



JudoScotland

Return to Sport

Reference Document

Strategic Framework: Version 1 December 2020

Index

Content	Page #.
Introduction	2
Adult Involvement	2
Coaching	2
Communication	3
Competitive Judo	3
Definitions	3
Equality and Inclusion	4
Face Coverings	4
Field of Play Bubble	5
Generic Supporting Information	5
Group Activity	5
Health	5
Hygiene	6
Judo Delivery	6
Local Outbreaks	7
Outdoor Sporting Bubbles	7
Performance Athlete	8
Physical Distancing	8
Protect Scotland App	9
Returning to Judo	10
Risk Assessment	10
Safeguarding and Wellbeing	10
Sport and Leisure Activity	10
Travel Guidance	11
For Further Support	12

Introduction

The guidance contained within this reference document aims to help Judo-in-Scotland continue to plan for its future delivery of Judo-related physical activity, responsibly, safely and in line with the new Scottish Government Strategic Framework.

Scottish Government has introduced this new [strategic framework document](#) for managing COVID-19 which became effective on 2 November 2020. This provides a 5-Level approach to restrictions with each local authority area (or sub-area) placed in a relevant protection level depending upon its COVID-19 status which will be reviewed weekly.

Organised sporting activities can be undertaken, 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 Government's approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#).

Member clubs, coaches, COVID officers 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. Further information on protection levels that will apply in each local authority area are available at [Coronavirus \(COVID-19\): allocation of protection levels to local authorities](#).

Adult Involvement

1. All adults involved in coaching with children in an organised environment should have undertaken appropriate JudoScotland 'Child Wellbeing and Protection in Sport' training.
2. Judo Clubs should always ensure appropriate ratios of coach to judoka (1 coach: 20 judoka) and follow all related safeguarding advice.
3. Health, safety and welfare policies should always be risk assessed and implemented.
4. Appropriate insurance policies should be in place for all coach-led activities and checked for validity with the relevant insurance provider before undertaking work with individual judoka/Club members.

Coaching

5. If you are a coach you can work with the groups(s) identified within the Strategic Framework Guidelines for Judo, providing all activity is consistent with current [Scottish Government guidance](#) on health, physical distancing and hygiene.
6. You will also need to ensure that you can adapt to any future changes in guidance at short notice.
7. Scottish Government travel guidance provides exemptions for travel into and out of Level 3 and Level 4 local authority areas. This includes 'Travel for work, or to provide voluntary or charitable services, but only where that cannot be done from your home'.
8. Where paid/voluntary coaches or officials use the above exemption mitigating actions should be put in place to reduce risk to the coach, official and participants. This should be documented in the operator or deliverer risk assessment.
9. Coaches and judoka should adhere to the Scottish Government's physical distancing guidelines, which are available at <https://www.gov.scot/publications/coronavirus-covid-19-staying-at-home-and-away-from-others>.
10. Coaches should plan appropriately for the session in advance and:
 - a. Be aware of their responsibilities;
 - b. Be clear on expectations with participants and;
 - c. Build in a review period to reflect on the effectiveness and safety of the session.
11. Guidance for coaches and clubs is available at [Getting your coaches ready for sport](#).
12. Clubs and venue operators must ensure that relevant workplace guidance 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.
13. Coaches and instructors working with children should familiarise themselves with the additional considerations developed by Children 1st: [Child Wellbeing and Protection Considerations](#).

14. The local protection level in place for sport and physical activity will dictate what activity can be coached, indoors and outdoors and to whom in that area.
15. Coaches can take multiple indoor sessions per day, however the numbers allowed in each session may depend upon the protection level in place.

Communication

16. We know that since the beginning of the COVID pandemic, many member Clubs have been communicating with and delivering online, remote content to their members across the breadth of Scotland.
17. It is important to understand the guidance around online engagement and learning and how all Clubs can best protect children.
18. Information about online coaching and the use of social media during the coronavirus pandemic is available from Children 1st (<https://www.children1st.org.uk/help-for-families/safeguarding-in-sport/>), with further supporting information available via the JudoScotland website: <https://www.judoscotland.com/about/safeguarding>.

Competitive Judo

19. Within the current Scottish Government guidance, there will be no provision of national, domestic competition for judoka.

