

ukactive draft guidance for facilities moving to Beyond Level 0 in Scotland on the 9th August

Following the First Ministers [Announcement](#) that all of Scotland will move to Beyond Level 0 on the 9th August, ukactive have pulled together some key areas for planning this change for your facilities.

This guidance should be read in-line with ‘[Coronavirus \(COVID-19\): sport and leisure facilities](#)’

At this Level, while many of the legal restrictions that the Government has imposed through the pandemic will be lifted, cautious guidance will remain. Employers will still have a legal duty to manage risks to those affected by their business. **The way to do this is to carry out a health and safety risk assessment, including the risk of COVID-19**, and to take reasonable steps to mitigate the risks you identify. Failure to carry out a suitable and sufficient risk assessment, and put in place control measures to manage the risk of COVID-19 in the workplace, may be considered a breach of health and safety law.

Working Safely guidance sets out a range of mitigations employers should consider including:

- Good hand hygiene and surface cleaning.
- Continued promotion of good ventilation.
- Requirement for face coverings in certain settings (e.g. public transport, retail).
- Continued compliance with Test and Protect, including self-isolation when necessary

Cleanliness

We would recommend maintaining the hygiene and cleaning regimes you have established during the pandemic, including: clean surfaces regularly (especially high touch points), equipment cleaned in between use, provide hand sanitiser and encourage staff and customers to sanitise and wash their hands frequently – we continue to recommend that equipment is not shared unless cleaned in between use.

If you are cleaning after a known or suspected case of COVID-19, follow the measures set out in the [guidance for cleaning in non-healthcare settings](#).

Ventilation

The Government guidance states that you should ‘continue the promotion of good ventilation’ and identify poorly-ventilated areas in the venue and take steps to improve air flow, such as open doors, windows and air vents where possible. If using mechanical ventilation, ensuring that your systems are set to maximise fresh air and minimise air recirculation. A CO2 monitor could help you assess whether a space is poorly ventilated, and if you should switch on additional mechanical ventilation or open windows.

Further details are available from the HSE - [Ventilation and air conditioning during the coronavirus \(COVID-19\) pandemic](#)

Face coverings

Face coverings will remain a legal requirement indoors in public places, such as on public transport, in shops and when accessing healthcare, but are not required when doing physical activity. The use of face coverings in the workplace should also be considered by businesses and employers as part of their coronavirus risk assessment. There is guidance for first responders if they may [provide immediate assistance to individuals with potential COVID-19 infection](#)

Facility Capacity (inc classes)

All guidance on maximum capacity calculations, for example 75sqft for gyms (since Level 0), and social distancing requirements for activities such as group exercise has been removed. It is recommended that you conduct a risk assessment to calculate your facility capacity/s

moving forward, following the building and fire safety regulations and have a system in place to make sure that you do not exceed this.

Equipment Spacing

Equipment no longer needs to be spaced 1m apart, please risk assess and check with manufacturers (if needed) for recommended space between equipment

Test and Protect

You should continue to inform staff and customers that if they feel unwell or have any symptoms to remain home/go home, take a test and continuing to engage with Test and Protect and self-isolate when symptomatic or have tested positive.

Following the [Scottish Governments programmes](#), we recommend that you continue to promote staff and customers to get the vaccination, especially as the guidance on self-isolation changes from the 9th for fully vaccinated individuals.

Communication

Make sure that you inform staff and customers how to visit your facility safely and they are kept up to date with any changes that may be made

Across all the restrictions please be mindful of both staff and customers as some people may not be as comfortable with the lifting of restrictions as other people.

Sport Scotland have wider [FAQ's on sports and travel](#)

Please make sure you follow all other [Scottish Government Covid secure](#) guidance