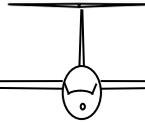


SCOTTISH GLIDING ASSOCIATION



CAIRNGORM, DEESIDE, DUMFRIES, HIGHLAND, SCOTTISH GLIDING CENTRE.

COVID19 GUIDANCE FOR GLIDING OPERATIONS IN SCOTLAND

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INTRODUCTION

Gliding is a General Aviation Activity regulated by the UK Department for Transport (DfT). Governance of the sport in the UK is by the British Gliding Association (BGA) under delegation from the DfT and UK Civil Aviation Authority (CAA). The Scottish Gliding Association (SGA) acts with the BGA to promote, foster and develop the sport of gliding in Scotland and liaise with sportscotland on behalf of the five Scottish Gliding Clubs who form the SGA.

Under Scottish Government regulation and guidelines gliding is considered an **outdoor, non-contact sporting activity**. The SGA is the “Scottish Governing Body” (SGB) for the sport of gliding in Scotland for the purposes of Scottish public health and sporting regulations.

Scottish Gliding Clubs need to make sure that their facilities and participants are made aware and can adapt to changes in guidance 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 9th August 2021 close contacts 18 years of age or over 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 gliding club.

Gliding Clubs should put in place Test & Protect procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available at [Scottish Government: Test & Protect](#).

The First Minister provided a Covid-19 update on 14 December 2021, outlining the increased challenge posed by the Omicron variant, the priority being placed on the continued emphasis on supporting the vaccine and booster programme, and the need for businesses to strengthen compliance with current protection measures.

Businesses and service providers are now legally required to take reasonably practical measures to minimise spread of coronavirus on their premises, taking into consideration Scottish Government guidance available at [Scottish Government: Safer Businesses and Workplaces](#).

All of Scotland continues to be ‘Beyond Level 0’, but the Scottish Government retain the option of putting in place local measures and travel restrictions to manage any future virus outbreaks.

Therefore, protection levels guidance for gliding continues to be provided within this document along with additional information for ‘Beyond Level 0’. A summary of changes relating to ‘Beyond Level 0’ is available in [Appendix 1](#).

Clubs and participants should 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.

People who are symptomatic or identified as close contacts should follow Scottish Government and NHS guidance on self-isolation available at [Scottish Government: Test & Protect](#) . No one who is self-isolating should attend a sports facility or activity.

Table A: Sport & Physical Activity Protection Levels

		Beyond Level 0	Level 0	Level 1	Level 2	Level 3	Level 4
OUTDOOR SPORT Organised outdoor sport, competition, events and Physical Activity (PA)	Overview	<p>No field of play bubble restrictions apply beyond Level 0, although limits on participation numbers at competition and events may be applicable.</p> <p>For Levels 0-4 outdoor sporting 'field of play bubble' may consist of participants with maximum numbers noted below. At levels 0 – 2 figures exclude instructors, ground helpers and other support staff. Multiple bubbles can be used for training and SGB competition if appropriate guidance, set out within this document, is followed.</p>					<p>Local training/competition only.</p> <p>U12s: max 30 including coaches.</p> <p>Over 12s/adults max 15 including coaches.</p>
		No bubble restrictions	Maximum bubble size: 500 participants* Total Daily Limit: 5000 participants	Maximum bubble size: 100 participants* Total Daily Limit: 1000 participants	Maximum bubble size: 50 participants* Total Daily Limit: 500 participants	Maximum bubble size: 30 participants Total Daily Limit: 200 participants	
	Children & Young people (u18 years)	Gliding / Non-contact sport permitted	Gliding / Non-contact sport permitted	Gliding / Non-contact sport permitted	Gliding / Non-contact sport permitted	Gliding / Non-contact sport permitted	Gliding / Non-contact sport permitted
	Adults (18+ years)						
INSTRUCTING	Overview	In addition to the guidance below Getting Coaches Ready for Sport provides a 4-stage approach/checklist to further support gliding instructors to plan and deliver safe instructional sessions.					
	2 seat aircraft flying	Unless a physical separation barrier is in place between the cockpits face coverings must be worn by passengers.		Unless a physical separation barrier is in place between the cockpits face coverings must be worn			
	Simulator training	Face coverings must be worn					Not permitted