Definitions

20. Organised indoor and outdoor sporting activity/competition for children and adults may be undertaken as outlined below and where appropriate SGB guidance has been approved by **sportscotland**.
21. Definitions for the purposes of this guidance:
 - a. **'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;
 - b. **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 of one another" such as Judo;
 - c. **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;
 - d. **Sports competition** refers to where participants or teams compete against different opponents as part of an organised league or competition;
 - e. **Adult 'group' sport or activity** refers to adults, from more than 2 households / 6 members of those households who take part in organised sport or physical activity;
 - f. **Indoor individual exercise** refers to non-contact recreational sport or physical activity which follows general household rules i.e. no more than 2 households / 6 members of those households. This includes gym use and 1:1 personal training, where physical distancing can be maintained.
22. All Judo Clubs providing activity must abide by relevant JudoScotland guidance and have a named 'Covid Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place by the Club before any children's outdoor activity is undertaken.

Equality & Inclusion

23. 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
24. 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. The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include;

Communication

25. 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.

Accessibility

26. Accessibility of our environments is another key issue emerging from the pandemic. As clubs and leisure centres 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.

Anxiety, mental health and wellbeing

27. The pandemic is leading to an increased risk of anxiety and mental ill-health for people who share all characteristics. 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.

Confidence

28. 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.

Face Coverings

29. Sports facility operators should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility. This is a **mandatory** requirement except where an exemption applies, or where there is a 'reasonable excuse' not to wear a face covering. For example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability.
30. 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.
31. Face coverings do not need to be worn when undertaking physical activity, exercise or showering.
32. The [Coronavirus \(COVID-19\) Phase 3: staying safe and protecting others, face coverings](#) provides guidance on general use and exemptions.

Field of Play Bubble

33. An outdoor sporting 'field of play bubble' can consist of a maximum of 30 people including coaches, officials and other support staff at any one time.
34. Multiple bubbles, each with up to 30 people, can be used in training, competition or small-scale sporting events if all guidance is followed (200 max per day unless with exemption).

Generic Supporting Information

35. Coronavirus in Scotland:
<http://www.gov.scot/coronavirus-covid-19/>.
36. Children 1st – Safeguarding in Sport:
[\(https://www.children1st.org.uk/help-for-families/safeguarding-in-sport/\)](https://www.children1st.org.uk/help-for-families/safeguarding-in-sport/)
37. JudoScotland: Safeguarding and Wellbeing:
<https://www.judoscotland.com/about/safeguarding>.
38. Coronavirus (COVID-19) Phase 1: staying at home and away from others (physical distancing):
<https://www.gov.scot/publications/coronavirus-covid-19-staying-at-home-and-away-from-others>.
39. Health Protection Scotland, Covid-19 – Guidance for non-healthcare settings:
www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/
40. Health Protection Scotland – Hand hygiene:
www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/
41. Professional & Performance Sport Resumption Guidance:
<http://www.sportscotland.org.uk/covid-19/latest-outdoor-sport-and-physical-activity-guidance/>
42. Guidance for coaches, leaders, personal trainers, and instructors:
<http://www.sportscotland.org.uk/covid-19/getting-your-coaches-ready-for-sport/>

Group Activity

43. **'Group' activity** refers to adults, from more than 2 households (6 members) who take part in organised sport or physical activity.
44. 'Individual exercise' refers to organised sport or physical activity within household rules i.e. 1:1 coaching. For further information see definitions within this guidance.

Health

45. Prior to returning to any Judo-related activity, judoka must stay at home if they:
 - a. Have been in contact with someone with COVID-19 in the last 14 days;
 - b. Have been overseas or exposed to someone with COVID-19 in the last 14 days;
 - c. Have COVID-19 symptoms or are feeling unwell;
 - d. Have been told to self-isolate as part of the contact tracing measures in place.
46. People who are symptomatic should self-isolate for 10 days, with other household members ensuring that they self-isolate for 14 days as per National Health Service (NHS) guidance.
47. No one who is self-isolating should attend a sports activity.
48. Prior to returning to Judo, those that are in a high-risk health category must also check with their General Practitioner (Doctor) as to their suitability to return to training.

49. The above guidance may be changed by the Scottish Government, taking into consideration current scientific or medical advice. We would ask that you consult on a regular basis the prevailing Scottish Government guidance (www.gov.scot/coronavirus-covid-19/).
50. Coaches and participants should cancel attendance, even if at very short notice, if symptomatic.

Hygiene

51. When participating in training or coaching – and where possible - avoid touching surfaces and sharing equipment and touching your mouth and face.
52. Please ensure that first aid equipment has been updated appropriately for the COVID pandemic and first aiders have appropriate training.
53. Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
54. Clear guidance and plans are needed for cleaning of equipment and waste disposal. Personal equipment should not be shared, and measures must be put in place to reduce the risk of contamination. Detailed guidance is available at:
 - a. www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/
www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/

Judo Delivery

55. Where you intend to practice Judo or to coach judoka, the following should apply:

Prior Communication

56. Communication with participants is important and should be planned for.
57. Coaches should ensure they have an approach to activity that is feasible to deliver safely.
58. Participants should know what to do before/during/after attending their coached session.

