



**BOXING SCOTLAND:
COVID-19 Guidance for returning to boxing activities**

24th May 2021

Issue	Status	Date	Details of Change
Version 19.0	Approved	From 25 th May 2021	Original document based on latest and available guidance – additions/changes in red

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1. OVERVIEW

These guidelines have been developed by Boxing Scotland for boxing activities within Scotland and were produced in conjunction with sportscotland and the Scottish Government. Current updates from the Scottish Government are available at Scottish Government's [Scottish Government: Coronavirus in Scotland](#) and [strategic framework document \(version: April 2021\)](#)

The document shall remain fluid and shall be updated as further phased guidance is released by the Scottish Government regarding Covid-19 and our route from lockdown.

People who are symptomatic should self-isolate for 10 days (increased from 7 days previously): A Change from the 14 days isolation period to 10 days self-isolation for those in contact with someone who tests positive or entering/returning from international travel from relevant countries.

INTRODUCTION

We are all very well aware as to the benefits boxing can have over and individual's physical and mental wellbeing. Unfortunately, competitive boxing is not a sport that can avoid person to person contact. That said, there are a number of boxing activities that can be undertaken which are consistent with the new route map moving out of lockdown, where the local environment allows.

These guidelines set out how boxing activity can be enjoyed in a way that is in line with Scottish Government advice and helps to prevent the spread of COVID-19. They include measures to limit hand to shared surface contact and minimise unnecessary interactions with others.

To manage a safe return to organised sport and physical activities all clubs, facility operators and deliverers (herein referred to as 'operators') should put in place 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.

Specific points are highlighted as follows:

The purpose of this guidance is to provide the necessary mitigations to enable the return of recreational contact combat sport. The framework below recognises the inherent risk in contact combat sport and is designed to minimise COVID-19 transmission risk and enable participants to make an informed decision about their own risk.

According to current evidence, COVID-19 is primarily transmitted between people through respiratory droplets and contact with contaminated surfaces – usually those that are frequently touched but also direct contact with an infected person.

Airborne transmission is possible in specific settings where certain procedures or sports treatments are performed in close proximity. In the context of what is known about COVID-19 transmission, about combat sport and about the incidence of asymptomatic but still infectious illness, combat sport is a high-risk activity. Almost all human-to-human transmission is likely to occur at close range.

Each action plan should include an assessment of the transmission risk within that sport, based on three key variables:

- Droplet transmission: The risk associated with each action in an activity based on duration and proximity of participants. By using the framework, sports can determine the risk of actions in their match play environment – anything, for example, from tackling, to bowling, to restart – which will then determine the overall level of risk of taking part in that sport.
- Fomite transmission: The risk associated with the handling and transfer of equipment in the sport.
- Population: The number of participants likely to take part in the proposed activity, plus known risk factors of participants with underlying health conditions or high-risk groups who wish to participate.

Protection Levels

Scottish Government strategic framework document for managing COVID-19 which became effective from 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.

SGBs, 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 1 below. For Boxing related activity see table 2.

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.

DEFINITIONS

- **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.”**
- **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.
- At this stage, no competitions indoor or outdoor is permitted. Boxing Scotland will be providing guidance for resumption of competitive boxing activity in due course.

Note: An exemption is in place for professional / performance sport to allow activity to continue across all levels

Table 1 Sport & Physical Activity Protection Levels

		Level 0	Level 1	Level 2	Level 3	Level 4
OUTDOOR SPORT Organised outdoor sport, competition, events and Physical Activity (PA)	Overview An outdoor sporting ‘field of play bubble’ can operate for organised sport with maximum numbers noted below. At Levels 0-2 figures exclude coaches, officials, and other support staff*. Multiple bubbles can be used for training, if appropriate guidance, set out within this document, is followed. Any variation to these numbers must be approved by Scottish Government directly.					Local training/competition only. U12s: max 30 including coaches. Over 12s/adults max 15 including coaches.
		Maximum bubble size: 500 participants* Total Daily Limit: No limit	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)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	U12s: Contact sport permitted & PA permitted 12-17 years: Non-contact sport & PA permitted.
	Adults (18+ years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Non-contact sport & PA permitted Contact sport & PA prohibited	Non-contact sport & PA permitted Contact sport prohibited
INDOOR SPORT Organised indoor sport, competition, events and Physical Activity (PA)	Overview The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of sport and leisure facilities and sport specific SGB Guidance . ‘Group’ 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. ‘Individual exercise’ refers to organised sport or physical activity which takes place within household rules i.e. 1:1 coaching. For further information see definitions within this guidance.					
	Children & Young people (u18 years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Indoor sport & PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed.
	Adults (18+ years)	Contact & non-contact sport & PA permitted	Non-contact sport & PA permitted Contact sport & PA prohibited	Non-contact sport & PA permitted Contact sport & PA prohibited	Indoor <u>individual exercise only</u> No contact or non-contact group activity	

Table 2 - Strategic Framework – Protection Levels – Encompassing Boxing Activity

WHAT THIS MEANS FOR BOXING TRAINING -TRAINING GUIDE FOR LEVELS BELOW										
Protection Level	Level 0		Level 1		Level 2		Level 3		Level 4	
Sports & Exercise	All permitted *NUMBERS AS PER TABLE 1		All permitted except 18+ Indoor contact sports (professional/performance permitted).		All permitted Except 18+ indoor contact sports (professional/performance permitted).		Indoor: Individual exercise only (exemption for under 18s) Outdoor – all except adult (18+) contact sports (professional/performance permitted)		(Indoor) Gyms closed Local Training only U12s: Max 30 including Coach Over 12s/Adults: Max 15 including coaches Exemptions available for professional /performance sport (ALL Levels)	
Training method	Under 18	18+	Under 18	18+	Under 18	18+	Under 18	18+	Under 18	18+
PHYSICAL DISTANCING IN GYM TRAINING IN 4 SQM	Not Required	Not Required	Not Required	YES	Not Required	YES	No U12 Yes 12-17 Yes 18+	YES	GYM CLOSED	GYM CLOSED
INDOOR SESSIONS	YES	YES	YES	YES	YES	YES	YES	YES	GYM CLOSED	GYM CLOSED
OUTDOOR SESSIONS	YES	YES	YES	YES	YES	YES	YES	YES	YES U12 - Max of 30 YES 12+ - Max of 15	YES - Max 15
INDIVIDUAL TRAINING	PERMITTED	PERMITTED	PERMITTED	PERMITTED	PERMITTED	PERMITTED	PERMITTED	ONLY	OUTSIDE ONLY	OUTSIDE ONLY
PAD WORK CLASSED AS NON- CONTACT	YES IN/OUT	YES IN/OUT	YES IN/OUT	YES IN/OUT	YES IN/OUT	YES IN/OUT	YES IN/OUT	Controlled Outside Only	YES U12 YES 12-17	NO
SPARRING	YES IN/OUT	YES IN/OUT	YES IN/OUT	OUTDOOR ONLY	YES IN/OUT	OUTDOOR ONLY	YES IN/OUT	NO	YES U12 NO 12-17	NO

