

## **Phase 2: ScotSAC/BSAC GUIDELINES – extension to exercise, outdoor sport guidance**

These guidelines apply to Scotland only, and have been produced in line with the Government guidance on public spaces, outdoor activity and exercise published on 18 June 2020 which can be viewed at; [Scottish Government: Exercise & Activity Guidance](#)

### **1. INTRODUCTION**

On the 21st May 2020, the Scottish Government published Scotland's COVID-19 route map through and out of the crisis, which sets out the order in which it plans to relax restrictions. Based on our discussions with Scottish Government/sportscotland and following the easing of lockdown restrictions, ScotSAC, working together with the British Sub Aqua Club (BSAC), have developed a set of practical guidelines for clubs and participants to follow so that Diving (Scuba and snorkelling) can happen in Scotland during lockdown, where the local environment allows.

Some sporting activities can now be undertaken outdoors, 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. Information on Scottish Governments approach to managing covid-19 is available at [Scottish Government: Coronavirus in Scotland](#).

These guidelines apply to Diving (Scuba and snorkelling) and outdoor adaptations so that Diving can happen in a way that is in line with Scottish Government advice and helps to prevent the spread of Coronavirus (COVID-19).

Diving (Scuba and snorkelling) primarily takes place in open water locations that are not managed as venues/facilities and can be located across the country are often different and operate in different local contexts including club, private or local authority run. Assessing whether safe exercise can be provided depends on a range of factors, which apply differently at each venue/location. It is the responsibility of each venue, club and participant to risk assess based on their local environment. Initial training routinely takes place in swimming pools and whilst these facilities are not accessible at this time the guidelines set out procedures and guidance in preparation for such time as these facilities will reopen in line with Scottish government guidance.

Clubs and participants should be aware that not all facilities will be able to open immediately following guidance changes and there will often be time lags as plans are put in place to re-engage staff, set up operations and ensure safety of participants.

These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing and hygiene. Facility operators, clubs and participants should be aware of and can adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland Guidance](#).

People who are shielding are permitted to undertake activities providing strict physical distancing is adhered to. Further information is available at [Scottish Government: COVID-19 Shielding support & contacts](#)

People who are symptomatic should self-isolate for 7 days; household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

SGBs, clubs and participants should be aware that the easing of restrictions does not mean that all facilities/venues will open immediately. Owners and operators will require time to consider all the implications of opening facilities/venues and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers. This is a difficult time for everyone so please be patient.

## **2. GENERAL GUIDELINES**

1. Travel restrictions outlined by the Scottish Government should always be adhered to. You can drive within the local area for the purposes of undertaking outdoor exercise and physical activity. As a guide, rather than a fixed limit, broadly 5 miles from your home would be within your local area. Up to date guidance is available at [Scottish Government Phase 2: Staying safe and protecting others Travel & Meeting Others Outdoors](#)
2. At all times, participants and venue operators should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others.
3. Only outdoor sport and physical activity should be undertaken at this time with all indoor exercise and social facilities remaining closed.
4. Outdoor venue/club bar and restaurant services are not to be opened at this time.
5. Indoor facilities should remain closed to the public including club houses, toilets, locker rooms, storage and activity areas.
6. Clubhouses should only be opened for operational purposes e.g. to switch on floodlights, maintenance checks and to undertake essential work unless;
  - 6.1. the area of play can only be accessed through the clubhouse. In such cases the club must ensure that players enter and exit one at a time, ensuring physical distancing guidance is always adhered to.
  - 6.2 Where personal equipment needs to be retrieved from the club/facility one-off arrangements can be made in exceptional circumstances. In such cases physical distancing should be maintained and appropriate hygiene practices put in place.

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7. All social spaces and gyms should remain closed.
8. Clubs, deliverers, and operators should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.
9. Guidelines will be updated as we progress through the different phases of the Scottish Government route map. Please ensure to check the official ScotSAC and BSAC position at [www.scotsac.com](http://www.scotsac.com) and [www.bsac.com/safereturntodiving](http://www.bsac.com/safereturntodiving) on a regular basis to stay abreast of the latest guidelines. Current information is available at [Scottish Government: Covid-19 Framework for decision making](#).
10. Furloughed staff
  - It is for each venue/club employer to decide when it is the appropriate time to return staff to work from the Coronavirus Government Job Retention ('furlough') scheme.
  - A furloughed employee can take part in volunteer work if they do not provide services to or generate revenue for or on behalf of or linked to your club/organisation.

### 3. PROCEDURES FOR FACILITY OPERATORS & CLUBS

1. Ensure your facility management team or club committee has put in place appropriate mechanisms for overseeing operations and risk management. Venues should only open when it is safe to do so. Only outdoor facilities should be opened, with all indoor areas remaining closed including changing rooms, toilets, exercise rooms/halls and social areas.