Bookings and Payment

59. Encourage people to make bookings online where possible.
60. 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.
61. Consider introducing 'buffer' periods between sessions to stagger start times, so that participants do not all arrive/leave at the same time.
62. Where possible use online or contactless payment options and avoid handling cash. Where people do not have bank accounts it is permissible to accept cash payments.

Environment

63. Organised indoor and outdoor sporting activity/competition for children and adults may be undertaken as outlined below and where appropriate SGB guidance has been approved by **sportscotland**.
64. All sport facility operators providing organised competitions must abide by relevant SGB guidance and have a named 'Covid Officer' who will be responsible for completing documented risk assessments and ensuring all appropriate mitigations are put in place.
65. Judoka should plan and risk assess the session/outdoor space with their coach online or by phone prior to the session.
66. Judoka should only train at local facilities and avoid unnecessary travel and shared travel involving judoka from different households.
67. Judoka should arrive and leave the designated outdoor space as close as possible to when they are due to participate.

Hygiene

68. At all times, clubs should ensure participants adhere to the current Scottish Government's physical distancing guidelines including before, during and after the activity or when taking breaks.
69. Judoka should take with them to the session hand sanitizer and/or antiseptic wipes. Hand sanitizer 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.
70. Judoka should only use their own equipment and not share food, towels, or drinks.
71. No personal equipment should be left at a facility by a participant once the activity has ended.
72. Where shared equipment (i.e. tatami) is necessary for an activity appropriate hygiene measures must be put in place to ensure the equipment is thoroughly cleaned before, during and after use.
73. All fixed equipment should be checked prior to use to avoid participants having to adjust or touch it.
74. Judoka should clean their hands and equipment frequently.
75. If Judoka need to sneeze or cough, they should 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.
76. Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.
77. Bins may be provided but should be regularly checked, cleaned/sanitized, emptied and disposed of using appropriate personal protective equipment.
78. Judoka should avoid spitting unless into a tissue which they should take home and dispose of.
79. Judoka should avoid touching their face.

Post Judo Delivery

80. Judoka should leave promptly once training has finished.
81. Judoka should wash their hands as soon as possible once training has finished.
82. Judoka should ensure that their Judo gi (suit) and personal equipment is cleaned thoroughly after use.

Medical

83. If a Judoka become unwell after training, they should:
 - a. First contact your Doctor/NHS 24;
 - b. Update any contact tracing App in use at that time, and then;
 - c. Inform your Club coach/JudoScotland Safeguarding and Wellbeing Executive.

Local Outbreaks (COVID-19)

84. Scottish Government travel advice and guidance relating to local outbreaks or clusters of coronavirus cases is available at [Coronavirus \(COVID-19\): local advice and measures](#).
85. 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.
86. This may, for example, include; suspending activity, enhancing hygiene and physical distancing measures or introducing additional activity restrictions.

Outdoor Sporting Bubbles for Training

87. An outdoor sporting 'field of play bubble' can consist of a maximum of 30 people including coaches, officials and other support staff at any one time.

88. In exceptional circumstances, numbers may be increased, but only if approved directly by Scottish Government or where specific Scottish Governing Bodies of sport (SGBs) guidance and mitigating actions have been agreed by **sportscotland**.
89. Multiple outdoor sporting bubbles, each with up to 30 people, can be used in training, competition or small-scale sporting events. 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.
90. Total numbers taking part in training, competition or events, other than detailed below, should not exceed 200 people in any one day, including organisers, officials and participants. Once an individual has completed their activity, they should immediately vacate the 'field of play' and are then subject to normal household rules.
 - a. Permanent outdoor sport, leisure and club facilities which are accessed on a regular basis by the general public and/or club members and have in place a designated COVID officer and appropriate risk assessments may exceed the limit of 200 people, in a single day, if mitigating measures are put in place to protect participants and staff. This may for instance include operating separate activity zones, implementing staggered time slots and putting in place other measures to ensure participation bubbles remain separate including consideration of parking and access/egress.
 - b. Any further exemptions or variation to training, competition or event participant numbers, including the addition of spectators, must be agreed directly with Scottish Government and may be subject to relevant Scottish Government guidance.
91. 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.
92. 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.
93. SGBs and operators should introduce a period of training to familiarise participants with guidelines before running competitions.
94. Outdoor group coaching for organised sport and physical activity including aerobics and fitness classes can take place with up to 30 people at any one time, including the coach, if physical distancing is always maintained.