2. COACH AND CLUB CONSIDERATIONS

- **It is mandated that the club must appoint a 'COVID Co-ordinator' who has completed [COVID Co-ordinator Training](#) and will be responsible for completing a documented risk assessment and mitigating any risks prior to the session.**
- Coaches and other adults supporting organised activity should attempt to keep physically distant where possible.
- Health, safety & hygiene measures for children's activity which should be in line with guidance provided within this document.
- Where possible children should work individually on a separate spot for each activity
- Children should bring their own equipment (or equipment can be provided by the club on condition that it is cleaned with sanitising wipes prior to each use)
- At level 4 Coaches must be operating within a 1:29 adult to child (U12) ratio and take into consideration the outdoor space available.
- When permitted **Indoor ratios for ADULTS/12-17 attending must be governed by physical distancing of 4 sq. metres per individual. (Protection Level Permitted)**
- **There is no requirement for Children (U12s) to Physical Distance during a training period. But on completion of training Physical Distancing must be followed.**
- Parents can train with family members in their own bubble.
- There is no limit as to how many sessions coaches can deliver within a day.
- Sufficient time is allowed for changeover of the groups.
- We recommend a maximum session length of 90mins or what is deemed appropriate for their age and stage of development.
- All Clubs providing children's activity must abide by relevant SGB guidance and have a named 'COVID Co-ordinator' who will complete documented risk assessments and ensure all appropriate mitigations are put in place by the sports organisation before any children's outdoor activity is undertaken.
- 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.
- Holiday camps, extended sports activity or events which would not normally come under the jurisdiction of an SGB should refer to the appropriate local authority or other relevant Scottish Government guidance.
 1. For instance services which provide regulated childcare (registered and regulated by the Care Inspectorate in Scotland) should follow the guidance for [school age childcare services](#) and those that are not registered should follow the [organised children's activity guidance](#) in Scotland.

DEALING WITH YOUNG PEOPLE IN THE AFTERMATH OF COVID

The role boxing clubs play in the support of young people within their community is widely recognised and admired. However, as well as ensuring Child Protection policies and procedures are maintained, it is important to recognise and listen to the young people attending the boxing clubs after the break caused by the pandemic. Whilst most may have coped well with the lockdown, others may not. For some young people, and indeed adults, the experience may have been very difficult.

Consideration should be given to the fact that the coaches / volunteers in the club may be one of the first people outside the family / household unit that a young person has come into contact with.

As a result, they may be struggling for various reasons. These can include:

- Lacking confidence, having been cut off from family and friends.
- Being confused and stressed about social distancing or the change of rules / environment / routine, especially those with learning difficulties.
- Grieving for someone they care about who has passed away or concerned for someone who has been, or still is unwell.
- Hearing that people from BAME communities may be more vulnerable to COVID-19.
- Being neglected, encountering bullying (possibly online) or other similar issues.

Please check in with the young people in your club. If its emergency, please contact 999. However, if there are other concerns, please contact your welfare officer, who can seek guidance as required.

AT ALL TIMES COACHES SHOULD:

- be aware of their responsibilities and that of their participants before, during and after each session.
- check, in advance of delivery, that appropriate insurance policies are in place for all coached activities and that their insurance is valid for the activities they plan to deliver.
- find out about their direct and surrounding delivery environment in advance of the session and contact the park/green space operator, where relevant, to confirm any changes in processes and procedure
- ensure appropriate policies are in place in line with respective Scottish Governing Body and local authority or leisure trust regarding safeguarding best practice.
- ensure they have an approach to activity that is feasible and safe to deliver.
- Coaches working with children should familiarise themselves with the additional considerations developed by Children 1st:

[Delivery of sport at a distance: Child wellbeing and protection considerations in the return of children and young people to sport](#)

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

COACHING ACTIVITY

All activity should be consistent with the government guidance regarding health, travel, Physical distancing, and hygiene at all times. All coaches must ensure guidance is communicated to boxers before a training session takes place to ensure participants are aware of what they should and should not be doing.

- Guidance for coaches, leaders, personal trainers, and instructors is available at Getting your Coaches ready for sport [Getting coaches ready for a return to sport and physical activity](#)

No spectating should take place other than where a parent/guardian is supervising a child or vulnerable adult. In all cases physical distancing should always be followed.

Please also refer to our recommended Coaching Activity on pages 17-18 onwards.

INDIVIDUAL EQUIPMENT

- Take hand sanitiser with you.
- Take all your own equipment. (do not share equipment)
- Bring a full water bottle, and do not share food or drink with others.
- Ensure your equipment is kept clean and wipe down your equipment and water bottles before and after use.
- Ensure you take all your belongings with you at the end of the sessions and do not leave anything behind.

Given the length of time most boxing activity has been suspended, it is advised that anyone returning to training should ease themselves back in gently.

BOOKINGS AND PAYMENTS

- 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.
- Where possible and in line with Data Protection regulations, a register of users should be kept in case there is a need to Test and Protect. Please follow any guidance provided by your employer or venue operator.
- Consider introducing buffer periods between sessions to stagger start times so that participants do not all arrive/leave at the same time.
- A move to online booking and payment is recommended and participants should be encouraged to use contactless or cashless payment where possible. If Cash must be used ensure the cost of session is communicated to ensure individual arrives with the correct amount for payment to minimise contact and exchanges of money.

3. GUIDANCE FOR CLUBS AND COACHING SESSIONS

PERFORMANCE ATHLETES (BOXERS) AND COACHES

Professional & Performance sports with [Resumption of Performance Sport](#) guidance in place and approved by Scottish Government or sportscotland is permitted at all Levels.

Performance athletes and Elite Boxing Group members should be aware of the guidance issued by the performance team and contact Boxing Scotland's Performance Director with any queries.

An outdoor sporting 'field of play bubble', including multiple bubbles, can be used for organised training events up to the limits noted below. Coaches, 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

Operators and organisers should undertake comprehensive risk assessments to minimise the risk of movement or contact between bubbles (or waves) including before, during or after an activity. Once an individual has completed their activity, they should immediately vacate the 'training area' and are then subject to household rules.

Coaching (Levels 0-3)

- 1 Coaches can run organised outdoor group training sessions in protection Levels 0-3 in line with maximum bubble sizes outlined in **Table 1** or as agreed through approved [SGB Guidance](#) and [Scottish Government \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#). They should also ensure to follow specific guidance on [sporting bubbles](#) within this document.

Coaching (Level 4)

1. Coaches can run organised outdoor non-contact group training sessions in protection Level 4 for a maximum of 15 people aged 12 years or over (including the coach/es)
2. Coaches can run organised outdoor contact and non-contact training sessions for up to 30 children (including the coach/es) aged under 12 years.

GUIDANCE FOR TRAINING ADULTS (18 and over) – Protection Level Permitted

Coaches 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 be coached, indoors and outdoors and to whom. See [Table 1](#) for further information about protection levels.

Where there is likely to be close contact between participants in an organised sporting activity, mitigation should be put in place to minimise risk and keep participants safe.

