



# Scottish Petanque Association – COVID-19 Playing Guidance

## 9 October 2021

### Introduction

The First Minister provided a Covid-19 update on 22 June 2021 and confirmed the publication of an updated [Strategic Framework \(June 2021\)](#) and that a [Review of Physical Distancing](#) has been completed following the accelerated roll out of the vaccination programme.

A further update was provided on 3 August 2021 confirming that all of Scotland will move 'Beyond Level 0' on 9 August 2021.

Although restrictions are being eased it was also confirmed that Scottish Government will retain the option of putting in place local measures and travel restrictions to manage any future virus outbreaks.

Therefore, protection levels guidance for Petanque continues to be provided in this document along with additional information for **Beyond Level 0**. A summary of changes relating to Beyond Level 0 is available in **Appendix 2**.

Organised Petanque can be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that your club, facility and participants are made aware and can adapt to changes in guidance at short notice. **This is particularly important where changes to travel, physical distancing or local area protection level restrictions are made by Scottish Government at short notice.** Information on Scottish Government's approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#)

People who are symptomatic, including close contacts, should self-isolate for 10 days as per NHS Scotland guidance. From the 9<sup>th</sup> August 2021 close contacts 18 years of age or older who have been double vaccinated for more than 14 days or 5 to 17-year-olds, with no symptoms, will be able to take a PCR test and end self-isolation if the result is negative. No one who is self-isolating should attend a club or take part in Petanque.

To manage a safe return to organised sport and physical activities all clubs should put in place Test & Protect procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available within this guidance and at [Scottish Government: Test & Protect](#).

Clubs and players should, where applicable, be aware of their local area protection level and associated restrictions which may be in place and should consider this as part of risk

assessment planning. Broad guidance for sporting activity which should be followed within each Level is set out in **Table A** below.

More detailed information relating to **Level 4** restrictions and exemptions applicable for sport and physical activity is available at **Appendix 1**.

Further information on protection levels that apply in each local authority area are available at [Coronavirus \(COVID-19\): allocation of protection levels](#). A local post code checker is also available at [COVID restrictions by protection level in areas of Scotland](#).

TABLE A – Protection Levels

	Beyond Level 0	Level 0	Level 1	Level 2	Level 3	Level 4
<b>Organised practice, club sessions and competitions</b>	<p>For <b>Beyond Level 0</b>, there are no field of play bubble restrictions. Clubs are not required to hold a SPA Competition Licence to organise competitions Beyond Level 0.</p> <p>For <b>Levels 0 to 4</b>, an outdoor sporting ‘field of play bubble’ can operate for organised Petanque with maximum numbers noted below. *At levels 0-2 these figures exclude coaches, officials and other support volunteers. Only clubs that hold a SPA Competition Licence may organise competitions in Level 0 to 4 areas.</p> <p>The maximum bubble sizes are:</p>					<p>Local play/ competitions only.</p> <p>Under 12s: Maximum 30 including coaches</p> <p>Over 12s/Adults: Maximum 15 including coaches</p>
	N/A	500*	100*	50*	30	
<b>Coaching</b>	<p>General guidance is available within this document for coaches. In addition <a href="#">Getting Coaches Ready for Sport</a> provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions.</p> <p>Coaches may take multiple sessions per day, however the numbers allowed in each session will depend on the protection Level in place:</p> <p>The local protection Level in place will dictate the number of participants in any one session as detailed above.</p>					
<b>Travel</b>	<p>For further information please refer to the travel guidance for players within this document.</p>					
<b>Hospitality</b>	<p>Clubhouses and sports facilities, which provide catering and bar services, can operate providing they adhere to Scottish Government guidance appropriate to the protection Level in which they are operating. Further information is available at <a href="#">Coronavirus (COVID-19): tourism and hospitality sector guidance</a></p>					
<b>Changing and shower rooms</b>	<p>Where changing rooms and showering facilities are to be used specific guidance relating to us of ‘Changing and Showers’ is available at <a href="#">Getting Your Facilities Fit for Sport</a>. This is applicable at all levels where facilities remain open.</p>					<p>Indoor facilities /changing rooms closed</p>
<b>Meetings</b>	<p>Meetings should not take place face-to-face</p>					