TRAVEL		For further information please refer to Travel Guidance within this document.	
HOSPITALITY & RETAIL	Clubs & Sports Facilities	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 Coronavirus (COVID-19): tourism and hospitality sector guidance .	
TOILETS, CHANGING & SHOWER ROOMS	Clubs & Sports Facilities	Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at Keeping Your Facilities Fit for Sport . This is applicable at all levels where facilities remain open.	Changing rooms and showers closed.
		Gliding Clubs may open their toilet facilities if they follow the guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines	
INDOOR FACILITIES (can open up to Level 3)	Overview	Specific information relating to indoor sports facility guidance is available at Keeping Your Facilities Fit for Sport . Below is a summary of overarching guidance for operators regarding occupancy limits, physical distancing, and appropriate ventilation / CO2 levels (ppm) which should be monitored. Test & Protect procedures should continue in all indoor settings.	
	Beyond Level 0	Level 0	Levels 1 – 3
	Return to <u>normal facility occupancy levels</u> but focus on good ventilation and 'Give people space' messaging. <u>Ventilation</u> : Monitor to maintain levels at 800-1000ppm. No physical distancing required. Face coverings must be worn out with activity. Maintain hygiene and surface cleaning measures.	Restrict <u>maximum occupancy in buildings to 7sqm per person</u> to achieve enhanced ventilation (equivalent to 15 l/s/p). <u>Ventilation</u> : Monitor to maintain levels at 800-1000ppm. 1m physical distancing out with activity. Face coverings must be worn out with activity.	Restrict <u>maximum occupancy in buildings to 9sqm per person</u> to achieve enhanced ventilation (equivalent to 20 l/s/p). <u>Ventilation</u> : Monitor to maintain levels at <1000ppm. 1m physical distancing out with activity. Face coverings must be worn out with activity.
WORKFORCE	Contractors & Staff	Gliding Clubs must ensure that Scottish Government guidance on workforce planning in sport & leisure facilities is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.	
	Meeting Rooms	Where possible, meetings and training should be completed online or via telephone. Briefings pre and post flying should be performed outdoors if possible. If it is essential that training or briefings take place indoors in person, Scottish Government guidance for general workplaces must be followed and a risk assessment should be completed.	

SPORTS FACILITY & PARTICIPATION GUIDANCE

- 1 It is the responsibility of each club management 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 Gliding Clubs should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.
- 4 Gliding Clubs should only re-open facilities when it is safe to do so, in accordance with Scottish Government guidance.
- 5 Gliding Clubs must ensure that users are made aware of the requirement to adhere to this SGA guidance prior to any activity being undertaken at the airfield and reserve the right to intervene where there are any clear and visible breaches of this guidance by members. Where such breaches take place, the club should notify the nominated club/activity COVID Officer overseeing the activity and they should in turn take appropriate action to mitigate future risk and protect members and the wider public.

Travel Guidance

- 6 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](#).
- 7 Information for each local authority area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.
- 8 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.
- 9 Sport & Physical Activity Participation;
 - 9.1 Participants can take part in organised sport and physical activity within their own local government area based on Level as detailed in [Table A](#). Such activity is subject to exemption from household rules as detailed within this guidance.
 - 9.2 When a participant travels out with their home local government area, they should follow the travel guidance detailed below. At levels 3 and 4 you may travel for work or to provide voluntary gliding / maintenance services but only where that cannot be done from home. To ensure safe operation of the airfield and the sport of gliding, many services are required, either by

club employees, or in most cases by volunteers who are members of the club. These include instructing, tug and winch driving, signalling, flight logging, launching, maintenance and inspection of aircraft and other equipment.

- 9.3 The updated CAA guidance received 6 Feb 2021 states: ‘The current guidance does permit GA flying for the purposes of work, and the CAA has confirmed with the DfT that this includes any activity that is “reasonably necessary” for an individual’s work, where there are no alternative options available. This includes pilots who need to keep up with required training or currency flights for their work (for example, a professional pilot or any pilot in possession of an instructional qualification).’ For safety reasons instructors should maintain flying currency where possible.

10 Children & Young People (17 years or under)

- 10.1 Participants aged **17 years or under** can travel to and from Level 0, 1, 2 and 3 areas to take part in gliding.
- 10.2 Children and young people can also travel to and from a Level 4 area, if for example, they belong to a club which is just outside their own local authority area. They should however travel no further than necessary to take part in the organised activity.

11 Adults (18 years or over)

- 11.1 Participants aged **18 years or over** can travel to and from a Level 0, 1 and 2 area to take part in gliding. They should not travel to a Level 3 or 4 area.
- 11.2 Adults living in a Level 3 or 4 area should only travel locally to take part in gliding as outlined in [Table A](#).

Table B: Travel Summary

Age Group	Beyond Level 0	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	No Restrictions	✓	✓	✓	✓	✓
18+ (Adults)		✓	✓	✓	Local Travel Only	Local Travel Only

Definitions - for the purposes of this guidance

- 12 ‘**Local authority area**’ is defined as the local authority boundary as per the [Scottish Government’s Local Authority Boundaries](#).