1. An Adult outdoor sporting 'field of play bubble' as above for young people and adults at **Level 4** can only consist of up to 15 people, including coaches, at any one time. Physical distancing should always be maintained
2. 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.
3. If more than one bubble session is going to take place Coaches should have a Change of clothing, Track suit ready for each session.
4. Register of attendees to be taken and kept up to date for Test and Protect.
5. Maintain Physical Distancing: 2m physical distancing should be maintained at all times.
6. Pre and Post Session Meeting: Appropriate steps should be taken in order to ensure physical distancing before and after sessions. Staggering arrival times should be considered.
7. **No shared equipment:** Participants should use their own personal equipment and ensure appropriate hygiene rules are adhered to. Another participant's equipment should not be touched.
8. **Controlled Padwork for Adults 18+ can take place outdoors. Contact boxing (Sparring) is approved for Adults 18+ outdoors only.**
9. Coaches who are shielding are not permitted to deliver training.
10. **Outdoors** - Adults 18+ can take part in contact organised sport including training, Group, Individual exercise.
11. **Indoors** - Adults 18+ can take part in **Group training** at Levels 0-2.

YOUNG PEOPLE (aged 12-17years)

1. Boxers aged 12-17 years Sparring, Pad work, Noodles and paddles is now permitted. Individuals should use own mitts or gloves (personal equipment, do not share)

OUTDOOR SPORTING BUBBLES FOR TRAINING - Children aged up to 11 years of age.

1. Under 12s and also those from the same household can participate together and can take part in organised outdoor contact and non-contact training if guidance within this document is followed and the Local Authority Protection Level allows. (See Table 1 and 2) Sparring, Pad work, Noodles and paddles is now permitted between Boxers U12.
2. Children can take part in outdoor contact and non-contact organised sport including Sparring and Pad work training, group exercise.
3. A children's outdoor sporting 'field of play bubble' at Level 4 can consist of up to 30 people including coaches and officials at any one time.

4. EQUALITY & INCLUSION

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

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** – 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 must think innovatively about the range of ways we can provide information to people about sport and physical activity.
- **Accessibility** – Accessibility of our environments is another key issue emerging from the pandemic. As clubs and leisure centres re-open it is 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** – 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 is vital that we continue to promote those benefits, so people are encouraged to get involved.
- Additional support tools are available for coaches and volunteers at the [Getting Coaches Ready for Sport](#) section of the sportscotland website including [mental health and wellbeing awareness training](#)

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 will need to give extra attention to their needs to help build their confidence.

Where a disabled participant requires functional support to help them participate coaches or carers 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.

5. HEALTH AND SAFETY & HYGIENE

FACE COVERINGS

- Scottish Government has produced the Coronavirus (COVID-19): **FACTS** poster including translations and accessible formats. Where possible operators should use this document to reinforce messages.
FACTS stands for:
Face Coverings,
Avoid crowded places,
Clean your hands regularly,
Two metre distance
Self-isolate and book a test if you have symptoms.
- It is mandatory for participants and visitors to indoor sports facilities to wear face coverings **before** and **after** activity or when in non-playing areas of the facility. If entry is through a reception area or the facility is a multi-use facility. Also, when individuals must transit through common transit areas with multiple groups. For example: reception and storage areas unless there is a reasonable excuse not to do so.
- If you are deaf and need to look at lips and facial expressions to help you communicate, you can ask staff to remove their face covering.

Face coverings must be worn by coaches when indoors, except where an exemption applies. For instance.

- where an individual has a health condition or is disabled, including hidden disabilities, for example, autism, dementia, or a learning disability.
- or if there is a reasonable excuse not to wear a face covering such as.
- where there is difficulty in communicating with participants who may not be close by and safety is an issue i.e., in a swimming lesson. In such cases alternative measures should be considered such as use of a face visor.
- being physically active or exercising as part of the coached session.
- Face coverings do not need to be worn when undertaking physical activity, exercise.
- The [Coronavirus-\(COVID-19\)-public-use-of-face-coverings/](#) provides guidance on general use and exemptions.
- Face Covering and eye Protection is **mandatory** for Coaches conducting indoor and outdoor Pads, Paddles, Noodle's sessions, Body Protection.

HYGIENE

- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Avoid touching your face.
- Cleaning, hand, and respiratory hygiene are core measures and provision should be made for these. Clear guidance and plans are needed for cleaning of equipment and waste disposal. Toilets may be available if operators follow the guidelines outlined on the Scottish Government

website Opening Public Toilets Guidelines. Please check with your venue operator in advance of your session

- Make hand sanitizers or wipes available for use at entrance/exit to venue/facility where possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.
- After each session, clothes to go in a pillowcase and immediately washed by putting pillowcase into washing machine upon returning home.

HEALTH & SAFETY

- Coaches should ensure they have access to first aid and emergency equipment. Where equipment is stored indoors coaches should ensure public access to indoor areas is restricted as much as possible with hygiene and safety protocols reviewed as part of the risk assessment. Coaches should ensure that first aid equipment has been updated appropriately for the COVID pandemic and first aiders have appropriate training.
- Guidance on delivering first aid during the coronavirus pandemic is available on the St John Ambulance website: [St John's Ambulance COVID 19 First Aid advice](#)
- Ensure usual access to first aid and emergency equipment is maintained (in some cases this may require limited access to the clubhouse being possible)
- **Please ensure the first aid equipment has been updated appropriately for the COVID pandemic and first aiders have undertaken appropriate additional training and CPD.**
- **It is mandatory to wear a face mask or covering for all shops or public buildings and public transport.**
- Clean all common touchpoint surfaces regularly, wearing disposable gloves

This guidance is only for sessions with children (11 years and younger) and young people (aged 12 - 17). If you are **18 or older there is no sharing of any equipment.**

1. Use of Shared Equipment

- We recommend that no equipment that should be shared at this point. Additional training resources (e.g., cones, ladders) should not be used.
- Individuals should use their own equipment for as much of the session as possible. Sharing of equipment should be limited as much as possible. If you can avoid sharing equipment, please continue to use your own equipment.
- Individuals should bring their own water-bottles. These should not be shared in any circumstances.
- Clubs should provide hand-sanitiser at all sessions, but individuals should also be encouraged to bring and use their own where possible

2. Boxing Cleaning Station:

- Clubs should set up a cleaning station at any session they are delivering.
- Cleaning station should include:
 - Disposable gloves
 - Spray bottle of disinfectant solution (conforming to EN14476 standards).
 - Kitchen roll of similar
 - A bin or bag for disposing of gloves/wipes
- One person should be designated as responsible for cleaning shared equipment before and after each use. (If it has to be used)

3. Cleaning frequency

- Shared equipment should be cleaned before and after every session.
- If you are sharing equipment for significant parts of sessions, the equipment should be cleaned during regular breaks in participation.
- At times when equipment is cleaned, all participants should also sanitise their hands.

4. Cleaning Process

- Disposable gloves should be worn while cleaning
- All equipment should be sprayed thoroughly to ensure all surfaces are covered
- All cleaning equipment should be taken from the training area and safely disposed of
- Gloves should be removed and disposed of.
- Hand sanitiser should be used by the individual who has completed the cleaning process

5. Participants

- All participants should use hand sanitiser immediately before and after using shared

Further guidance is available at.