2. sportsotland has produced the [Getting your Facilities Fit for Sport](#) guidance to help owners and operators of sports facilities as they prepare for when sport/activity resumes. The guidance is applicable to all phases of the Scottish Government route map, and can be adapted to support other planning-based work being undertaken by sports, clubs and community organisations.

3. It is the responsibility of each venue, club and deliverer to undertake documented risk assessment, based on their local circumstances, prior to activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are always protected.

4. Any measures venues put in place to enable activity to resume must be flexible and able to adapt quickly if tighter movement/physical distancing is reintroduced in the future or when restrictions are further relaxed.

5. Limits on the number of participants accessing outdoor facilities should be risk assessed to ensure appropriate social distancing can be maintained. This should take into consideration that at phase 2 you can meet with up to two other households (or extended households) at a time outdoors, and no more than 8 people in total at a time.

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

6. Ensure usual access to first aid and emergency equipment is maintained. As there is no access to indoor facilities allowed consideration should be made to house first aid equipment externally. Please ensure the first aid equipment has been updated appropriately for the COVID pandemic and first aiders have undertaken appropriate additional training.
7. Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
8. Make hand sanitizers or wipes available for use at entrance/exit to venue/facility where possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.
9. Clean all common touchpoint surfaces (gates, door handles, handrails etc) regularly, wearing disposable gloves
10. Checklist of for health, hygiene and cleaning considerations and actions is available here: [Getting your Facilities Fit for Sport](#)
11. Detailed guidance is also available at;  
[Health Protection Scotland: General guidance for non-healthcare settings](#)  
[UK Government / HPE: Cleaning in a non-healthcare setting](#)  
[Health Protection Scotland: Hand hygiene techniques](#)

### ***Facility Access / Physical Distancing***

12. At all times, venues and clubs should ensure participants adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others including before, during and after the activity or when taking breaks.
13. Ensure measures are in place to minimise encounters between participants, including in car parks and at entrances.
14. Clubs/facilities should manage the number of participants accessing the activity or facility to ensure the safety of users.
15. Where safe and appropriate, doors and gates should be left open during activity hours.
16. Consider different entry and exit routes to the facility where possible and ensure this is clearly marked.
17. Consider marking 2m distances at appropriate points, such as the entry gates to the facility.
18. A checklist of considerations and actions is available here: [Getting your Facilities Fit for Sport](#)

### ***Equipment***

19. Participants should, where possible, use their own personal equipment and ensure appropriate hygiene rules are adhered to.

20. Where shared equipment is used appropriate hygiene measures must be put in place to ensure equipment is thoroughly cleaned before, during and after use.

21. Hand sanitiser should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.

22. Where possible, ensure all equipment is checked prior to use to avoid participants having to adjust or touch it.

23. Remove unnecessary equipment from the venue/facility e.g. benches/scoreboards.

24. No personal equipment should be left at the facility by the participant once activity has ended.

### ***Bookings & Payment***

25. Where possible operate electronic bookings/payments for sessions. Avoid cash handling

26. Implement a short buffer period (e.g. 10 minutes) between booking slots to allow time for participants to leave before the next participant arrives.

27. Consider staggering the start time of bookings so that participants do not all arrive/leave at the same time.

### ***Communication***

28. Communicate with members/customers clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow.

29. Ensure signage on guidelines for participating safely and promoting hygiene measures is clearly displayed (and ensure these remain up to date as restrictions change)

### ***Coaching***

30. One on one personal training or coaching is permitted if it is outdoors, physical distancing can be maintained, and is with members of your household and/or members of 1 other household.

31. Coaches, personal trainers, and instructors should not deliver training to more than 1 household at any one time or provide training to more than 1 household per day.

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32. When participating in training or coaching, where possible, avoid touching surfaces and sharing equipment and touching your mouth and face.

33. Coaches, personal trainers, and instructors should risk assess and plan appropriately for the session in advance, be aware of responsibilities and be clear on expectations with participants. They should also build in a review period to reflect on effectiveness and safety of the session.

34. Further guidance on appropriate steps for providing coaching are available at [GETTING SPORT READY FOR COACHING](#). The ScotSAC/BSAC guidance includes training advice for Instructors.

### ***Spectators***

35. Spectating should be discouraged. Where attendance of a parent or guardian (non-participant) is required, it should be limited to one per participant where possible, with physical distancing strictly observed while watching the sessions.

### ***Competitions***

36. The initial focus during Phase 1 is on facilitating recreational and social participation.

37. Some formats of competition may be able to resume before others, but further information will be provided at the appropriate time and in line with Scottish government directives.

## **4. PROCEDURES FOR PARTICIPANTS**

The following guidance has been established in line with Scottish Government guidelines to ensure a safe environment for participants and on-site staff which ScotSAC/BSAC ask participants to follow. All guidance is subject to change; therefore, we would ask participants to regularly check ScotSAC/BSAC websites [www.scotsac.com](http://www.scotsac.com) and [www.bsac.com/safereturntodiving](http://www.bsac.com/safereturntodiving) and your venue/club for regular updates.

