



BAFA Return to Play Road Map - Scotland Stage 4

Levels 0-4 overview (With effect from 12 March 2021)

The Scottish Government has moved to a strategic approach to manage Covid-19 based on five graduated levels of protection. American football activity in Scotland is currently at Stage 4 in BAFA's Return to Play Roadmap. Below is a table showing what this means for each protection level. Please refer to the Stage 4 Community Club Guidance for Scotland for more information.

	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
NON-CONTACT PRACTICE	✓	✓	✓	✓ Over 18s - 2m physically distanced group activity or exercise only	✓ Over 18s - 2m physically distanced group activity or exercise only
NON-CONTACT INTRA-CLUB GAMES	✓	✓	✓	✓ Under 18s Only	✗
NON-CONTACT INTER-CLUB GAMES	✓	✓	✓	✓ Under 18s Only	✗
FULL CONTACT TRAINING/GAMES	✗	✗	✗	✗	✗
GROUP SIZES	Max 30 participants (including coaches) in a wholly separate group - per half full sized pitch	Max 30 participants (including coaches) in a wholly separate group - per half full sized pitch	Max 30 participants (including coaches) in a wholly separate group - per half full sized pitch	Max 30 participants (including coaches) in a wholly separate group - per half full sized pitch	U12s max 30 participants and over 12s max 15 participants (including coaches) in a wholly separate group per half full sized pitch.
INDOOR ACTIVITY	✓	✓ Under 18s Only	✓ Under 18s Only	✓ Under 18s Only	✗
TRAVEL - OVER 18s	Over 18s who live in Level 0-2 areas can travel to and from other Level 0-2 areas for practice and play. Travel into a Level 3 or 4 area to take part in American football activity is not permitted.	Over 18s who live in Level 0-2 areas can travel to and from other Level 0-2 areas for practice and play. Travel into a Level 3 or 4 area to take part in American football activity is not permitted.	Over 18s who live in Level 0-2 areas can travel to and from other Level 0-2 areas for practice and play. Travel into a Level 3 or 4 area to take part in American football activity is not permitted.	Over 18s who live in a Level 3 area may take part in physically distanced individual practice activity only. Travel into a Level 3 or 4 area to take part in American football activity is not permitted.	Travel into or out of a Level 4 area to take part in American football activity is not permitted.
TRAVEL - UNDER 18s	Under 18s may travel to practice or play for their team if it is located in a higher or lower Level 0-3 area. Travel into or out of a Level 4 area for American football activity is permitted if that is where it usually takes place.	Under 18s may travel to practice or play for their team if it is located in a higher or lower Level 0-3 area. Travel into or out of a Level 4 area for American football activity is permitted if that is where it usually takes place.	Under 18s may travel to practice or play for their team if it is located in a higher or lower Level 0-3 area. Travel into or out of a Level 4 area for American football activity is permitted if that is where it usually takes place.	Under 18s may travel to practice or play for their team if it is located in a higher or lower Level 0-3 area. Travel into or out of a Level 4 area for American football activity is permitted if that is where it usually takes place.	Travel into or out of a Level 4 area for American football activity is permitted if that is where it usually takes place.
TRAVEL - COACHES AND STAFF	Coaches and other club staff are permitted to travel in and out of Level 0-4 areas to undertake American Football coaching and volunteering activity only	Coaches and other club staff are permitted to travel in and out of Level 0-4 areas to undertake American Football coaching and volunteering activity only	Coaches and other club staff are permitted to travel in and out of Level 0-4 areas to undertake American Football coaching and volunteering activity only	Coaches and other club staff are permitted to travel in and out of Level 0-4 areas to undertake American Football coaching and volunteering activity only	Coaches and other club staff are permitted to travel in and out of Level 0-4 areas to undertake American Football coaching and volunteering activity only
TRANSPORT	Avoid car sharing with people outside extended household where possible	Avoid car sharing with people outside extended household where possible	Avoid car sharing with people outside extended household where possible	You should not share a car with anyone from another household, unless you absolutely have to. Avoid non-essential use of public transport.	You should not share a car with anyone from another household, unless you absolutely have to. Avoid non-essential use of public transport.