scale outdoor and indoor events can resume subject to capacity constraints.
- **Early June (Described as a move to level 1.)**
 - **Indoor non-contact sport**
Indoor non-contact sport can take place.
 - **Gatherings**
Up to 6 people from up to 3 households can socialise indoors in a home or public place.
Up to 8 people from 3 households can socialise outdoors.
For 12-17-year-olds, up to 8 people from 8 households can meet socially outdoors.
 - **Events**
Attendance at events can increase in numbers subject to capacity constraints.
- **Late June (Described as a move to level 0.)**
 - **Events**
Attendance at events can increase in numbers subject to capacity constraints.

We recognise the detail above shows positive progress and provides us with an indicative timeline for the relaxation of restrictions to allow the return to sport. Some of the information will require further discussion with the Scottish Government to confirm the exact implications for sport. We will systematically work through this, focusing on the key points aligned to the transition dates and issue updated guidance in due course.

DISCLAIMER

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, where practice individually or games with members of your household or between members of designated households can take place. 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 to move to the next phases and keep members up to date as soon as we know the next policies.

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 this guidance's content 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 *Dr Robbins* at vice.chair@lacrossescotland.com