### **Before Participating**

1. These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing, and hygiene. Participants should be aware of and adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland Guidance](#).
2. People who are shielding should not visit venues or undertake activities. Further information is available at [Scottish Government: COVID-19 Shielding support & contacts](#)

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3. People who are symptomatic should self-isolate for 7 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.
4. Travel restrictions outlined by the Scottish Government should always be adhered to. Further information is available at; [Travel & Meeting Others Outdoors](#)
5. At all times, participants should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others.
6. Guidelines will be updated as we progress through the different phases of the Scottish Government route map. Please ensure to check the official ScotSAC/BSAC position at [www.scotsac.com](http://www.scotsac.com) and [www.bsac.com/safereturntodiving](http://www.bsac.com/safereturntodiving) on a regular basis to stay abreast of the latest guidelines.
7. Wash your hands with soap and water for at least 20 seconds before leaving home to go to the facility/venue (or use an alcohol gel if washing hands is not possible). Information on hand hygiene is available at: [Health Protection Scotland: Hand hygiene techniques](#)
8. Take your own hand sanitiser to the venue and use regularly throughout the activity.
9. Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of guidelines on the ScotSAC/BSAC website [www.scotsac.com](http://www.scotsac.com) and [www.bsac.com/safereturntodiving](http://www.bsac.com/safereturntodiving) .

### ***Bookings and Payment***

10. Where the venue/facility allows, ensure you have booked in advance and make payment online. Where possible try to avoid paying by cash.
11. Participation can only take place outdoors with all indoor facilities remaining closed.
12. Where ScotSAC/BSAC provide a booking facility for training courses, when allowed, bookings will be made and paid for online or by phone and payment taken by bank/credit card only.

### ***Personal Equipment***

13. Where possible take your own equipment with you and do not share equipment such as the same diving regulator or snorkel. Emergency regulators to provide gas to a buddy in an out of gas situation should be dedicated for that use.
14. Only take the minimum amount of equipment that you need to participate.
15. Clean and wipe down your equipment, including water bottles before and after use.
16. Bring a full water bottle, and do not share food or drink with others.
17. Ensure you take all personal belongings and equipment with you at the end of the session and do not leave anything at the venue/facility.

### ***Travelling to and from the venue***

18. Use toilet facilities at home before you leave.
19. Where possible avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines: [Scottish Government Phase 2: Staying safe and protecting others](#) .
20. Arrive as close as possible to when you need to be at the venue/facility.
21. Avoid touching gates, fences, benches, etc. if you can.
22. Allow others to leave before you enter the venue/facility. If you need to wait, then do so away from the facility and clear of the gates.
23. Ensure you leave the facility before the end of your allotted time so that it is empty for the next participant.
24. Arrive changed and ready to participate. Shower at home as the facility changing rooms will be closed.
25. Do not congregate with others and adhere to physical distancing rules. No extra-curricular or social activity should take place.

## **During Participation**

### ***Participation Limits***

26. A maximum of 8. participants can take part in activity together. Scottish Government guidance on physical distancing and maximum numbers of households (2) must be adhered to at all time.
27. Always stay at least two metres away from other participants including during participation, when taking breaks and before and after participation. In the case of scuba diving, once underwater each diver is breathing from their own self-contained breathing device and there is no potential for cross-contamination of the virus and so distancing will be dictated by maintaining safe visual contact with a buddy.
28. Do not make physical contact with other participants (such as shaking hands or high five).

### ***EQUIPMENT & FACILITIES***

29. Use your own clearly marked equipment.
30. Avoid using your hands to pick up equipment that isn't yours i.e. wear diving gloves if lifting a scuba set for a buddy to put on and only hold from behind.
31. Avoid using other equipment such as shared club safety equipment. (see specific Equipment Guidelines)
32. Be aware that onsite toilet facilities and other indoor spaces are not open.



## 5. HEALTH & HYGIENE

- 1.If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.
2. Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.

## 6. Maintaining physical distancing

1. At all times, participants should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others including before, during and after the activity or when taking breaks

## 7. SPECTATORS

1. Spectating is discouraged. Where attendance of a parent or guardian (non-participant) is required, it should be limited to one per participant where possible, with physical distancing strictly observed while watching the sessions.

## 8. *Clinically vulnerable people*

The [advice for clinically vulnerable groups](#) has been updated.

1. People who are shielding can now undertake outdoor exercise activities. Further information is available at [Scottish Government: Staying safe outdoors](#) .
2. People who are symptomatic should self-isolate for 7 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

## 9.COMPETITIONS

1. The initial focus during Phase 1 is on facilitating recreational and social participation only.