[Health Protection Scotland: Test and Protect](#)

[Health Protection Scotland: General guidance for non-healthcare settings](#)

[Health Protection Scotland: Cleaning in a non-healthcare setting](#)

[Health Protection Scotland: Hand hygiene techniques](#)

[Health and Safety Executive: First aid during the coronavirus \(COVID-19\) outbreak](#)

[St. John's Ambulance: Covid-19 advice for first aiders](#)

[HSE: First Aid during the coronavirus](#)

6. STAY UP TO DATE

- Scottish Government information around social distancing is available at the following link and should be read in full:

<https://www.gov.scot/collections/coronavirus-covid-19-guidance/>

<https://sportscotland.org.uk/covid-19/>

Test and Protect

[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.

- Maintaining **accurate customer records**
- It is a **mandatory** requirement that sport facility operators collect the name, contact number, date of visit, time of arrival, and where possible 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.
- Sports facility operators should store information for **21 days** and share it when requested to do so by public health officers.

- The [Coronavirus \(COVID-19\): Test and Protect information leaflet](#) provides information on the Test and Protect service from NHS Scotland.

Protect Scotland App

Although not mandatory Boxing Scotland is strongly encouraging individuals to use the Protect Scotland App in order to help speed up the contacting of individuals as required through the Test and Protect system.

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

What should someone do if they have coronavirus symptoms?

- 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.

7. TRAVEL GUIDANCE

BEFORE LEAVING HOME & AFTER YOU RETURN

- Only travel guidance outlined by the Scottish Government should always be adhered to.
- **Under 18s only - Inter Club sparring is only permitted in Levels 0-2. No Inter Club sparring is permitted at Clubs in levels 3-4.**
- **Clubs from level 3-4 areas and not permitted to travel outside their own Local Authority area and should not travel to other clubs within their LA area no matter how close.**
- **Adults should not be travelling at this stage.**
- **Avoid using public transport where possible. Please note that if public transport cannot be avoided, it is mandatory to wear a face mask or covering. This applies to travel on all forms of transport including taxis and private hire cabs.**
- **Wash your hands with soap and water for at least 20 seconds before leaving home to go outside (or use an alcohol gel if washing hands is not possible)**
- Please consider whether you need to use public transport, to ensure it is available for those with no alternative.
- Where possible walk, wheel, or cycle, whilst complying with the physical distancing measures.
- Arrive as close as possible to when you need to be there.
- Avoid touching entrance gates, fences, benches, etc. if you can.

- In Terms or Car/vehicle sharing, this should be only when it is essential. Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).
- Participants in organised sporting or physical activity should, where possible, avoid any unnecessary travel out of area and keep journeys within area to an absolute minimum.

Car and vehicle sharing [Coronavirus-covid-19-guidance-on-travel-and-transport/](#)

You should not share a vehicle with anyone from another household, unless you absolutely have to. It is recognised that people with additional support needs may need to car share and in these circumstances, they should also follow the appropriate measures, steps and precautions where possible.

Club Minibuses are not permitted at this time.

If you absolutely have to share a car journey with anyone from another household, you should take the following steps and precautions:

- if sharing a vehicle with anyone from another household, limit the number of people in the vehicle to as few as possible, ideally no more than 2 (applies to adults and children aged 12 and over)
- use the biggest vehicle available for car sharing purposes. Organisation/Bus minibuses should not be used.
- occupants should sit as far apart as possible. Ideally a passenger should sit in the back seat diagonally opposite the driver, aiming for 2 metre distancing between occupants
- windows in the car should be opened as far as possible taking account of weather conditions to improve ventilation in the space
- occupants in the car, including the driver, should wear a face covering provided it does not compromise driver safety in any way
- occupants should perform hand hygiene before entering the vehicle and again on leaving the vehicle
- Occupants must avoid eating in the vehicle
- passengers in the vehicle should minimise any surfaces touched
- keep the volume of any music/radio to a minimum to prevent the need to raise voices in the car
- the longer the journey, the higher the risk; keep journey times to the minimum feasible and do not linger in the vehicle before or after the journey itself
- where non-household members are car-sharing, the car must be cleaned regularly (at least daily) and particular attention should be paid to high-risk touch points such as door handles, electronic buttons and seat belts. General purpose detergent is sufficient unless a symptomatic or confirmed case of COVID-19 has been in the vehicle in which case a disinfectant (e.g., chlorine-based product) should be used
- 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](#).

Information for each local government area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.

- Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely.](#)

Sport & Physical Activity Participation

- a. Participants can take part in organised sport and physical activity within their own local government area based on Levels as detailed in Table 1. Such activity is subject to exemption from household rules as detailed within this guidance.
- b. When a participant travels out with their local government area they should follow the travel, guidance detailed below.

1. Children & Young People (17 years or under)

- 1.1 Participants aged 17 years or under can travel to and from Level 0, 1, 2 and 3 areas to take part in organised sport and training at their own club.
- 1.2 Children and young people can also travel to and from a Level 4 area, if for example, they belong to a club which is outside their own local government area. This flexibility is to allow children and young people to take part in sport or organised activity, but they should **travel no further than they need to**. 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
- 1.3 Children and young people living in a Level 3 or 4 area can also travel out with their local government area to take part in informal exercise such as walking, running or cycling. Such activity should follow [Scottish Government 'local protection levels' guidance.](#)

2. Adults (18 years or over)

- 2.1 Participants aged **18 years or over** can travel to and from a Level 0, 1 and 2 area to take part in organised sport, physical activity, training. They should not travel to a Level 3 or 4 area.
- 2.2 Adults living in a Level 3 or 4 area should only travel locally (within their local government area) or to another Level 3 area to take part in organised sport or physical activity as outlined in Table A.
- 2.3 Adults living in a Level 3 or Level 4 area can also travel up to 5 miles out with their local government area to take part in informal exercise or recreation such as walking, cycling, golf or running that starts and finishes in the same place. Such activity should follow [Scottish Government 'local protection levels' guidance.](#)

Table 3: Travel Summary (Organised sport and physical activity)

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	✓
18+ (Adults)	✓	✓	✓	Local Travel Only	Local Travel Only

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

8. OUTDOOR TRAINING GUIDE – (Protection Levels Permitted)

Definitions: for the purpose of this guidance - to be used with table 1 and 2

Contact sport - 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 Sparring due to encroaching inside 2m of one another.

***Exemption exists for under 18s, and also those from the same household can participate together.**

Non-contact sport - 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.

This guide has been produced to assist coaches in delivering outdoor training during Coronavirus COVID-19 **protection levels permitted.**

Please note – the health and safety of everyone is paramount. You should not train boxers who are either considered vulnerable or extremely vulnerable or live in a household with someone in considered vulnerable or extremely vulnerable.

People who are symptomatic should self-isolate for 10 days: A Change to the 10 days self-isolation period from 14 days for those in contact with someone who tests positive or entering/returning from international travel from relevant countries.

Information relating to outdoor sport and physical activity that can be undertaken by protection Level and age group is available in Table 1.

Outdoor non-contact training, activity can be undertaken by children and Youths under 18 years (**Protection Levels Permitted**). Non-contact activity may resume subject to appropriate physical distancing measures being put in place to limit the risk to participants.

Outdoor Contact Training activity can be undertaken by under 18s only from Monday 5th April.

