

Return to Rugby

Levels 0-4 Framework Overview Document

As of 2 November (updated 23 November 2020)

To best tackle the virus, and protect people, the Scottish Government has moved to a strategic approach to outbreak management based on five graduated levels of protection. While retaining some flexibility, the new Scottish Government approach will provide a more transparent and easily understood framework for managing outbreaks and allow rapid but proportionate responses to be taken – locally or nationally – using a range of measures and options.

The five protection levels consist of four levels above the Scottish Government Route Map Phase 3 baseline (or 'Level 0'). They are designed to achieve progressively stronger effects in suppressing the virus. It is possible to move up and down within the new strategic framework. Full details of the Scottish Government Strategic Approach can be found [here](#). The Scottish Government, local authorities and NHS Health boards will keep the measures under regular review.

Scottish Rugby welcomes this new strategic approach from the Scottish Government, which helps to clarify what will be permitted within each level.

WHAT IS CONTAINED WITHIN THE NEW RETURN TO RUGBY LEVELS FRAMEWORK?

The Return to Rugby Framework document outlines how each level will impact return to rugby guidance for clubs and schools and is aligned directly to the Scottish Government Framework for ease of understanding. Clubs and schools may need to limit their activities (on and off field) in line with each level and all are advised to consult with the local authority in which their facilities are located should they be in any doubt.

Clubs are reminded that before any rugby can take place, they are required to appoint a Covid-19 Safety Coordinator and undertake appropriate risk assessments. Support and guidance is available on the Scottish Rugby website or by contacting a member of Rugby Development staff.

Clubs and schools should note that the guidelines laid out in this document are subject to change at any time.

To find out what level your local authority is in [click here](#).

UPDATES

- 5 November 2020 Update - Updated guidance from the Scottish Government means the Touch Rugby in Level 3 (for adults) and Level 4 (for Youth and Adults) is NOT permitted. Individual training (physically distanced) at these levels is permitted.
- 23 November 2020 Update - Changing room in level 4 areas must remain closed. Updated travel restrictions for level 4 areas.





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	Level 0	Level 1	Level 2	Level 3	Level 4
INDIVIDUAL TRAINING	✓	✓	✓	✓ YOUTH	✓ YOUTH & ADULT (PHYSICALLY DISTANCED ONLY)
				✓ ADULT (PHYSICALLY DISTANCED ONLY)	
TOUCH RUGBY	✓	✓	✓	✓ YOUTH ONLY	✗
				✗ NO ADULT	
MODIFIED CONTACT TRAINING	✓	✓	✓	✓ YOUTH ONLY	✗
				✗ NO ADULT	
FULL CONTACT TRAINING & FRIENDLY MATCHES	Unrestricted full contact training and friendly matches are not permitted for now. Scottish Rugby will outline the conditions that need to be in place for these to commence in December.	Unrestricted full contact training and friendly matches are not permitted for now. Scottish Rugby will outline the conditions that need to be in place for these to commence in December.	Unrestricted full contact training and friendly matches are not permitted for now. Scottish Rugby will outline the conditions that need to be in place for these to commence in December.	✓ YOUTH AS PER INFO IN LEVEL 0-2	NO MODIFIED / FULL CONTACT TRAINING, OR FRIENDLY MATCHES
				✗ NO ADULT FULL CONTACT OR FRIENDLY MATCHES	
COMPETITIVE FIXTURES	NO SCOTTISH RUGBY COMPETITIONS TO BE HELD DURING SEASON 2020-21. COMPETITIVE RUGBY TO RESUME IN SEASON 2021-22 (ALL AGE GROUPS).				
GROUP SIZES	MAX OF 30 PEOPLE INCLUDING COACHES AT ANY ONE TIME.	MAX OF 30 PEOPLE INCLUDING COACHES AT ANY ONE TIME.	MAX OF 30 PEOPLE INCLUDING COACHES AT ANY ONE TIME.	MAX OF 30 PEOPLE INCLUDING COACHES AT ANY ONE TIME.	MAX OF 30 PEOPLE INCLUDING COACHES AT ANY ONE TIME.
STADIA	STADIA - OPEN WITH RESTRICTED NUMBERS	STADIA - OPEN WITH RESTRICTED NUMBERS	✗	✗	✗
CHANGING ROOMS	SPECIFIC RESTRICTIONS APPLY - CLICK HERE	SPECIFIC RESTRICTIONS APPLY - CLICK HERE	SPECIFIC RESTRICTIONS APPLY - CLICK HERE	SPECIFIC RESTRICTIONS APPLY - CLICK HERE	✗ EXEMPTIONS APPLY - CLICK HERE
INDOOR EXERCISE	✓	NO ADULT CONTACT ACTIVITY	NO ADULT CONTACT ACTIVITY	INDIVIDUAL EXERCISE ONLY (EXCEPT FOR 17 AND UNDER)	✗
GYMS OPEN	✓	✓	✓	INDIVIDUAL EXERCISE ONLY	✗
HOSPITALITY	Alcohol sales indoor and outdoor permitted. Food for consumption on premises or takeaway permitted.	Alcohol sales indoor and outdoor permitted. Food for consumption on premises or takeaway permitted.	As per Level 0/1 with alcohol sales indoor only with main meal.	Only food for consumption on premises or takeaway permitted.	✗
SOCIAL GATHERINGS	8 PEOPLE FROM 3 HOUSEHOLDS INDOORS 15 PEOPLE FROM 5 HOUSEHOLDS OUTDOORS	6 PEOPLE FROM 2 HOUSEHOLDS OUTDOORS OR IN HOSPITALITY SETTINGS	6 PEOPLE FROM 2 HOUSEHOLDS OUTDOORS OR IN HOSPITALITY SETTINGS	6 PEOPLE FROM 2 HOUSEHOLDS OUTDOORS OR IN HOSPITALITY SETTINGS	6 PEOPLE FROM 2 HOUSEHOLDS OUTDOORS
TRAVEL	Youth participants can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in rugby activity. Adult participants who live in Levels 0-2 areas can travel to and from other Level 0-2 areas (but not Level 3 and 4) for rugby activity.	Youth participants can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in rugby activity. Adult participants who live in Levels 0-2 areas can travel to and from other Level 0-2 areas (but not Level 3 and 4) for rugby activity.	Youth participants can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in rugby activity. Adult participants who live in Levels 0-2 areas can travel to and from other Level 0-2 areas (but not Level 3 and 4) for rugby activity.	No non-essential travel into or out of the level 3 area. Youth participants can travel to and from Level 3 areas (but not level 4) to take part in rugby activity. Adult participants should only travel locally (within around 5 miles of their local authority area) out of a level 3 area to take part in rugby activity.	Participants (all ages) who live in a level 4 area should not travel further than 5 miles out of their local authority area to take part in rugby activity, and only where this is necessary.
TRANSPORT	Avoid car sharing with people outside extended household wherever possible.	Avoid car sharing with people outside extended household wherever possible.	Avoid car sharing with people outside extended household wherever possible.	Avoid car sharing with people outside extended household wherever possible. Avoid non-essential use of public transport.	Avoid car sharing with people outside extended household wherever possible. No use of public transport, except for essential purposes.

STAY SAFE → PROTECT OTHERS → SAVE LIVES



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