Performance Athlete (Definition)

95. The definition of a performance athlete for the purposes of resumption of performance sport from the COVID-19 situation is given in Appendix 1 of the sportscotland resumption of performance sport guidance.
96. For the purpose of Judo-in-Scotland, we will further define a "performance athlete" as those who are currently supported by the sportscotland institute of sport and who are undertaking training designed and delivered by the JudoScotland performance programme.
97. Any athlete considered a "performance athlete" based on the above definition will be required to "opt-in" to the training being delivered by the JudoScotland performance programme and will be required to agree to, and adhere to, all processes put in place in order to participate in the performance activity.
98. Further information is available at:
 - a. <https://sportscotland.org.uk/media/5754/phase-1-resumption-of-performance-sport-step-1a-guidance-final.pdf>
 - b. <https://sportscotland.org.uk/media/5755/phase-1-resumption-of-performance-sport-guidance-step-1a-appendix-1-final.pdf>

Physical Distancing

99. Coaches and other adults supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the Judo Club 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment.

100. Appropriate risk assessments and mitigating measures must be put in place to reduce risk and protect participants. For instance, consider physically distanced training, reducing numbers taking part and changing game formats or rules.
101. Participants should not congregate before or after an activity.
102. Clubs, coaches or COVID Officer's must ensure comprehensive mitigating actions are put in place and documented in their risk assessment to stop this happening.
103. Consider staggering start/arrival times and any other relevant additional measures.
104. The number of participants allowed to take part in indoor sport or physical activity must be risk assessed by the operator following Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) and sport specific [SGB Guidance](#).
105. Where a disabled participant requires functional support to help them participate coaches, 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.
106. Where an employee is providing an activity, relevant work-placed risk assessments and consultation should take place in advance of any activity being undertaken.
107. Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2 metres away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
108. Health, safety & hygiene measures for children's activity should be in line with guidance provided within this document.
109. In the event of first aid treatment being required it is recognised that a suitably qualified coach/supervising adult may require to attend to a child. The Judo Club 'Covid Officer' should consider processes for managing this as part of the risk assessment. This could include but not be limited to;
 - a. Provision of suitable PPE;
 - b. Training of coaches/supervising adults;
 - c. Presence of one parent/guardian being required at the activity;
 - d. Participant numbers and duration of organised activity.
110. Where there is likely to be close contact between children in an organised sporting activity mitigation should be put in place to minimise risk and keep participants safe.
111. Judo Clubs should always ensure appropriate ratios of coach to judoka (1 coach: 20 judoka) and follow all related safeguarding advice. Judo Clubs should consider limiting the duration of any activity to a maximum of 40 minutes at Phase 3.
112. The focus of activity at this stage should be non-competitive, essentially a return to training. No competition, matches or other activity between Clubs should be arranged.
113. Appropriate insurance policies should be in place for all coach-led activities and checked for validity with the relevant insurance provider before undertaking work with individual judoka/Club members.

Protect Scotland App

114. 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.
115. 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.
116. Further information on the Protect Scotland app is available at www.protect.scot.

Returning to Judo

117. The guidelines do not cover issues relating to transport or the ownership or operation of facilities. There is separate, Scottish Government guidance around travel and the use of public transport where appropriate.
118. Similarly there is separate Scottish Government guidance for the owners and operators of sports/leisure facilities.
119. **sportscotland** 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 can be adapted to support other planning-based work being undertaken by sports, clubs and community organisations.
120. Activity or exercise undertaken in sports areas, courts and pitches must fully comply with Scottish Government household, physical distancing and travel guidance with appropriate hygiene and safety measures also in place.
121. To manage a safe return to sport and leisure activities it is a mandatory requirement that all clubs, facility operators and deliverers put in place comprehensive 'Test & Protect' procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available within this guidance and at [Scottish Government: Test & Protect](#).
122. No spectating should take place other than where a parent is supervising a child or vulnerable adult. Physical distancing guidance should always be followed.

Risk Assessment

123. Risk assessments must be carried out and documented at all sites.
124. Risk assessments should, where possible, consider mitigating actions to reduce the likelihood of any adverse impact on individual judoka. For instance, SGBs and sports facility operators may consider, where appropriate, different formats of competition, zoned participation areas or staggered starts.
125. Activity or exercise undertaken in sports areas, courts and pitches must fully comply with Scottish Government household, physical distancing and travel guidance with appropriate hygiene and safety measures also in place.