## CLUB AND PARTICIPATION GUIDANCE

1. It is the responsibility of each club committee to appoint a responsible person/s, referred to as the [COVID officer](#), to act as the point of contact on all things related to COVID-19. An [e-learning module for COVID officers](#) is available to support those undertaking the role.
2. The COVID officer **must** ensure that full risk assessments, processes and mitigating actions are in place before any sport or leisure activity takes place. Specific consideration should be given to the needs of those who are at greater risk including some older adults or those with disabilities.
3. Clubs may wish to appoint a Return to Sport Coordinator to support participants as they return to the club. Full details on the Return to Sport Coordinator role can be found in **sportscotland's** support section for preparing your organisation as COVID-19 restrictions ease: <https://sportscotland.org.uk/covid-19/support-for-clubs-and-community-sport-organisations/preparing-your-organisation-as-coronavirus-covid-19-restrictions-ease/>
4. Clubs should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.
5. Clubs should only re-open facilities when it is safe to do so, in accordance with Scottish Government guidance.
6. Clubs must ensure that members are made aware of the requirement to adhere to this guidance prior to any Petanque activity being undertaken at the venue and reserve the right to intervene where there are any clear and visible breaches of this guidance by members. Where such breaches take place clubs should notify the nominated COVID Officer overseeing the activity and they should in turn take appropriate action to mitigate future risk and protect participants and the wider public.
7. All clubs must undertake a risk assessment to determine if the guidance can be implemented in full. The safety of players and members is our primary focus. Clubs are advised to take a cautious approach and remain closed unless all aspects of the guidance can be followed.
  - 7.1. All clubs must have an up-to-date risk assessment before allowing players to return or before introducing any new easing of restrictions. We recommend using the **sportscotland** templates:  
  
Sample risk assessment: <https://sportscotland.org.uk/media/5868/risk-assessment-example.pdf>  
  
Blank template – Word: <https://sportscotland.org.uk/media/5765/risk-assessment-template-blank.docx>

Blank template – Excel: <https://sportscotland.org.uk/media/5766/risk-assessment-template-blank.xlsx>

8. Clubs should inform their members when the facility is available for play and procedures for arranging to use the terrain.
9. Clubs must make arrangements for players to book lanes for games in advance and retain records of all attendees. 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 & Protect procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available at: <https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect/>

### Travel Guidance

10. Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).
11. Information for each local government area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.
12. You should avoid car sharing with anyone from another household unless you deem it to be necessary. If individuals or groups do car share then they should follow [Transport Scotland: advice on how to travel safely](#), and put in place appropriate risk assessment and mitigations.

### 13. Participation:

13.1. Participants can take part in organised Petanque as detailed in Table A. Organised Petanque activity is subject to exemption from household rules as detailed in this guidance.

13.2. When a participant travels out with their home local government area they should follow the travel guidance detailed below. No domestic travel restrictions apply to local areas Beyond Level 0.

### 14. Children & Young People (17 years or under)

14.1. Participants aged **17 years or under** can travel to and from Level 0, 1, 2 and 3 areas to take part in organised Petanque, training and competition.

14.2. Children and young people can also travel to and from a Level 4 area, if for example, they belong to a club which is outside their own local government area. This flexibility is to allow children and young people to take part in organised Petanque, but they should travel no further than they need to. If children who have travelled from a Level 4 area are attending organised Petanque in a Level 3 area or below, Level 4 guidance must apply to the whole

activity – for example for activities involving anyone age 12 or over, it must be limited to a maximum of 15 participants.

- 14.3. Children and young people living in a Level 3 or 4 area can also travel out with their local government area to take part in informal exercise such as walking, running or cycling. Such activity should follow [Scottish Government local protection levels guidance](#).

