

GUIDANCE UPDATE COVID-19

TAI CHI & QIGONG UNION FOR GREAT BRITAIN
HEALTH COMMITTEE



Latest Guidelines - Scotland

1/2

17 May

- Most of mainland Scotland (and islands not at Level 1) will move to Level 2
- Orkney, Shetland, Na h-Eileanan Siar, all islands in Highland (except Skye) and the Argyll and Bute islands of Coll, Colonsay, Erraid, Gometra, Iona, Islay, Jura, Mull, Oronsay, Tiree and Ulva will move to Level 1
- Moray and Glasgow will remain at Level 3 for a further period due to the number of COVID-19 cases - financial support will be made available to businesses in these areas.

Level 3 - Sports and exercise:

Organised **outdoor** non-contact sports and physical activity with a **MAXIMUM of 30** participants (including all coaches and assistants) with **physical distancing ALWAYS being maintained**, personal training and coaching are permitted, provided appropriate safety measures are followed. Outdoor contact sports are not permitted, except for professional sport. You can meet in groups of up to 6 adults from 6 households for exercise outdoors and travel to any other Level 3 area for that purpose.

Exercise is permitted **indoors** in gyms and indoor sports facilities, abiding by the rules on meeting other households. No group exercise classes or sports (contact or non-contact) are permitted indoors.

Level 2 - Sports and exercise:

An **outdoor** 'field of play bubble' can consist of a **MAXIMUM of 30** people including coaches, officials and other support staff at any one time at Level 3 (numbers are subject to further confirmation from Scottish Government for Level 0, 1 & 2).

Indoor sport and leisure facilities can open if Scottish Government Coronavirus (COVID-19): Guidance for the opening of indoor and outdoor sport and leisure facilities is fully implemented. Appropriate risk assessments and mitigating measures must be put in place to reduce risk and protect participants. Be aware how the 2m social distancing will effect your maximum capacity.

***Instructors must seek permission and guidance from the indoor facility provider before setting up any indoor classes.**

Relevant COVID-19 protocols need to be maintained.

Please refer to the TCUGB Official return to outdoor activities NGB guidelines, Duty of Care and Risk Assessment - OUTDOORS for guidance.

Social distancing should be maintained between trainers and participants at all times.



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Sport and Physical Activity Guidance - Scotland 2/2

Outdoor sports

Activity type	Level 0	Level 1	Level 2	Level 3	Level 4
Under 18 Non-contact	✓	✓	✓	✓	✓
Under 18 Contact	✓	✓	✓	✓	✓
Adult Non-contact	✓	✓	✓	✓	✓
Adult Contact	✓	✓	✓	X	X

Indoor sports

Activity type	Level 0	Level 1	Level 2	Level 3	Level 4
Under 18 Non-contact	✓	✓	✓	✓	X
Under 18 Contact	✓	✓	✓	✓	X
Adult Non-contact	✓	✓	✓	No groups	X
Adult Contact	✓	X	X	X	X

<https://sportscotland.org.uk/covid-19/latest-sport-and-physical-activity-guidance/>