Safeguarding and Wellbeing

126. In line with 'best practice' safeguarding and wellbeing, judoka under 18 years of age should be accompanied by a parent/carer at all times throughout any coached session, where it takes place in an outdoor and public space.
127. Preferably only one parent/carer from the family should accompany a judoka aged under 18 years of age.
128. In terms of individuals in a higher risk category (i.e. para judoka), they should follow any medical guidance they have been given regarding health and welfare. Additionally, judoka in this category requiring personal support should bring a carer with them to training provided this person is part of their normal family group.

Sport and Leisure Activities

129. Subject to the guidelines below a 'field of play bubble' can be created whilst an organised sporting or leisure activity is taking place indoors or outdoors.
130. Where Scottish Government local measures and restrictions are in place guidance detailed in Appendix 1 will supersede the corresponding guidance identified within this section.
131. Where there is likely to be proximity (within 2m) or contact between participants aged 12 years or over involved in a sporting activity, mitigating actions must be put in place to minimise risk and keep participants safe. For instance:

- a. SGB guidance should focus on providing sporting activity involving as few participants as possible, for the minimum amount of time, whilst still allowing the activity to run effectively. This may also require a change to game formats, numbers and/or rules to minimise risk to participants.
 - b. As soon as a participant has completed training, a competition or event, they should leave the field of play/venue.
132. No spectating should take place other than where a parent or carer is supervising a child or vulnerable adult or when following specific [sector guidance for events](#).
133. No formal presentation ceremonies should take place during or after a sporting activity or competition as the focus should be on reducing the numbers in attendance at any one time.

Travel Guidance

134. Travel guidance outlined by the Scottish Government should always be followed.
135. Further information on what travel is permitted in the five protection levels for each local authority area is available at [Coronavirus \(COVID-19\): local protection levels](#).
136. Information for each local authority area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.
137. Specific information on car sharing is available from Transport Scotland: [advice on how to travel safely](#).

Sport & Physical Activity Participation

138. Participants can take part in organised sport and physical activity within their own local government area based on the prevailing Scottish Government Tier/Level as detailed in the JudoScotland Strategic Framework Guidelines. Such activity is subject to exemption from household rules as detailed within this guidance.
139. When a participant travels out with their home local government area they should follow the travel guidance detailed below. **Please note that travel regulations are now legally enforceable.**
140. Participants should, where possible, avoid any unnecessary travel out of area and keep journeys within area to an absolute minimum.

Children & Young People (17 years or under)

141. Participants aged **17 years or under** can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport, physical activity, training and competition.
- a. Children and young people living in a Level 4 area should only travel locally (within their local government area) **to take part in organised sport** as outlined in the JudoScotland Strategic Framework Guidelines.
 - b. Children and young people living in a Level 4 area should only travel out with their local government area (up to 5 miles) **to take part in informal exercise** such as walking, running or cycling which starts and finishes at the same place. Such activity should follow [Scottish Government 'meeting others outdoors' guidance](#).

Adults (18 years or over)

142. Participants aged **18 years or over** can travel to and from Level 0, 1 and 2 areas (but not Level 3 or 4) **to take part in organised sport, physical activity, training and competition** as outlined in the JudoScotland Strategic Framework Guidelines.
- a. Adults living in a Level 3 or Level 4 area should only travel locally (within their own local government area) **to take part in organised sport** or physical activity as outlined in the JudoScotland Strategic Framework Guidelines.
 - b. Adults living in a Level 3 or Level 4 area should only travel out with their local government area (up to 5 miles) **to take part in informal exercise** such as walking, cycling or running that starts and finishes at the same place. Such activity should follow [Scottish Government 'meeting others outdoors' guidance](#).

143. Summary: Current Travel Restrictions

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
Under 18's	✓	✓	✓	✓	Local Travel Only
Adults (18+)	✓	✓	✓	Local Travel Only	

144. **Please note that travel regulations are now legally enforceable.**

145. Operators should risk assess all activity and it is strongly recommended that where at all possible training and competition should take place locally.

For Further Support Please Contact:

146. For further support concerning this guidance, or for information around implementing any aspect of a return-to-Judo, please contact:

<p>Sam Ingram Regional Development Officer (East) e: samuelingram@judoscotland.com t: 07738 846529</p>	<p>Luke Struthers Regional Development Officer (West) e: lukestruthers@judoscotland.com t: 07738 846527</p>
<p>Colin Aitken Safeguarding & Wellbeing Executive e: colinaitken@judoscotland.com t: 07495836223</p>	<p>Tony Penfold Head of Business Delivery e: tonypenfold@judoscotland.com t: 07949 888074</p>