15. Adults (18 years or over)

15.1. Participants aged 18 years or over can travel to and from a Level 0, 1 and 2 area to take part in organised Petanque, training and competition. However, to help suppress the spread of the virus, it is advised that people should not use facilities or take part in activities that are not allowed in their home local area protection level. They should not travel to a Level 3 or 4 area to take part in organised Petanque.

15.2. Adults living in a Level 3 or 4 area should only travel locally (within their local government area) to take part in organised Petanque as outlined in Table A.

15.3. Adults living in a Level 3 or Level 4 area can also travel up to 5 miles out with their local government area to take part in informal exercise such as walking, cycling, golf or running. Such activity should follow [Scottish Government local protection levels guidance](#).

**TABLE B: Travel summary – organised Petanque**

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	✓
18+ (Adults)	✓	✓	✓	Local Travel Only	Local Travel Only

**Permitted Activity and Formats**

16. Clubs may open their terrain if documented risk assessments are undertaken and all appropriate measures are put in place to ensure the safety of participants and volunteers and where activity is undertaken in line with guidance for the appropriate protection level. Please also refer to guidance produced by **sportscotland** at: [Getting Your Facilities Fit for Sport](#).

17. Information relating to outdoor sport and physical activity that can be undertaken by protection level and age group is available in Table A.

18. Further information outlining Level 4 restrictions and exemptions is provided in Appendix 1.

19. A 'field of play bubble' can be used for organised training, competition or participation events up to the limits noted below. Coaches, officials and other support volunteers are not included in Level 0 to 2 bubble numbers but are included at Level 3. Support volunteer numbers should be limited to those that are required to ensure a safe, well run activity:

Level 3 – Bubbles of up to 30

Level 2 – Bubbles of up to 50

Level 1 – Bubbles of up to 100

Level 0 – Bubbles of up to 500

Beyond Level 0 – No bubble restrictions

20. Where a person requires the support of a carer to participate, the carer will not be counted in the bubble total. In such circumstances the Covid Officer should risk assess and where required take additional precautions to minimise risk. For instance, the carer may wear, if appropriate, personal protective equipment (PPE) such as face masks during the activity.

21. Organisers should note that the situation around COVID-19 is fluid and activities may need to be cancelled at short notice should there be a change in local or national restrictions. In such circumstances plans should be in place to notify participants of event cancellation and to ensure they do not attend the venue.

22. For Levels 0 to 4 only, clubs seeking to host competitions, i.e. internal club competitions, inter-club matches/friendlies, league matches or open competitions must obtain a competition licence from the SPA in advance:

- Clubs must submit an SPA competition licence application form, a competition risk assessment along with a terrain plan to receive authorisation and a competition licence.
- Once authorised, the club will receive a competition licence detailing the formats they can host, i.e. singles, doubles and triples, and the maximum number of players for each format based on their terrain plan.

23. For Levels 0 to 4 only, organisers should ensure that all promotional materials and notices of an open competition clearly indicate that the event has an SPA competition licence.

**24. There is no requirement for a SPA Competition Licence Beyond Level 0.**

25. At least one COVID Officer should be present at each competition to ensure players are aware of protocols and their responsibilities.

26. No spectating should take place other than where a parent or carer is supervising a child or vulnerable adult.

27. It is recognised that it may not always be possible to prevent people from spectating at a competition in public spaces. In such circumstances, organisers are required to consider mitigating measures as part of their risk assessment, with an emphasis on discouraging, where possible, informal spectating. Any such measures should be clearly communicated by the organiser prior to the competition or event which may include, amongst other things, the displaying of notices around the venue to remind the public to follow Scottish Government guidance. To be clear, where informal spectating does take place, organisers are not expected to enforce government guidance on members of the public in places not in their control.