- 13 **‘Organised sporting or physical activity’** refers to activities which are undertaken in a structured and managed way following specific rules and guidance of relevant SGBs, local authorities or businesses who in turn have fully applied related Scottish Government and **sportscotland** guidance. All organised activity should be overseen by a Covid Officer with documented risk assessments undertaken and mitigating actions put in place to ensure the health, safety and welfare of participants, coaches and officials.
- 14 **Contact sport or activity** is defined as “a sport or activity in which the participants necessarily come into bodily contact or as a matter of course encroach within 2m (1m from 19th July 2021) of one another”.
- 15 **Non-contact sport or activity** is defined as “a sport or activity in which the participants are physically separated by playing rules such as to make it difficult for them to make physical contact during an activity.
- 16 **Sports competition is defined as** “any amateur participation sport, contest or race involving individual participants or teams who regularly compete against opponents as part of an organised SGB, league, local authority or club activity.”
- 17 **Sports event** is defined as “an organised gathering or activity of limited duration that brings people together for the primary purpose of participating in the one-off sporting activity such as a marathon, triathlon etc.” For the benefit of this guidance professional sport with spectators is regarded as a sports event not competition.
- 18 **Adult ‘group’ sport or activity** refers to adults, who take part in organised sport or physical activity, where the number of participants is larger than allowed under normal household rules.
- 19 **Indoor individual exercise** refers to non-contact recreational sport or physical activity which follows household rule numbers. This includes gym use, 1:1 personal training, swimming, ice skating and indoor snowsports activity where physical distancing can be maintained.

Permitted Sport and Leisure Activities

- 20 Clubs and members should follow guidance based on the area protection level in which the gliding activity is to take place.
- 21 Subject to the guidance below gliding activities can take place, in effect suspending physical distancing and household guidelines, for the duration of the activity.
- 22 Where there is likely to be close proximity or contact between participants involved in a gliding activity, mitigating actions must be put in place to minimise risk and keep participants safe.
- 23 No spectating should take place other than where a parent or carer is supervising a child or vulnerable adult or when following specific [Scottish Government: sector guidance for sporting events](#). Please note that Scottish Government is currently reviewing spectator guidance and an update will be provided when available.

- 24 No formal presentation ceremonies should take place during or after gliding activity or competition as the focus should be on reducing the numbers in attendance at any one time.
- 25 When a local area is operating 'Beyond Level 0' it is recommended that '**Give people space**' messaging is promoted.

Outdoor Sport & Leisure Activity

- 26 Beyond Level 0' normal facility occupancy levels apply but operators are encouraged to focus on '**Give people space**' messaging and continue to maintain hygiene protocols.
- 27 Gliding Clubs may open their airfield if documented risk assessments are undertaken and all appropriate measures are put in place to ensure the safety of members, staff and volunteers and where gliding is undertaken in line with guidance for the appropriate protection level. Please also refer to guidance produced by **sportscotland** at: [Keeping Your Facilities Fit for Sport](#).
- 28 Further information outlining outdoor Level 4 gliding activity restrictions and exemptions is available at [Appendix 1](#).

Outdoor sporting bubbles for gliding (Levels 0-3) training, competition or small-scale events.

- 29 An outdoor sporting 'field of play bubble', including multiple bubbles, can be used for organised training, competition, or participation events up to the limits noted below. Instructors, ground helpers, officials, and other volunteers are not included in Level 0 to Level 2 bubble/participation numbers but are at Level 3. Support staff numbers should be limited to those that are required to ensure a safe, well run activity:

Level 3 – Bubbles of up to 30 with a maximum of 200 participants per day

Level 2 – Bubbles of up to 50 with a maximum of 500 participants per day

Level 1 – Bubbles of up to 100 with a maximum of 1000 participants per day

Level 0 – Bubbles of up to 500 with no participant limit per day

Beyond Level 0 – No bubble restrictions, but organisers should continue to consult with and obtain agreement from those bodies that they would normally require agreement from

- 30 Multiple outdoor sporting bubbles, each with up to the numbers above, can be used if required. In such cases operators and organisers should undertake comprehensive risk assessment to ensure that these bubbles do not mix at any time including before, during or after the activity.
- 31 Total numbers on the airfield should not exceed the daily maximum numbers.
- 32 Total participant numbers allowed to take part in small-scale events at Levels 0, 1 & 2 are being reviewed by Scottish Government. Further information will be provided once available.

- 33 Where a person requires the support of a carer to undertake sport or physical activity safely, 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 carers may wear, if appropriate, personal protective equipment (PPE) such as face masks during the activity.
- 34 Where outdoor sports training, competition or events are planned and include multiple bubbles; operators and organisers should, as part of their risk assessment, consult with relevant local authorities, environmental health, the police or other body responsible for the safety of the public. Agreement must be reached with these bodies before the training, event or competition takes place.
- 35 Operators and 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 circumstance's plans should be in place to notify participants of event cancellation and to ensure they do not attend the venue.
- 36 Gliding Clubs should introduce a period of training to familiarise participants with guidelines before running competitions.
- 37 Outdoor group briefings for gliding can take place with up to 30 people at any one time, including the instructor, if physical distancing is always maintained.
- 38 Outdoor sporting bubbles for gliding (Level 4)
See [Appendix 2](#) for further information on Level 4 restrictions.