When conducting Outdoor Non-Contact Training

(Pads, Paddles and Noodles)

- Precautions must be taken to minimise any accidental contact and there must be no deliberate body-contact training. Clubs must ensure risk assessments are updated to include all coaching activities.
 - **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. Coaches, 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
- Operators and organisers should undertake comprehensive risk assessments to minimise the risk of movement or contact between bubbles (or waves) including before, during or after an activity. Once an individual has completed their activity, they should immediately vacate the 'training area' and are then subject to household rules.
- **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.**
- **Ages 12-17** can take part in organised **outdoor contact and non-contact training** if guidance within this document is followed and the **Local Authority Protection Level allows. (See Table 1 and 2)** Pad work, Noodles and paddles is now permitted between Boxer and Coach. Individuals should use own mitts or gloves (personal protective equipment, do not share) (N.B Guidance already permits this for under 12s)
- **Adults** can participate together and can take part in organised **outdoor controlled contact and non-contact training** if guidance within this document is followed and the **Local Authority Protection Level allows. (See Table 1 and 2)** Padwork, Noodles and paddles is now permitted between Boxer and Coach. Individuals should use own mitts or gloves (personal protective equipment, do not share)
- Pad Work Sessions- **Coaches MUST wear appropriate PPE during Pad work sessions.** BSL registered coaches must wear face covering whilst conducting pads, noodles, and paddles outdoors. This should be on a one-to-one basis and not as a group activity. **(Coaches MUST wear a face shield or mask and goggles** for all pad, paddles, body protectors when conducting sessions with athletes)

- On completion of all pads, paddle, or noodle work with an individual the Pads must be thoroughly sanitised with the appropriate cleaning materials. Coaches MUST wipe down their face shield with disinfectant wipes after every pad session or dispose of their mask and goggles after every Pad session
- After Pad, noodle, or paddles sessions all Coach clothing must be washed. Extra facility space to be considered for a pad session. Not encroaching on others training.

When conducting Outdoor Contact Training all groups (Protection Levels permitted - See table 2) (Sparring, Body protectors/shields)

After 6 months without full activity, and whilst there will be understandable demand for sparring, boxers will return at different levels of fitness and preparation. It is therefore essential that coaches use their judgment and are responsible for ensuring a boxer's sparring return is staged and only takes place when each individual boxer is suitably prepared and ready.

Coaches MUST wear a face shield or mask and goggles for all sessions when conducting sessions with athletes. Keeping appropriate distance when sparring taking place.

Contact Training for all groups is classed as sparring and **is permitted at this time outdoors.**

It is recommended that Sparring sessions, Pad, Noodle, and paddle training should be left until the end of any session or on dedicated sparring evenings.

Outdoor Contact Training for Adults aged 18 and over is only permitted at Levels 0-2. The only exception to this is that and also those from the same household can participate together.

COVID-19 spreads through close sustained contact with someone who has the virus (for instance being within 2 metres of someone for longer than 15 minutes). Consideration must be to limiting pad work to under 15 minutes per individual.

Clubs must ensure that their Risk Assessments is up to date and Boxing Scotland holds a copy for all coaching activities

Session Content

Despite the distancing required, you can still provide a variety of sessions to keep your boxer stimulated.

You can refer to our series of "Adapt and Overcome" Training Videos which can be find on the Boxing Scotland Facebook page, and also the Technical Training Videos on the "**Boxing Scotland New**" **YouTube Channel.**

9. BOXING CLUB FACILITIES - (Protection Levels Permitted)

Indoor sport and leisure facilities have been able to reopen subject to Scottish Government guidance being followed as outlined at Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#). Clubs and participants should be aware that not all facilities will be able to open immediately following guidance changes and there will often be time lags as plans are put in place to re-engage staff, set up operations and ensure safety of participants. These considerations and advice, understandably, cannot cover every situation. So, each club should also review the government advice / guidelines and how it specifically affects them.

We understand that some of the requirements will be in some cases difficult to implement. It remains our opinion that wherever possible, training activity should take place outside, where the risks are significantly reduced. Clubs should also be aware that the following guidelines are in addition to the usual Boxing Scotland Club BSL COVID-19 OVERVIEW GUIDANCE and Child Wellbeing and Protection Policy and Procedures.

CLUB COVID-19 CO-ORDINATORS

To help ensure that clubs are following the correct guidance at the correct time, we are mandating and asking that every club nominate a 'Club COVID-19 Co-ordinator' who would be the main point of contact within each club for Boxing Scotland and also for their own club members with regards to COVID-19. Please check Social Media and Club emails for this document. It is a Boxing Scotland requirement for COVID Co-ordinators are to complete the sportscotland COVID-19 Officer training. A link to the training module can be found below.

- **An e-learning module for COVID officers is available at [COVID Co-ordinator Training](#).**

This person, who may be a coach or on the committee, will receive up to date information directly from Boxing Scotland and would be responsible for ensuring their club is following the current guidelines.

Your club will not be authorised or insured to carry out this activity without sending the Club COVID-19 Co-ordinator Role Descriptor to your District Boxing Scotland Club Development Officer. The club will not be insured if the if this document is not held by Boxing Scotland. (Regional Development Officer)

VENUE AND FACILITY PLANNING

Implement a one-way light system of entry

- Entrance and exit routes to and from the gym carefully planned / marked and facilitated. A one-way system for entering buildings and toilets may need to be established to maintain appropriate physical distancing.
- This may mean having separate entry and exit points, which may need to be managed by staff to minimise any queuing and to maintain physical distancing, equipment spaced out etc.

- All of this should be clearly marked for users and wherever possible communicated to them in advance of their arrival.

General advice.

- It is essential that all activities in consistent with government advice
- **Any form of competitive boxing is not permitted.**
- It is clear that the risk of infection is greatly reduced in outside areas. Consideration should be given to whether more boxers can be accommodated in this way; and if it is safer to do so, to hold the training sessions outdoors.
- Indoor facilities must be ventilated as much as possible.

VENUE CAPACITY

The Government advice details the following - We have been advised that it has been confirmed that this advice applies to all indoor sporting facilities:

You must conduct a risk assessment for the facility and the proposed activities that will be undertaken to determine the maximum safe capacity in each of the spaces. The risk assessment must consider the:

- activities that can be undertaken and the spaces that will be used.
- impact of ventilation on the overall maximum capacity for the building.
- specific measures to be put in place to ensure physical distancing, enhanced hygiene and cleaning.
- additional needs of any participants with disabilities.

Ventilation is an important part of mitigating against the transmission of COVID-19. Ventilation into the building should be optimised to ensure a fresh air supply is provided to all areas of the facility and increased wherever possible. Particular attention should be given to areas where high intensity exercise activity takes place.

We recommend you allow a minimum of 9 square metres (sqm) per person in order to maintain 2m physical distancing. This figure is based on a physical footprint of 1sqm per person and the requirement to maintain 2m between one another. It is based on a more static activity and may need to be increased in line with the risk assessment.

Facility operators making assessments in relation to individual facilities to give certain amounts of space for users to ensure 2m distancing can be adhered to at all times.