28. No formal presentations ceremonies should take place during or after any activity or competition.

29. Clubs should mark the terrain into lanes with a minimum width of 3m and a minimum length of 12m.

30. Clubs should observe the following, regarding which lanes may be used for Singles, Doubles and Triples according to the protection level that applies in their area. Where spare lanes must be maintained between games, clubs and organisers should clearly indicate which lanes are out of use.

For games involving:	All lanes may be used	Spare lanes must be maintained between games
<b>Singles</b>	Levels 3 – 0 and Beyond Level 0	Level 4 only
<b>Doubles</b>	Levels 2 - 0 and Beyond Level 0	Levels 4 and 3
<b>Triples</b>	Beyond Level 0 only	Levels 4 to 0

31. Clubs should advise players on how to enter and exit the terrain and how to access lanes to ensure social distancing rules are maintained at all times where applicable.

32. The playing area containing the 'field of play bubble' must be clearly identified and hand sanitisation stations positioned at entry and exit points.

33. Where possible, in Levels 0 to 4, physical distancing should still be maintained within the playing area. Beyond Level 0, players are encouraged to 'Give People Space'.

34. Players should exit the playing area immediately after the activity has finished.

35. Good hygiene standards should be applied throughout the activity.

36. Normal household guidelines must be adhered to before and after the activity in Levels 0 to 4.



## Safe Play

37. Players must only play if they feel fit and well and can adhere to the guidance put in place by their clubs. Players should not feel under any pressure to play and should be supported to return once they feel ready to and are able to play in line with this guidance.
38. Players who have COVID-19 symptoms, or are part of a household where someone has symptoms, must stay at home and self-isolate in line with NHS Scotland guidance.
39. Players should follow Scottish Government guidelines on physical distancing where applicable and follow good hygiene: <https://www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/>
40. Players in higher risk groups should follow any medical advice they have been given.
41. Players requiring personal support can bring a carer with them.
42. Players should check if the club is open and available for play.
43. Players must arrange and agree their use of the terrain for games or practice in advance with the club. This includes any player that intends to visit another club.
44. Players should make a record of their activities in line with the requirements of the 'Test and Protect' scheme and retain them for at least 4 weeks.
45. Players should not consume any food or drink on the terrain.
46. Players' personal belongings should be kept separate from others.
47. Players must bring their own hand sanitiser and use this throughout play. Hand sanitiser should be at least 60% alcohol based.
48. Players should not shake hands or greet other players in a way that would require physical contact to be closer than permitted by Scottish Government guidance.
49. Players must only use their own equipment - boules, jack, tape measure etc.
50. Prefabricated circles should not be used.
51. If an invalid jack is thrown, then the placed jack should be the one belonging to the opposing player or team.
52. Players should not moisten their hands with saliva, e.g. blowing or licking, before taking a shot.
53. Players must wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility. For example: reception, locker rooms and storage areas.

This is a **mandatory** requirement except where an exemption applies, or where there is a 'reasonable excuse' not to wear a face covering. For example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability. Guidance for using face coverings and exceptions can be found here: <https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/face-coverings/>

54. Players should leave the playing area immediately after the conclusion of play.
55. Players should ensure they wash their hands and ensure all equipment is cleaned and disinfected after returning home.

## Coaching

56. The guidance below is to support coaches, leaders, personal trainers, deliverers, and instructors, *herein referred to as coach/es*. In addition, please see [Getting Coaches Ready for Sport](#) which provides a 4-stage approach/checklist to help coaches get ready for delivering sport and physical activity. It can be used as it is or amended to reflect the sport or delivery activity.
57. Coaches operating within clubs and facilities should liaise with the relevant COVID Officer before undertaking coaching and all sessions must adhere to this guidance.
58. Coaches and others supporting organised Petanque should maintain physical distancing throughout.
59. Coaches should be aware that local restrictions may be in place for sport and physical activity and this should be considered as part of risk assessment planning and will dictate what activity can be coached, indoors and outdoors and to whom. See Table A for further information about protection levels.
60. Scottish Government [travel guidance](#) provides exemptions for travel into and out of Level 3 and Level 4 local authority areas. This includes 'travel for work, or to provide voluntary or charitable services, but only where that cannot be done from your home'.