Indoor Sport & Leisure Activity

- 39 Where protection levels allow indoor gliding facilities, such as simulators, can open to support gliding activity if Scottish Government [Coronavirus \(COVID-19\): sport and leisure facilities](#) is fully implemented.
- 40 Appropriate risk assessments and mitigating measures must be put in place to reduce risk and protect participants. For instance, consider physically distancing and reducing numbers taking part.
- 41 Participants should not congregate before or after an activity. Operators must ensure comprehensive mitigating actions are put in place and documented in their risk assessment to stop this happening. Consider staggering start/arrival times and any other relevant additional measures.
- 42 The number of participants allowed indoors to take part in activities must be risk assessed by the operator and follow Scottish Government [Coronavirus \(COVID-19\): sport and leisure facilities](#) and sport specific [SGB Guidance](#).

Sports Events & Competitions

- 43 Sport Competition

- 44.1 Organised sport competition can take place if guidance within this document is followed and subject to appropriate risk assessment and oversight by the designated Covid Officer.
- 44.2 The maximum number of participants allowed to take part in a sport competition should be no more than:
- 44.2.1 Outdoors: Agreed bubble/daily participation numbers, by Level, as outlined in [Table A](#).
- 44.2.2 Indoors: Risk assessed maximum numbers following Scottish Government guidance on [Coronavirus \(COVID-19\): sport and leisure facilities](#)
- 44.3 Operators and organisers should where relevant, as part of their risk assessment, consult with and obtain agreement from those bodies that they would normally require agreement from to run the competition. Where the competition would require a licence from the local authority under existing Civic Government legislation, this must include agreement from local Environmental Health Officers. Other bodies depending on the type, location, and scale of the event, may include the landowner, Community Council, the transport police, or other body responsible for the safety of the public.
- 44.4 Spectators are permitted under the following circumstances:
- 44.4.1 'Beyond Level 0' there are no limits on spectator numbers, subject to organisers obtaining relevant permissions, where they normally would be required to do so. However, operators/ organisers should follow Scottish Government's [Coronavirus \(COVID-19\): Certification Scheme - Information for Businesses and Event Organisers](#) where attendance thresholds are met. A COVID vaccine certificate or a record of a recent negative COVID-19 test result (from either a Lateral Flow Device or PCR) is needed for:
- indoor events (unseated) with 500 or more people
 outdoor events (unseated) with 4,000 or more people
 any event with 10,000 or more people
- 44.4.2 where supervising a child and/or vulnerable person.
- 44.4.3 where a competition or event is organised and takes place at premises whose entrances and exits are controlled (indoors and outdoors) for the purpose of crowd and capacity management in line with Scottish Government [\(COVID-19\): live events sector guidance](#) and [\(COVID-19\): supporting safer capacity in public settings and events](#).
- 44.5 It is recognised that it may not always be possible to prevent people from spectating [at a competition or event] in a public space such as a park. In such circumstances, the organisers are required to consider mitigating measures as part of their risk assessment/management plan 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.

- 44.6 For clarity, where informal spectating does take place organisers are not expected to enforce government guidance on members of the public in places not under their control.

44 Sports Events

- 45.1 Sports events, including spectator events, can take place subject to appropriate Scottish Government guidance being followed. Further information is available on the **sportscotland** website here: [Return to Competition & Events: sport events.](#)

Instructing

- 45 The guidance below is to support instructors. In addition, please see [Getting Coaches Ready for Sport](#) which provides a 4-stage approach/checklist to help instructors get ready for delivering sport and physical activity.
- 46 Instructors operating within gliding clubs should liaise with the relevant COVID Officer before undertaking instructing and must adhere to club and SGA guidance.
- 47 Instructors and others supporting gliding activity should attempt to keep physically distant, but it is recognised that this will not always be possible to ensure the safety of participants. In such circumstances the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment.
- 48 Instructors 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 take place. See Table A for further information about protection levels.
- 49 Up to date information on the latest travel regulations is available at [Coronavirus \(COVID-19\): travel and transport.](#)
- 51 Instructors can run organised sessions in protection Levels 0-3 (up to Level 4 for children under 12 years of age). They should ensure they follow specific guidance on sporting bubbles within this document.
- 52 Instructors can take multiple indoor sessions per day, however the numbers allowed in each session will depend upon the protection level restrictions in place in the given location.
- 53 Face coverings must be worn by instructors when indoors, except where an exemption applies. For instance;