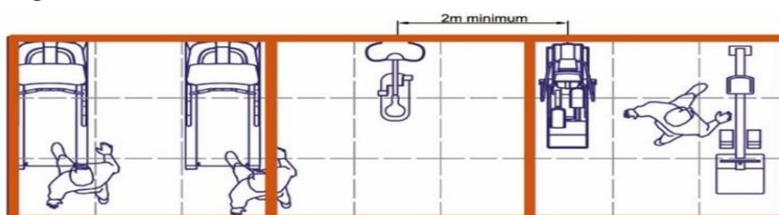
If a Club is going to conduct Pads, noodles, or paddles for different age groups then extra space must be considered to enable free movement and so as not to encroach on other activities or individuals training space. Mitigation must be made on the club's risk assessment by the Club COVID Co-ordinator.

COVID-19 spreads through close sustained contact with someone who has the virus (for instance being within 2 metres of someone for longer than 15 minutes). **Consideration must be to limiting pad work to under 15 minutes per individual.**

In the absence of known ventilation rates, clubs should open windows and doors. Further to this as well as the normal 2m distance, whilst exercising and moving around, a minimum distance of 2m in all directions allowing for movement between individuals must be maintained. This also needs to be considered for corridors, pinch points, entries and exits etc.

Gym equipment should also be spaced a minimum of 2m apart to maintain physical distancing. The guidance on physical distancing will inform how many people can safely be involved inactivity in each space, while never exceeding the overall maximum capacity for the building set out in the ventilation guidance below.

Gym Equipment Diagram 1.



If your risk assessment identifies that a facility or specific spaces within a facility cannot be opened safely, or identifies activities that are not safe for staff, coaches or participants, then the facility or spaces must remain closed, or activities suspended.

- Sufficient time is allowed for changeover of the groups.
- The advice and the protocols are communicated to the parents / children / young people ahead of the session.
- **They do not attend if feeling unwell or have COVID19 symptoms.**
- The groups are kept as consistent as possible.
- Test and Protect records are kept.
- All our previous advice (including this document) and Boxing Scotland Regulations and Child Protection requirements are also adhered to.
- The aim is also to stop mixing in larger groups, so multiple groups should be kept a significant distance apart and not mix or share equipment.
- Indoor capacity numbers should be based on the venue guidelines above.
- Clubs and members should be aware that the relaxing of the regulations can be reversible and the government may reintroduce some restrictions.

BEFORE REOPENING CLUBS TO MEMBERS

Before the reopening of a boxing club the following recommendations should be followed:

- We would strongly recommend that, on a **weekly basis**, all water outlets (taps / showers etc) are run for a minimum of a minute whilst clubs are closed. This will help prevent the spread of disease.
- Prior to the reopening of a boxing club, a deep clean using appropriate disinfectant / antibacterial cleaning product of all floors, surfaces, waiting areas, changing rooms, toilets etc, together with the equipment fixed and mobile e.g., weights, ropes, bags, pads etc, should take place. Those doing the cleaning should use appropriate PPE.

VENUES & FACILITIES PREPARATIONS

Boxing facilities across the country are all different and operate in different local contexts. Assessing whether a safe exercise environment can be provided depends on a range of factors, which apply differently at each venue. It is the responsibility of each boxing club, coach, and facility to make that assessment based on their local environment.

- Ensure your club committee oversees and maintains the implementation of measures. Venues are advised to take time to ensure they reopen safely, rather than rushing
- All activity should be consistent with the Scottish Government guidance regarding health, travel, physical distancing, and hygiene at all times
- Venues must consider safety first, particularly minimising the risk of infection/transmission. A thorough risk assessment should be undertaken, and appropriate measures put in place to ensure participants, staff and volunteers are protected. A risk assessment template can be provided by Boxing Scotland should any club require.
- Signage and floor markings will be required to assist people to use the facility safely. This should be clear and easily understood, particularly for those who are hearing or visually impaired. It may be best to use existing signage templates to ensure all instructions are clear and recognisable. Avoid unintended impacts on people with disabilities or caring responsibilities.
- Guidelines will be updated as we progress through the different phases of Scottish Government measures.

Make essential facilities easy to clean

- Remove any non-essential items that may be difficult to clean.
- Consider how items such as toilet rolls and paper towels are provided. Domestic solutions are unlikely to be easy to keep clean. Commercial style dispensers will minimise touch points make cleaning easier. These must be cleaned and restocked regularly.

CHANGING ROOMS, SHOWERS, AND TOILETS.

- Use of changing rooms and showering facilities should be avoided where possible, although they may be made available **(other than in Level 4 areas where indoor facilities should remain closed)** for participants who require additional support such as disabled people or those with special needs.
- Consideration should be given to: Taking steps to ensure that all water systems, for example sinks, are safe to use after a prolonged facility shutdown to minimise the risk of legionella and other diseases associated with water.
- Introducing enhanced cleaning of all facilities regularly during the day and at the end of the day.
- Continue to encourage participants and staff to change and shower at home rather than in changing rooms where possible.

- Additional reassurance, providing cleaning materials and hand sanitiser for participant use at touch points.
- Providing additional signposting in these areas to maintain physical distancing.
- Maintaining use of lockers only where physical distancing can be maintained.
- Minimising use of larger toilet blocks by introducing a maximum number example one individual at a time.
- “Once a possible case has left the premises, the immediate area occupied by the individual, e.g., rowing machine, should be cleaned with detergent and disinfectant. This should include any potentially contaminated high contact areas such as door handles, telephones, and grab-rails. Once this process has been completed, the area can be put back in use.
- Any public areas where a symptomatic individual has only passed through (spent minimal time in) e.g., corridors, and which are not visibly contaminated with any body fluids, these do not need to be further decontaminated beyond routine cleaning processes
- Environmental cleaning and disinfection should be undertaken using disposable cloths and mop heads using standard household detergent and disinfectant that are active against viruses and bacteria. All cloths and mop heads used must be disposed of and should be put into waste bags”
- Remove any other unnecessary equipment.

Opening Public Toilets Guidelines

- 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 clubs and venue operators.
- All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance.
- Access through to the convenience can be provided if suitable risk assessments and safety measures are put in place. These should include restricting access as much as possible, ideally one person at a time and with a one-way system in operation where possible. Persons moving through an area should not stop or congregate at any time.
- As well as maintaining a high level of personal hygiene, the key is reducing the spread of droplets, **so toilet lids should be closed when flushing, hand dryers should not be used and there should be an allowance of sufficient time between users.** There must be personal cleaning and sanitising / antibacterial equipment / liquid and gels available.
- Where possible, adapting spaces to facilitate physical distancing, including Guided spacing markings on the floor at points of assembly including entrances and reception spaces:

- Fitness spaces: Pieces of gym equipment to be an appropriate distance apart to comply with physical distancing guidelines and with a suitable margin for adequate circulation or one-way routes
- Saunas and steam room facilities are not permitted to be open and must remain closed.
- Set out designated positions from which those leading activity can provide advice or assistance to participants whilst maintaining physical distance.
- For clubs, people must access the rooms singularly whilst the numbers are to be restricted and controlled by the coach or designated person, to maintain the two metre social distancing rules. They should be cleaned after each use.

Accidents, Security, and other incidents

In an emergency, for example, an accident, provision of first aid, fire or break-in, people do not have to stay appropriately distanced if it would be unsafe to do so.