Where coaches or officials use the above exemption mitigating actions should be put in place to reduce risk to the coach, official and participants. This should be documented in the risk assessment.

61. There are no restrictions to the number of participants in a group training session Beyond Level 0.

### 62. Coaching (Levels 0-3)

- 62.1. Coaches can run organised outdoor group training sessions in protection Levels 0-3 in line with maximum bubble sizes outlined in Table A.

### 63. Coaching (Level 4)

- 63.1. Coaches can run organised outdoor training sessions in protection Level 4 for a maximum of 15 people aged 12 years or over (including the coach/es)
- 63.2. Coaches can run organised outdoor training sessions for up to 30 children (including the coach/es) aged under 12 years.

### 64. At all times coaches should

- 64.1. Plan and risk assess appropriately for the session in advance, be aware of responsibilities, be clear on expectations with participants and build in a review period to reflect on effectiveness and safety of the session.
- 64.2. Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed and up to date.
- 64.3. Check, in advance of delivery, that appropriate insurance policies are in place for all coached activities and that their insurance is valid for the activities they plan to deliver.
- 64.4. Find out about their direct and surrounding delivery environment in advance of the session and contact the club, where relevant, to confirm any changes in processes and procedure.
- 64.5. Consider the needs of participants returning after recovering from Covid-19. Participants should be able to confidentially disclose this, in a similar way to any other personal matter relevant to coached activity, so the coach can make suitable adjustments and allowances to the planned activity for the individual and check that input from a medical professional has been sought where appropriate.
- 64.6. Coaches who are authorised to work with children should familiarise themselves with the additional considerations developed by **Children 1<sup>st</sup>: Child Wellbeing and Protection Considerations**.

65. Additional support tools are available for coaches and volunteers at the [Getting Coaches Ready for Sport](#) section of the **sportscotland** website including [mental health and wellbeing awareness training](#).

### **Safeguarding**

- 66. Only coaches that have authorisation from the SPA may work with children.
- 67. Clubs should ensure appropriate ratios of coach/adult to child and follow all related safeguarding advice.
- 68. Health, safety and welfare policies should always be risk assessed and implemented.

69. Clubs should also refer to the additional considerations developed by Children 1<sup>st</sup>: [Child Wellbeing and Protection Considerations](#).
70. All members should have access to the club's Child Wellbeing & Protection policies and procedures and know who to contact if there is a welfare concern or issue.
71. Children aged 11 years or younger are not required to physically distance.
72. Coaches, officials, parents and carers should continue to observe physical distancing when involved in children's activity.

### **Additional Considerations**

73. Specific consideration should be given to supervision of children under the age of 5 years as it is not appropriate for young children to maintain physical distancing, either practically or in terms of child development. You may, for instance, ask a parent or carer to be present.
74. Where a disabled participant requires functional support to help them participate coaches, carers or those supporting the participant can provide this without maintaining physical distancing. In such circumstance the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions.

### **Toilets, Changing and Locker Rooms**

75. Access to, and use, of changing rooms and showering facilities is permitted (other than in Level 4 areas where indoor facilities should remain closed) if appropriate risk assessment and hygiene measures have been put in place. However, the safety of participants is the priority and facility operators should consider whether use of the areas is necessary.
76. Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at [Getting Your Facilities Fit for Sport](#).
77. Access to indoor locker rooms and storage areas is permitted for dropping off and collecting sports equipment or clothing. The club should ensure mitigating actions are put in place to minimise the risk of virus transmission including physical distancing, hygiene and cleaning measures.

### **Equipment Provision and Use**

78. Clubs should, where possible, remove equipment including benches, scoreboards, tables and any other objects that are not essential for participation purposes.

79. Where the above is not possible appropriate cleaning measures, including provision of sanitiser and disposable gloves, should be put in place to reduce the risk of contamination.