- 53.1 where an individual has a health condition or is disabled, including hidden disabilities, for example, autism, dementia or a learning disability.
- 53.2 or if there is a reasonable excuse not to wear a face covering such as;
 - 53.2.1 where there is difficulty in communicating with participants who may not be close by and safety is an issue. In such cases alternative measures should be considered such as use of a face visor.
 - 53.2.2 being physically active or exercising as part of the instructed session.
- 54 The priority should always be on ensuring the safety of the instructor and participants and minimising the risk of virus transmission before, during and after activity.
- 55 Instructors conducting ground briefings should maintain 2 metres separation from their pupil(s) and all should wear face coverings.
- 56 At all times instructors should follow the BGA and club procedures for instruction as well as ensuring that the club's COVID 19 procedures are followed to keep all participants safe.
- 57 At all times instructors should:
 - 57.1 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.
 - 57.2 Instructors working with children (under 18 yrs.) should familiarise themselves with the additional considerations developed by Children 1st: [Child Wellbeing and Protection Considerations](#).
 - 57.3 Additional support tools are available for coaches and volunteers at the [Getting Coaches Ready for Sport](#) section of the **sportscotland** website including a [Mental Health and Wellbeing E-Learning Module](#).

Courses and Certification

- 58 BGA and Club approved courses and assessments can take place in Levels 0-2.
- 59 Whilst it is recognised that momentary and incidental reduction of 2m physical distancing during training and assessment courses may take place this should be avoided where possible by implementing risk assessments and mitigating actions.
- 60 Travel between levels to participate in approved courses and assessments should only be undertaken where Scottish Government travel restrictions allow or in exceptional circumstances as noted below.

Level 3

- 61 BGA and Club approved face to face courses and assessments can take place if the relevant training cannot be undertaken remotely and where Scottish Government travel restrictions allow.
- 62 Participants should only travel to a course in their local area unless there is an exceptional reason to travel out with area i.e. for specific safety training or to retain a qualification that cannot otherwise be carried over. Participants should under no circumstances travel out of area to undertake qualifications or training which are not essential.
- 63 Where travel between levels to participate in approved Training and Qualification courses is permitted for essential purposes, participants should, where possible, avoid public transport, and car sharing.

Level 4

- 64 BGA and Club approved face to face courses and assessments can take place if the relevant training cannot be undertaken remotely and where it is essential i.e. for safety reasons.
- 65 It is important to acknowledge the increased prevalence of Covid-19 in communities and this should be taken into consideration through the risk assessment process and planning of mitigating measures. Participants and organizing clubs should carefully consider how essential the course is and take a responsible approach.

Additional Gliding Considerations

- 66 Where a disabled participant requires functional support to help them participate, instructors, 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.
- 67 Where an employee is providing an activity, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken. See the Businesses, workplaces and self-employed people section at [Scottish Government: Coronavirus in Scotland](#).

Toilets, Changing & Locker Rooms

- 68 Gliding Clubs may open public toilets if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).
- 69 Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at [Keeping Your Facilities Fit for Sport](#).

- 70 Access to storage areas is permitted for dropping off and collecting 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

- 71 Appropriate cleaning measures, including provision of sanitiser and disposable gloves, should be put in place to reduce the risk of contamination from equipment touch surfaces. Appropriate measures must be put in place to ensure these are thoroughly cleaned before, during and after use.
- 72 All fixed equipment should be checked prior to use to avoid participants having to adjust or touch it.
- 73 Where shared equipment is necessary for an activity appropriate hygiene measure must be put in place to ensure the equipment is thoroughly cleaned before, during and after use or alternatively appropriate cleaning regimes should be in place.
- 74 Ensure the cockpit is cleaned pre and post flight for every flight. Allow time to conduct this between flights.
- 75 In all cases, face coverings (or any other protective equipment) must not interfere with the operation of the aircraft.
- 76 Pilots need to consider the likelihood of spectacles or sunglasses steaming up.
- 77 Avoid the need for close assistance when strapping in and exiting the cockpit.
- 78 In addition to regular cleaning of wing tips and other touched surfaces, prior to another pilot occupying the cockpit it needs to be cleaned using an antiseptic wipe or solution that cannot damage the aircraft materials. Particular attention should be paid to:
- 78.1 Canopy opening handles, the control handles and stick, the instrument panel buttons and knobs.
 - 78.2 Microphone gooseneck, microphone head and grille. It may be helpful to install a food-type clingfilm on the head of the microphone that should be replaced each time the pilot changes.
 - 78.3 Seat harness buckles and pull-down straps.
 - 78.4 Limit the sharing of aircraft equipment, such as parachutes. Where the equipment is to be shared, it should be cleaned as described above (see BGA published guidance re cleaning parachute harnesses).
 - 78.5 Headsets should be personally owned. However, if shared, they should be carefully cleaned as described above.

