

Covid Sport RTP Update from Sportscotland

Effective from 15 March 2021

For all Clubs, Teams, Players, and Supporters

The First Minister on 2 March 2021 provided an update to the Scottish Parliament on COVID-19 and related restrictions. The statement sets out key changes to permitted outdoor sport and exercise that will come into effect from Friday 12 March.

The First Minister also noted that she would set out a clearer timetable for exiting lockdown next week, including an updated level system due to come into effect later in April.

The key changes for outdoor sport and exercise in level 4 areas are:

- **Outdoor gatherings – adults 18 and over**
 - The maximum numbers for socialising outdoors will increase to 4 adults from 2 households. This applies to social and recreational purposes as well as for exercise.
- **Outdoor gatherings – 12 to 17-year olds**
 - The maximum numbers for socialising outdoors will be 4 individuals from 4 households. This applies to social and recreational purposes as well as for exercise.
- **Outdoor sport & group exercise – 12 and over**
 - Up to 15 people can take part in outdoor non-contact sport and organised group exercise. (NB: Guidance already permits this for under 12s.)
- **Travel restrictions**
 - People should stay as close to home as possible, in line with current travel restrictions; however, some flexibility will be given to under 18s to travel across local authority boundaries to take part in sport. Further clarity on this will be provided when it is available.

WHAT THIS MEANS FOR RETURN TO LACROSSE

- **Please do not plan on retaking the field as a team consisting of more than 15 people until May at the earliest (after the April 26th government updates).**
- Every sports activity should be non-contact, socially distant only.
 - This includes any informal lacrosse based activities (i.e. passing in the park, wall ball, PT) as a group that exceeds the maximum allowed number of people under current Scottish Government Guidelines.
 - **SPORT IS CURRENTLY NOT EXEMPT TO THE RULES!**
- Lacrosse Scotland is not expecting dates for resuming contact sport for adults (18+) until May at the earliest and could change depending on the evolution of the pandemic.

Lacrosse Scotland will continue to work with colleagues in Sportscotland and the Scottish Government on the specific details directly related to Lacrosse sport and physical activity and will communicate this to you in due course. If you have any questions, then please get in touch.

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.

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