80. Clubs may make equipment, for example boules, available for participants who do not own their own but must put appropriate hygiene measures in place before, during and after use.

### **Bookings and Payment**

81. Encourage people to make bookings online where possible. However, be aware that a proportion of disabled people, people from low income households and older adults do not have access to the internet. Ensure you have alternative measures in place. For example, telephone bookings.

82. Consider introducing buffer periods between sessions to stagger start times so that participants do not all arrive/leave at the same time.

83. Where possible use online or contactless payment options and avoid handling cash. Where people do not have bank accounts it is okay to accept cash payments.

### **Communication with Members**

84. Operators should communicate clearly and regularly with members and participants setting out what they are doing to manage risk, and what advice they are giving to individuals before, during and after visits to the venue/activity.

85. Make them aware in advance of measures you are putting in place at your venue, and guidelines they are asked to follow.

86. Communicate clearly opening times and how people can safely access a facility, if relevant, for example through a booking or queuing system.

87. Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed, up to date and in accessible formats.

88. When communicating with members and participants, consider how you will reach people who do not have access to the internet. When publishing information on websites, consider how to make it accessible when accessed via a mobile phone or tablet rather than a PC or a laptop.

89. Special attention should also be given to how you communicate physical distancing rules to young people.

## Health, Safety & Hygiene

90. As restrictions are eased, the emphasis will continue to be on personal responsibility, good practice and informed judgement. The latest information on Coronavirus in Scotland can be accessed on the Scottish Government website at [Coronavirus in Scotland](#). Clubs, organisers and players should however continue to:

- Maintain and promote good ventilation. Further information is available at Scottish Government [Coronavirus \(COVID-19\): ventilation guidance](#).
- Wear face coverings in indoor facilities.
- Use good hand and respiratory hygiene and surface cleaning.
- Stay at home and book a test if you develop coronavirus symptoms.
- Apply and adhere to 'give people space' messaging

91. Ensure access to first aid and emergency equipment is maintained.

92. Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.

93. In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The 'Covid Officer' should consider processes for managing this as part of their risk assessment. This could include but not be limited to;

- Provision of suitable PPE
- Training of coaches/supervising adults
- A parent or carer being present with children or vulnerable adults.
- Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.

94. Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.

95. Make hand sanitizers or wipes available for use in bar and restaurant areas and at the entrance/exit to the venue/facility where this is possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.

96. Be aware that disabled people may face greater challenges implementing regular handwashing because of additional support needs. Some disabled people may need to use touch to help them get information from their environment and physical

support. It is important they are not prevented from doing this, but clubs should be aware that this increases the likelihood of virus transmission.

97. [Getting your Facilities Fit for Sport](#) provides a checklist for health, hygiene and cleaning considerations and actions.

## Face Coverings

98. Sports facility operators should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility. For example: reception, locker rooms and storage areas. This is a mandatory requirement except where an exemption applies, or where there is a 'reasonable excuse' not to wear a face covering e.g. if you have a health condition or are disabled, including hidden disabilities such as autism, dementia or a learning disability.
99. Be aware that face coverings discriminate against some deaf people who need to look at lips to help communicate. Volunteers should be made aware that it is okay to remove their face coverings to communicate with someone who relies on lip reading and facial expressions.
100. Face coverings may not be required when using hospitality services such as cafés, bars and restaurants. For further information refer to Scottish Government [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).
101. The [Coronavirus \(COVID-19\): public use of face coverings](#) provides guidance on general use and exemptions.

Links to supporting guidance:

[Health Protection Scotland: General guidance for non-healthcare settings](#)

[Health Protection Scotland: Hand hygiene techniques](#)

[HSE: First Aid during the coronavirus](#)

## Test and Protect

102. [Test and Protect](#) is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy. Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.

103. Changes came into force on 9 August 2021 for close contacts of those testing positive for COVID-19. Those with symptoms or testing positive will still be required to self-isolate. Close contacts age 18 years or older who have been double vaccinated more than 14 days prior and with no symptoms will be able to get a PCR test and end self-isolation if the test is negative.