- 79 Once you have completed your activity please leave the premises at the earliest possible opportunity, provided sufficient able-bodied people remain to permit continuing operations, storing equipment at the end of the day etc.

Bookings and Payment

- 80 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.
- 81 Consider introducing buffer periods between sessions to stagger start times so that participants do not all arrive/leave at the same time.
- 82 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 / Customers

- 83 Gliding clubs 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.
- 84 Make them aware in advance of measures you are putting in place at your venue, and guidelines they are asked to follow.
- 85 Communicate clearly opening times and how people can safely access a facility, if relevant, for example through a booking or queuing system.
- 86 Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed, up to date and in accessible formats.
- 87 Ground briefings, where possible stay 2 metres away from each other and wear face covering.
- 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.

Safeguarding

- 90 All adults involved in coaching / actively engaging with children or vulnerable adults in an organised environment should have undertaken appropriate safeguarding training.
- 91 Operators should ensure appropriate ratios of coach/adult to child/vulnerable adult as per guidance and follow all related safeguarding advice.

- 92 Health, safety and welfare policies should always be risk assessed and implemented.
- 93 Operators should also refer to the additional considerations developed by **Children 1st**: [Child Wellbeing and Protection Considerations](#).

Equality & Inclusion

- 94 Covid-19 is affecting everyone. But the impact of the pandemic is not being felt equally. Before the pandemic certain groups were less likely to participate in sport and physical activity. These groups are also the most at risk of worsening inequalities due to Covid-19:
- Older people
 - Disabled people
 - Ethnic minorities
 - Women
 - People from deprived communities
- 95 It is more important than ever to consider inclusive guidance for people who need extra support to be active and sports facility operators should consider this as part of their work to encourage people to return.
- 96 The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include;
- 96.1 **Communication** – Digital exclusion is a key issue. With so many services and so much information moving online it risks worsening the health impacts of the pandemic. We have to think innovatively about the range of ways we can provide information to people about sport and physical activity.
- 96.2 **Accessibility** – Accessibility of our environments is another key issue emerging from the pandemic. As clubs and leisure centre's re-open it's important to build understanding of people's specific accessibility needs around things like hygiene, physical distancing and face coverings so we can provide the best possible support to people to take part in sport and physical activity.
- 96.3 **Anxiety, mental health and wellbeing** – The pandemic is leading to an increased risk of anxiety and mental ill-health for people. We know that sport and physical activity can have significant benefits for people's mental health so it's vital that we continue to promote those benefits, so people are encouraged to get involved.
- 96.4 **Confidence** - Confidence to return to sport is a big issue across all groups. We know that some groups are at higher risk from Covid-19 than others (including some ethnic minorities, disabled people and households experiencing poverty). These groups may be even more nervous about returning to sport or starting to participate. They are also less likely to participate in sport in the first place, so we'll need to give extra attention to their needs to help build their confidence.

Health, Safety & Hygiene

- 97 As restrictions are eased, the emphasis will continue to be on personal responsibility, good practice, and informed judgement. The latest available information can be access on the Scottish Government website at [Coronavirus in Scotland](#).
- maintain and promote good ventilation. Further information is available at Scottish Government [Coronavirus \(COVID-19\): ventilation guidance](#)
 - wear face coverings in indoor sport and leisure facilities when not taking part in physical activity.
 - use good hand and respiratory hygiene and surface cleaning
 - stay at home and book a test if you develop coronavirus symptoms
 - work from home where possible and appropriate
 - apply and adhere to 'give people space' messaging
- 98 Ensure access to first aid and emergency equipment is maintained.
- 99 Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.
- 100 In the event of first aid treatment being required it is recognised that a suitably qualified person 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 members
 - A parent or carer being present with children or vulnerable adults.
- 101 Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
- 102 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.
- 103 Make hand sanitizers or wipes 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.
- 104 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 operators should be aware that this increases the likelihood of virus transmission.
- 105 [Getting your Facilities Fit for Sport](#) provides a checklist for health, hygiene and cleaning considerations and actions.

Face Coverings

- 106 Gliding clubs should ensure participants and visitors wear face coverings, if indoors, before and after activity. For example: clubrooms 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.
- 107 Be aware that face coverings discriminate against some deaf people who need to look at lips to help communicate. Staff in facilities 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.
- 108 Face coverings may not be required when using hospitality services such as café's, bars and restaurants. For further information refer to [Scottish Government Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).
- 109 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

- 110 [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.
- 111 People who are symptomatic or identified as close contacts should follow Scottish Government and NHS guidance on self-isolation available at [Scottish Government: Test & Protect](#). No one who is self-isolating should attend a sports facility or activity.
- 112 From 9 August 2021 close contacts of those testing positive for Covid-19 who have symptoms or test positive will still be required to self-isolate. However close contacts aged 18 years or older who have been double vaccinated, for 14 days or more, and with no symptoms will be able get a PCR test and end self-isolation if the result is negative.