Protocols for dealing with emergencies, evacuations and accidents will be impacted by the need to maintain physical distancing.

Emergency, evacuation, and accident response processes therefore need to be considered to ensure effective arrangements are still in place. Everyone onsite should be familiar with new processes:

- Consider the security implications of any changes you intend to make to your operations and practices in response to COVID-19, as any revisions may present new or altered security risks which may need mitigations.
- Considering whether there are enough appropriately trained staff to keep people safe. For example, having dedicated staff to encourage physical distancing or to manage security.

Returning to Exercise / Boxing / Sport After Confirmed Case of COVID-19:

- Individuals who have recovered from COVID-19 need firstly to ensure they no longer pose a risk to the local community, and secondly to ensure they have sufficiently recovered to safely participate in physical activity.
- If you have had COVID-19 in the community and feel well then you can return to training 14 days after recovery and rest. If you get greater shortness of breath than normal, or chest pains, on your return to training, you should seek medical advice. If you have attended hospital with COVID-19, then you should seek medical advice before returning to training.
- A gradual return to exercise is also recommended.
- Ahead of entering the club, coaches should check whether the participants are showing any signs of symptoms or have come into contact with someone who has, or is recovering from, the virus. Basic questions would be whether they are feeling unwell, or if they have a temperature above 37.8C. **(Temperature check only If Club/Facility is using non-touch**

thermometer. (Temperature thermometer is optional, it is not a mandated requirement for Affiliated Clubs)

If so, they should not be permitted to enter / participate, should return home, and should phone 111. We will endeavour to provide further information in this regard, including a questionnaire.

Gym guidelines and signage

- The minimum amount of people should be allowed into in the gym. Waiting areas, car parks corridors etc also need be operated in such a way that physical distancing is maintained, with those waiting remaining outside, including wherever possible parents / guardians etc.
- Clubs must have appropriate social distancing and hygiene signage clearly displayed inside and outside the rooms. Examples are to be provided.
- The gym should be well ventilated, with windows and doors open, as much as possible.
- Clubs will need to communicate with members as to how they are going to operate and accommodate the reduced numbers as a result of social distancing requirements in the various training sessions. Wherever possible training groups / session should be kept to the same groups / bubbles to reduce the amount of contact with different people.
- Shorter sessions should be held to reduce contact time, and a gradual return to intensive training, in order to prevent injury.
- Sufficient time between training sessions should be made in order to allow for cleaning movement in and out etc.
- **Details of those attending each session should be recorded and kept securely for 21 days and only to be used in order to support Test and Protect. After this time, the relevant data should be destroyed. Details to include- Name, address, phone number, date / times of arrival and exit.**

10. INDOOR TRAINING GUIDE – (When Protection levels permit)

Definitions: for the purpose of this guidance – To be used with table 1 and 2

Contact sport - 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 2sqm of one another” such as Sparring.

***” Exemption exists for under 18s and also those from the same household can participate together”**

Non-contact sport - 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.

An Indoor sporting 'field of play bubble', including multiple bubbles, can be used for organised training or participation events up to the limits noted below.

- When permitted Indoor ratios for ADULTS/12-17 attending must be governed by physical distancing of 4 sq. metres per individual. (Protection Level Permitted)
- There is no requirement for Children (U12s) to Physical Distance during a training period. But on completion of training Physical Distancing must be followed.
- 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](#).

Venue

- It is essential that the gym is regularly cleaned and that surfaces and equipment that are touched by individuals is cleaned with antibacterial cleaning product before and after each training session and after each use of the equipment.
- Suspend or modify activities that are not permitted or cannot be undertaken without contravening physical distancing guidelines within available facilities
- Boxers, coaches etc should come already changed, other than for toilets, should not be used. Showering at the facility is to be avoided and showering should take place at home.

GYM TRAINING

- At all times must ensure mitigating measures are introduced to limit and minimise risk.
- **Group exercise or activity is permitted for adults at Protection levels 0-2**
- Training back-to-back or side by side is far safer than face to face.
- Suspend or modify activities that are not permitted or cannot be undertaken without contravening physical distancing guidelines within available facilities.

Advice for Indoor Non-Contact and Contact

- It is recommended that Sparring sessions, Pad, Noodle, and paddle training should be left until the end of any session or on dedicated sparring evenings.

- It is **mandatory for BS registered coaches to wear a face shield or mask and goggles for all pad sessions with athletes. This should be on a one-to-one basis and not as a group activity.**
- Coaches **MUST** wipe down their face shield with disinfectant wipes after every pad session or dispose of their mask and goggles after every Pad session.
- On completion of all individuals pad, paddle or noodle work the Pads must be thoroughly sanitised with the appropriate cleaning materials.
- After Pad, Noodle, or Paddle's sessions, all Clothing worn by the coach must be washed.
- For all Individuals, all Clothing worn must be washed as soon as reasonably possible.
- After **each session**, clothes to go in a pillowcase and immediately washed by putting pillowcase into washing machine upon returning home.
- **Inter Club Sparring is permitted at this time for under 18s from areas 0-2 however clubs must follow travel restrictions. No Car, Minibus sharing is permitted due to restrictions currently still in place. Local Clubs in walking distance or individuals that can be dropped off by parents/carers in levels 0-2 is allowed.**
- **No Inter Club sessions are permitted with activity from different local clubs and authorities in protection level areas 3-4**
- **Clubs must ensure that their Risk Assessments are up to date considering all of the recent easing of restrictions and that Boxing Scotland holds a copy for all coaching activities. Contact Regional Development officers. Failure to follow these guidelines will void the club insurance policy.**
- Clubs will need to work out how many people can be accommodated in the training area allowing for the two-metre space in all directions (even if outside). Individual training areas accommodating the 2m distance in every direction should be marked / taped out.
- Participants should wash their hands and use antiseptic wash prior to the start and finish of training and after use of each piece of equipment.
- Equipment should be handled by as few people as possible. After each bit of equipment is used, e.g., bags, skipping ropes, weights etc, they need to be thoroughly cleaned with antibacterial product and the tissue safely disposed of. This would include the ring itself if being used as one of the areas for training.
- Loud music should not be played, and shouting / raised voices should be kept to a minimum.

When Conducting Indoor Non-Contact Training – All groups can take part in organised indoor non-contact training if guidance within this document is followed. Activity that can be undertaken by all groups. (Hand Pads, Noddle's, and paddles allowed) **(Following Protection Levels Permitted by local authority)**

- Coaches should consider working in their Bubbles for pad work, paddles and noodles with a different Coach allocated the lead for each class bubble. Ensuring that particular Coach is not conducting pad work with multiple bubbles.

Indoor Contact sports training - Activity can be undertaken by those under the age of 18 years only is allowed and also those from the same household can participate together. This includes Pad work and sparring. (Protection Levels Permitted)

After a year without full activity, and whilst there will be understandable demand for sparring, boxers will return at different levels of fitness and preparation. It is therefore essential that coaches use their judgment and are responsible for ensuring a boxer's sparring return is staged and only takes place when each individual boxer is suitably prepared and ready.