103.1. Those aged 5-17 years of age will also be able to take a PCR test and end self-isolation (without being double vaccinated) if the test result is negative.

103.2. This approach will be encouraged but not required for children under 5 years.

### **Maintaining records**

104. Clubs should where possible collect the name, contact number, date of visit, time of arrival, and the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a ‘lead member’ – will be sufficient.

105. Clubs should store information for 21 days and share it when requested to do so by public health officers.

106. The [Coronavirus \(COVID-19\): Test and Protect information leaflet](#) provides information on the Test and Protect service from NHS Scotland.

### **Protect Scotland App**

107. NHS Scotland has launched a free mobile app designed to help with contact tracing efforts and slow the spread of COVID-19. The app will alert users if they have been in close contact with another app user who tests positive for coronavirus.

108. Supported by a dedicated Protect Scotland website, the app is an extra tool complementing existing person-to-person contact tracing which remains the main component of NHS Scotland’s Test and Protect system.

109. Further information on the Protect Scotland app is available at [www.protect.scot](http://www.protect.scot).

### **What should someone do if they have coronavirus symptoms?**

110. If a person has a continuous cough, high temperature, or loss or change in taste or smell, they should self-isolate and request a coronavirus test right away. Further information is available at [NHS inform: Get a Test](#) or by calling **0800 028 2816** if they cannot get online.

111. The [Coronavirus \(COVID-19\): Test and Protect information leaflet](#) provides information on the Test and Protect service from NHS Scotland.



## **Local Outbreaks or Clusters of Coronavirus Cases**

112. Where a local outbreak has been reported, sports facility operators and deliverers within this locality should review Scottish Government 'local measures' guidance, their facility/operational risk assessment and consider if additional mitigating actions should be put in place to reduce risk. This may, for example, include suspending activity, enhancing hygiene and physical distancing measures or introducing additional activity restrictions.

## **Appendix 1: LEVEL 4 GUIDANCE**

**The guidance within this appendix is applicable to Petanque activities and club facilities where Scottish Government has identified the requirement for Level 4 restrictions to be applied.**

### **Travel restrictions in Level 4 areas**

1. Those living in a Level 4 local authority area can travel within that area to undertake informal Petanque as long as they abide by the rules on meeting households.
2. Children and young people can also travel to and from a Level 4 area, if for example, they belong to a club which is outside their own local government area. This flexibility is to allow children and young people to take part in organised Petanque, but they should travel no further than they need to. If children who have travelled from a Level 4 area are attending organised Petanque in a Level 3 area or below, Level 4 guidance must apply to the whole activity – for example for activities involving anyone age 12 or over, it must be limited to a maximum of 15 participants.
3. Adults living in a Level 4 local authority area may travel within, but not outwith, that area to take part in organised Petanque.
4. When taking part in Petanque, players should at all times follow [Scottish Government guidance](#)

### **Organised play and coaching**

5. Clubs in Level 4 areas may continue to open Petanque terrains if documented risk assessments are undertaken and all appropriate mitigating actions including the guidance herein is put in place to ensure the safety of participants and volunteers. Please also refer to additional guidance produced by **sportscotland** at: [Getting Your Facilities Fit for Sport](#).
6. The restrictions on the number of people who can take part in Petanque in Level 4 areas is as follows:
7. Children (aged up to 11 years)
  - 7.1. Children can take part in organised Petanque, including coaching sessions and competition, within their usual club. Inter club competition should not take place.
  - 7.2. A 'field of play bubble' can consist of up to 30 children, coaches and officials at any one time.
8. Young people (aged 12 years to 17 years)
  - 8.1. Young people can take part in organised Petanque, including coaching sessions and competition, within their usual club. Inter club competition should not take place.

