

COVID-19: Participant Guide

Updated 23rd November 2020

The following guidelines are for Sports Club members participating in activities during the COVID-19 pandemic and can be used as a template for individual clubs to create their own sport specific guide.

- Do not attend if you are showing symptoms of or tested positive for COVID-19.
- Download and activate the Protect Scotland App.
- You must book your place online in advance of attending. You will not be permitted to participate if you have not booked a place.
- All participants must have a Sports Membership (the only exception to this are come and try activities).
- If the sports facility you are attending is located in a council area that is in Level 3 or 4, please do not travel to the facility if your home is more than 5 miles away from it or your home is in another council area.
- Make your own way to the venue by walking, cycling or using public transport. Please do not car share. If using public transport please wear a face covering and follow operator guidance.
- Please arrive no sooner than 5 mins before your session is due to start, wait in your vehicle until the start if possible.
- Report to the club COVID Officer at the start of each activity to register your attendance.
- Please wear a face covering at all times out-with the activity area.
- Cover your face with a tissue or sleeve (not your hands) if you cough or sneeze.
- Please follow the 2m physical distance rule appropriate to your activity.
- Please bring your own personal hand sanitiser.
- Please use your hand sanitiser before you enter and after you leave the activity area.
- Avoid touching surfaces or equipment at the facility where possible.
- Please follow any instructions provided by the facility you attend.
- Once the activity has finished please leave immediately and make your way home safely.
- Social events after your activity are not permitted at this time.
- Please report to the club if you test positive within 7 days of an activity.