Maintaining customer records

- 113 Gliding 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.

- 114 Gliding clubs should store information for 21 days and share it when requested to do so by public health officers.
- 115 The Coronavirus (COVID-19): Test and Protect information leaflet provides information on the Test and Protect service from NHS Scotland.

Registration with the Information Commissioner's Office

- 116 In order to gather and store customer information securely, operators may need to be registered with the Information Commissioner's Office (ICO). This will be the case if you are using an electronic system to gather and store data.
- 117 If you are unsure whether you need to register, please contact the ICO via their helpline on 0303 123 1113, or visit www.ico.org.uk.

Protect Scotland App

- 118 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.
- 119 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.
- 120 Further information on the Protect Scotland app is available at www.protect.scot.

What should someone do if they have coronavirus symptoms?

- 121 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.
- 122 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

- 123 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: 'Beyond Level 0' Guidance

Introduction

1. To ensure that it is safe to progress 'Beyond Level 0', guidance is being linked to the 'Gateway condition'. This relates the amount of vaccine coverage to the Scottish Government's new strategic intent to 'suppress the virus at a level consistent with alleviating its harms'.
2. Most legal restrictions relating to Covid-19 were lifted on the 9th August 2021 when Scotland moved to 'Beyond Level 0'. This included restrictions on physical distancing and the size of social gatherings. Additionally, no businesses must legally remain closed due to Covid-19.
3. Whilst these changes removed most legal restrictions for gliding it does not however signal the end of the epidemic. Covid-19 is a disease that will need to be managed for the foreseeable future and to maintain progress in returning to more normality, it is important that people continue to abide by a set of baseline measures covered by Scottish Government guidance and where relevant legislation. This includes:
 - 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.
 - Ongoing need for outbreak management capability, including active surveillance.
 - Continue to encourage a greater degree of working from home than pre-COVID-19. Where this is possible and appropriate, it will not only assist with controlling transmission of the virus, but also promote wellbeing more generally.
4. However, as of 17th December 2021, businesses and service providers are now legally required to take reasonably practical measures to minimise spread of coronavirus on their premises, for example measures which limit close face-to-face interaction, such as supporting working from home, making adjustments to the premises and putting in place protective measures such as signage, screens and other mitigations.
5. In determining these measures, consideration must be given to the Scottish Government guidance available at [Scottish Government: Safer Businesses and Workplaces](#).
6. The information outlined below summarises the key areas which will change as we move 'Beyond Level 0' and should be read in conjunction with [the main body of this document](#) to inform the development of information for participants, clubs, local authorities/trusts, third sector and other sports facility operators.

7. It is the responsibility of each club committee (herein referred to as the operator) to ensure that full risk assessments, processes and mitigating actions continue to be applied before any sport or leisure activity takes place and to check if the activity is in an area which is subject to additional Scottish Government localised measures and restrictions.
8. Where a local outbreak has been reported sport and physical activity operators, in all settings, should review their 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.
9. Scottish Government may update or change Levels and restrictions at any time, including local areas subject to them. Therefore, COVID officers should regularly check the [Coronavirus in Scotland](#) section of the Scottish Government website for updates.

Travel Restrictions

10. '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 [Travel Guidance](#) within the main body of this document for further information on where restrictions will apply should a local area move into protection levels.
11. Scottish Government are also continuing to monitor the UK wide and International Covid-19 position. Further information on restrictions applicable between Scotland and other parts of the UK and internationally is available on the Scottish Government website at [Coronavirus \(COVID-19\): travel and transport](#).

Health, Safety & Hygiene

12. High levels of personal hygiene and respiratory etiquette will remain essential as we move Beyond Level 0.
13. Operators 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 in the main body of this guidance for further information including relevant links.

Test & Protect

14. Contact tracing and testing of close contacts will continue as we move forward through the pandemic, including 'Beyond Level 0'. Test & Protect will change as the population becomes more protected by vaccination but will still play a role in mitigating clusters and outbreaks where they arise.
15. Operators should continue to maintain customer records and follow applicable guidance available in the [Test & Protect](#) section of this guidance.

Competition & Events

16. Organised sporting competition and events can take place 'Beyond Level 0' but should continue to follow guidance outlined in the [Sports Events & Competition](#) section within the body of this guidance.
17. At 'Beyond Level 0' there are no limits on spectator numbers, subject to organisers obtaining relevant permissions, where they normally would be required to do so. However, operators/ organisers should follow Scottish Government's [Coronavirus \(COVID-19\): Certification Scheme - Information for Businesses and Event Organisers](#) where attendance thresholds are met. A COVID vaccine certificates or a record of a recent negative COVID-19 test result (from either a Lateral Flow Device or PCR) is needed for:
 - indoor events (unseated) with 500 or more people
 - outdoor events (unseated) with 4,000 or more people
 - any event with 10,000 or more people
18. Other bodies depending on the type, location, and scale of the event, may include the landowner, Community Council, the transport police, or other body responsible for the safety of the public.
19. Where a competition/event requires a licence from a Local Authority under existing Civic Government legislation, this must include agreement from local Environmental Health Officers.