- 8.2. A 'field of play bubble' can consist of up to 15 young people, coaches and officials, at any one time.
9. Adults (age 18 and over)
- 9.1. Adults can take part in organised Petanque, including coaching sessions and competition, within their usual club. Inter club competition should not take place.
- 9.2. A 'field of play bubble' can consist of up to 15 young people, coaches and officials, at any one time. Physical distancing should always be maintained.
10. Indoor facilities including clubhouses, changing rooms etc should remain closed at Level 4. The exceptions are as follows:
- 10.1. One off access to storage areas and locker rooms is permitted to retrieve personal equipment which is essential for playing Petanque. Personal equipment should not be returned to these areas.
- 10.2. Risk assessments should include mitigating actions to reduce the risk of virus transmission such as individual access, booking slots and cleaning/hygiene protocols.
11. Where external access to Petanque terrains is not possible, access through an indoor area can be provided if suitable risk assessments and safety measures are put in place. These should include restricting access to one person at a time, ideally with a one-way system in operation, and no contact with hard surfaces such as door handles. Persons moving through the area should not stop or congregate at any time.
12. Additional restrictions are in place for hospitality businesses with Level 4 areas subject to bar and café closures. Clubs that provide catering or bar services should refer to Scottish Government guidance for applicable guidance including takeaway services. [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#)

## **Appendix 2: BEYOND LEVEL 0 GUIDANCE**

**The guidance within this appendix is applicable to Petanque activities and club facilities in areas which are not categorised under the level protection system.**

### **Travel restrictions in Beyond Level 0**

1. Beyond Level 0 no travel restrictions will be applicable, within or between areas in Scotland, which are not categorised under the protection level system. Please refer to the Travel Guidance section for further information on where restrictions will apply should a local area move into protection levels.

### **Health, Safety & Hygiene**

2. High levels of personal hygiene and respiratory etiquette remain essential.
3. Clubs and organisers should continue to follow Scottish Government guidance on health, safety and hygiene measures including face covering advice. Please refer to the Health, Safety and Hygiene section of this guidance for further information including relevant links.

### **Test & Protect**

4. Contact tracing and testing of close contacts will continue. While Test & Protect will change as the population becomes more protected by vaccination, but it will still play a role in mitigating clusters and outbreaks where they arise.
5. Clubs and organisers should continue to maintain participant records and follow applicable guidance as detailed in the Test & Protect section of this guidance.

### **Organised play and coaching**

6. Organised play and coaching can take place Beyond Level 0 but should continue to follow guidance outlined in the Permitted Activity and Formats section within this guidance.

## **Appendix 3: Useful links**

NHS Inform – coronavirus (COVID-19)

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

Scottish Government - coronavirus in Scotland

<https://www.gov.scot/coronavirus-covid-19/>

Phase 3: return to sport and physical activity

<https://sportscotland.org.uk/media/6017/phase-3-return-to-sport-and-physical-activity-guidance-210820-final.pdf>

Preparing your organisation as COVID-19 restrictions ease

<https://sportscotland.org.uk/covid-19/support-for-clubs-and-community-sport-organisations/preparing-your-organisation-as-coronavirus-covid-19-restrictions-ease/>

Getting your facilities fit for sport: sport courts and pitches

[https://sportscotland.org.uk/media/6009/sports\\_courts\\_pitches\\_gyffs\\_info\\_sheet.pdf](https://sportscotland.org.uk/media/6009/sports_courts_pitches_gyffs_info_sheet.pdf)

Support for clubs

<https://sportscotland.org.uk/covid-19/support-for-clubs-and-community-sport-organisations/>

COVID Officer role descriptor

<https://sportscotland.org.uk/media/5950/sportscotland-covid-officer.pdf>

Return to Sports Coordinator role descriptor

<https://sportscotland.org.uk/media/5951/sportscotland-return-to-sport-coordinator.pdf>

Test and Protect

<https://www.nhsinform.scot/campaigns/test-and-protect>

Health Protection Scotland – guidance for non-healthcare settings

<https://www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/>