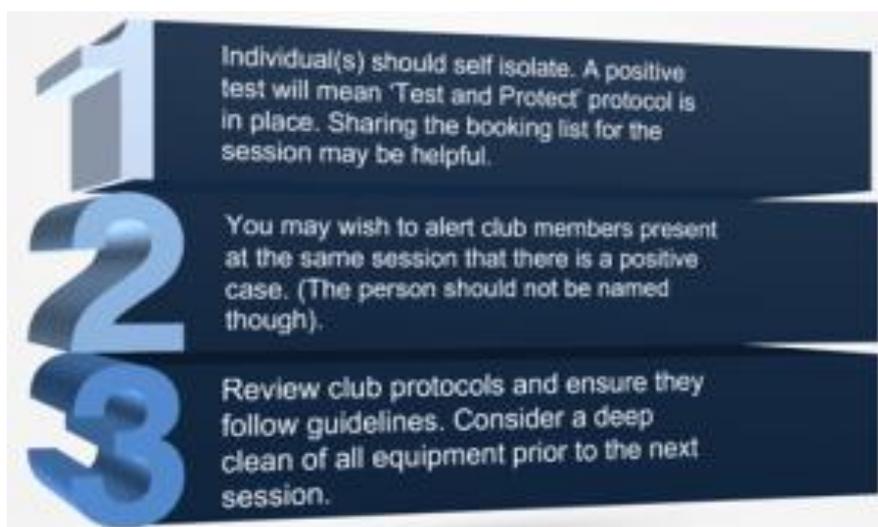
- **A reminder that Contact Training for all ages is also classed as wearing body protectors/shields and sparring and is only permitted by following the Protective levels at tables 1 and 2 Boxing Activity.**
- **Indoor Contact training (Sparring) for Adults, 18+ is only permitted in your local authority if you are Protection Level 0 at this time. Further Guidance on Tables 1 and 2. *The only exception to this is when "it is with those from the same household can participate together"**

Longer term planning

Consider the potential for a re-emergence of a COVID-19 style pandemic and any restrictions being re-introduced. This may form the basis of a business continuity plan.

11. WHAT TO DO IF SOMEONE IN YOUR CLUB HAS COVID-19

- Individual(s) should self-isolate. A positive test will mean 'Test and Protect' protocol is in place. Sharing the booking list for the session with Test and Protect will be helpful.
- Contact tracing is a process for identifying people who are at risk of coronavirus infection because they have had enough contact with a person who has tested positive. These people will be given advice to help reduce the risk of spreading the virus.
- You may wish to alert club members present at the same session that there is a positive case. (The person must not be named though).
- Review club protocols and ensure they follow guidelines. Consider a deep clean of all equipment prior to the next session.
- Please see the Boxing Scotland COVID-19 Resource page for further details.



For Further Guidance please see the Boxing Scotland COVID Resource Folder for a [Responding-to-a-positive-case-poster](#).

What should someone do if they have coronavirus symptoms?

- 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.

11 REGIONAL AND LOCAL RESTRICTIONS

Please be aware that there may be regional or local restrictions in addition this guidance that will need to be considered. **Please refer to Table 1 and Table 2 for further guidance what the restrictions mean for your club.**

- 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](#).
- 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.
- [Local Authority Coronavirus-covid-19-protection-levels/](#)

APPENDIX 1: Level 4 Guidance

Introduction

1. The guidance within this appendix is applicable to sport and physical activity facilities and activities where Scottish Government have identified the requirement for Level 4 restrictions to be applied.
2. This guidance is not applicable to professional or performance sports activity which is approved through the '[Resumption of Performance Sport](#)' process by Scottish Government or sportscotland.
3. The information outlined below should be used in conjunction with, and where appropriate supersede, the '[Return to sport and physical activity guidance](#)' to inform the development of sport specific information which will be shared with participants, clubs, local authorities/trusts, third sector and other sports facility operators within Level 4 areas.
4. It is the responsibility of the relevant facility operator / COVID officer to ensure that full risk assessments, E-Learning, 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.
5. Where a local outbreak has been reported, sports facility operators and deliverers 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.
6. Be aware that the 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 Scottish Government advice and guidance relating to local outbreaks and measures at [Coronavirus-covid-19-protection-Levels](#)

Travel Restrictions in Level 4 areas

7. Those living in a Level 4 local authority area can travel out with that area to undertake informal outdoor sport, exercise and recreation including walking, cycling, golf or running, as long as they abide by the rules on meeting other households.
8. Children and young people may travel to and from a Level 4 area, if for example, they belong to a club which is outside their own local government area.
 - 8.1 This flexibility is to allow children and young people to take part in sport or organised activity, but they should travel no further than they need to.
 - 8.2 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.
9. Adults living in a Level 4 local authority area may travel within, but not out with, that area to take part in organised sport.

10. Travel exemptions are applicable for essential animal welfare reasons, such as exercising or feeding a horse or going to a vet.

11. When taking part in sport, exercise or recreation participants should at all times follow Scottish Government 'Stay Local' guidance

Outdoor Sport & Leisure Activity

12. Operators in Level 4 areas may continue to open all outdoor sports areas, courts, pitches and facilities 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: [Getting Your Facilities Fit for Sport](#).

Restrictions on the number of people who can take part in outdoor organised sport, exercise and recreation in Level 4 is as follows.

3. Children (aged up to 11 years)

13.1 Children can take part in outdoor contact and non-contact organised sport including training, group exercise within their usual club or facility environment. Inter club sessions should not take place.

13.2 An outdoor sporting 'field of play bubble' can consist of up to 30 people including children, coaches, and officials at any one time.

14 Young People (aged 12-17)

14.1 Young people can take part in outdoor contact and non-contact organised sport including training, group exercise within their usual club or facility environment up to and including the 25th of April 2021. Thereafter only non-contact sport or physical activity should take place at Level 4.

14.2 An outdoor sporting 'field of play bubble' can consist of up to 15 young people, coaches, and officials at any one time.

15 Adults 18 years and over

15.1 Adults aged 18 years and over can take part in non-contact organised sport including training, group exercise, aerobics, fitness classes within their normal club or facility environment.

15.2 An outdoor sporting 'field of play bubble' for young people and adults can consist of up to 15 people, including coaches, at any one time. Physical distancing should always be maintained.

Indoor Sport & Leisure Facilities

13. Indoor sport and leisure facilities including club houses, changing rooms and activity areas should remain closed at Level 4. Exemptions are available as noted below.

14. Public Toilets

14.1 Operators may open indoor toilets for public use if they follow Scottish Government opening Public Toilets Guidelines.

14.2 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.

14.3 All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance.

15. Storage Areas & Lockers

15.1 One off access to storage areas and locker rooms is permitted to retrieve personal equipment which is essential for an activity to be undertaken. Personal equipment should not be returned to these areas.

15.2 Where equipment cannot reasonably be taken home and is stored on site, such as cones, markers etc, access to retrieve and return such equipment to storage areas is allowed if appropriate risk assessments are undertaken.

15.3 Risk assessments should include mitigating actions to reduce the risk of virus transmission such as individual access, booking slots and cleaning/hygiene protocols.

16. Access to outdoor facilities

Where external access to outdoor sports 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.

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