Hospitality

20. Sports facility operators providing catering or bar services should refer to Scottish Government guidance for applicable guidance including takeaway services. [Coronavirus \(COVID-19\): tourism and hospitality sector guidance.](#)

Retail

21. Retail units operated by sports facility operators should follow Scottish Government [Coronavirus \(COVID-19\): retail sector guidance.](#)

APPENDIX 2: [Level 4 Guidance](#)

Introduction

1. The guidance within this appendix is applicable to airfields and gliding activities where Scottish Government have identified the requirement for **Level 4** restrictions to be applied.
2. It is the responsibility of the relevant gliding club and their COVID officer to ensure that full risk assessments, processes and mitigating actions are in place before any sport or leisure activity takes place and to check if the activity is in an area which is subject to additional Scottish Government localised measures and restrictions.
3. Where a local outbreak has been reported, gliding clubs should review 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.
4. Scottish Government may update or change Levels and restrictions at any time, including the local areas subject to them. Therefore, COVID officers should regularly check the [Coronavirus in Scotland](#) section of the Scottish Government website for updates.

Travel Restrictions in Level 4 areas

5. Those living in a Level 4 local authority area can travel within that area to undertake gliding as long as they abide by the rules on meeting other households.
6. Children and young people may travel to and from a Level 4 area, if for example, they belong to a club which is just outside their own local authority area.
 - 6.1 They should however travel no further than necessary and only participate in activities they are permitted to undertake in a Level 4 area.
 - 6.2 If attending a sport/activity in a Level 3 area or below, Level 4 guidance will apply to the whole activity e.g., 12 to 17-year-old outdoor activity should be restricted to non-contact and include a maximum of 15 participants
7. Adults living in a Level 4 local authority area may travel within, but not out with, that area to take part in gliding.
8. When taking part in sport, exercise or recreation participants should always follow relevant Scottish Government guidance available at the time.

Outdoor Sport & Leisure Activity

9. Gliding Clubs in Level 4 areas may continue to open their airfield for gliding activities 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, staff and volunteers. Please also refer to additional guidance produced by **sportscotland** at: [Keeping Your Facilities Fit for Sport](#).
10. Restrictions on the number of people who can take part in outdoor organised sport, exercise and recreation in Level 4 is as follows.
 - 10.1 Young People and adults (aged 14 years and over) can take part in non-contact organised sport including training, group exercise, aerobics, fitness classes and competition within their normal club or facility environment.
 - 10.2 An outdoor sporting 'field of play bubble' for young people and adults can consist of up to 15 people, including instructors, at any one time. Physical distancing should always be maintained.
 - 10.3 Where there are multiple bubbles operating at the same venue these must be risk assessed to ensure there can be no mixing of participants before, during or after the activity. Specific mitigations could include staggered start times, limiting car parking or controlling access / egress points.

Indoor Sport & Leisure Facilities

11. Indoor sport and leisure facilities including club houses and activity areas should remain closed at Level 4. Exemptions are available as noted below.
12. Public Toilets
 - 12.1 Operators may open indoor toilets for public use if they follow Scottish Government [Coronavirus \(COVID-19\): opening public and customer toilets](#).
 - 12.2 Public toilets are defined as any toilets accessible to the public. The opening of toilets should be accompanied by local risk assessment, and control measures should be proactively monitored by operators.
 - 12.3 All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance.
13. Storage Areas
 - 13.1 One off access to storage areas is permitted to retrieve personal equipment which is essential for an activity to be undertaken. Personal equipment should not be returned to these areas.

- 13.2 Where equipment cannot reasonably be taken home and is stored on site, such as glider and associated equipment access to retrieve and return such equipment to storage areas is allowed if appropriate risk assessments are undertaken.
- 13.3 Risk assessments should include mitigating actions to reduce the risk of virus transmission such as individual access, booking slots and cleaning/hygiene protocols.
14. Access to outdoor facilities
- Where external access to outdoor gliding facilities 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.

Hospitality

15. Additional restrictions are in place for hospitality businesses with Level 4 areas subject to bar and café closures. Sports facility operators providing catering or bar services should refer to Scottish Government guidance for applicable guidance including takeaway services. [Coronavirus \(COVID-19\): tourism and hospitality sector guidance.](#)
16. Retail units operated by sports facility operators in Level 4 areas should follow Scottish Government [Coronavirus \(COVID-19\): retail sector guidance.](#)

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