



## Q&A – Changes to Protection Levels in Scotland

### What's happening?

Most of mainland Scotland is moving to Level 2 restrictions on Monday 17 May, with the exception of Moray and Glasgow City council areas - this is due to a spike in Covid-19 cases.

### What does this mean for sport?

In summary, undistanced adult contact sport for those over 18 years of age cannot resume in L3 areas, and players who live in a L3 area cannot travel to a L2 area to take part in any organised sporting activity.

### If I live in one of these Level 3 council areas can I attend practices in a Level 2 council area?

No. Unfortunately this is not permitted. We would encourage our members to be honest about this, and to not try and cheat the system. You would also be coming from an area defined as experiencing a surge in cases of Covid-19, so it is also possible you may risk unknowingly infecting your teammates.

### Can I organise a practice session within a Level 3 council area?

Yes, you can – but player participants must be from within that same Level 3 council area. All activity must be 2m distanced. Players from a Level 2 area must not travel into a Level 3 area to participate in your session.

### What about if I'm a coach or other volunteer?

There are exceptions for people delivering coaching activity or key volunteering activities - they may travel in and out of L3 areas. However, appropriate mitigations must be in place. Coaches and other support staff already have to remain 2m distanced wherever possible, and wear masks at practice for any work where they may come within <2m of people, effectively reducing any transmission risk.

### I'm not sure if I live in an area remaining as L3 - how do I check?

A postcode checker is available [here](#) and has already been updated to reflect Monday's changes.

### How long will this last for?

We don't know at this point. A lot will depend on whether the spike can be contained - the figures in Moray are already dropping thanks to the efforts of the local community. We are also aware that cases are starting to increase in other council areas and are monitoring the situation closely.

### What about a knock-on effect on game schedules?

Again, we hope any additional restrictions will be short-lived and not have any major impact on either flag or contact schedules. However, we will continue to review the situation as it develops and look to make any adjustments needed.

### Is there anything I can do meantime?

If you live in an impacted area that is remaining in L3, please take advantage of any surge testing or early vaccinations you may be offered and encourage friends and family to do the same. Continue to follow Covid-19 rules and behave responsibly.