



COVID-19 LOCAL RESTRICTIONS IN SCOTLAND

TENNIS ACTIVITY BY LEVEL

KEY POINTS

- This grid outlines a summary of the baseline restrictions for each level of restrictions across Scotland and what that means for tennis activity – for some local areas, additional restrictions may be imposed that may further have a bearing on what tennis activity can take place
- A list of which local authorities are under each level of protection is [provided on the Scottish Government website](#), alongside details of the general restrictions for each level
- Where activity is listed as permitted, venues, coaches, players and officials should refer to the Tennis Scotland and LTA full COVID-19 secure detailed guidance before undertaking any activity
- Coaches (paid and voluntary) can travel across areas to deliver activity as long as the activity complies with the guidance for the area
- These guidelines apply to both tennis and padel, and are operational as of now other than where future dates are specified (please note, where future dates are specified, these are indicative and subject to change)
- **[NEW]** Restrictions will ease from 12 March to allow further outdoor activity in level 4 areas. The outdoor tennis grid in this document therefore reflects permitted activity from 12 March. Updates to this version of this document include Level 4 outdoor guidance confirming doubles permitted, organised group activity/coaching for up to 15 people, updated social contact limits for people/households, and travel guidance for Level 4 areas (see notes)
- The Scottish Government has announced a planned return to a levels system, which includes regional variation based on data, with an indicative date of 26 April for this. Initially the intention is that mainland Scotland will move to level 3, and the islands currently at level 3 may drop to level 2, based on data. As part of this, the levels system will support the phased re-opening of sport. The detail of what activity will be permitted in each level will be confirmed in mid-March – tennis venues, coaches, officials and players should therefore be aware that the details provided in this grid may change at that point

SUMMARY GRIDS

Please see the following pages for our summary grid covering tennis activity by level for:

- Outdoor Tennis
- Indoor Tennis
- Venue Bar / Café / Restaurant Guidelines
- Other Activity
- Additional Guidance Notes



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OUTDOOR TENNIS						
SUMMARY	TYPE OF ACTIVITY	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4 From 12 March
	SOCIAL PLAY	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles Doubles must maintain physical distancing 	<ul style="list-style-type: none"> Permitted Singles & Doubles Doubles must maintain physical distancing
	1:1 COACHING	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted
	GROUP COACHING / ORGANISED GROUP ACTIVITY & COMPETITIONS	<ul style="list-style-type: none"> Permitted Subject to field of play bubble limits 	<ul style="list-style-type: none"> Permitted Subject to field of play bubble limits 	<ul style="list-style-type: none"> Permitted Subject to field of play bubble limits 	<ul style="list-style-type: none"> Permitted Subject to field of play bubble limits 	<ul style="list-style-type: none"> Permitted for up to 15 participants Restricted to max two coaches
	CHANGING FACILITIES / TOILETS	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Toilets can be opened Changing rooms to be closed Floodlight access allowed
	SPECTATING & SUPERVISION	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player) 	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player) 	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player) 	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player) 	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player)
	TRAVEL FOR OUTDOOR EXERCISE	<ul style="list-style-type: none"> Minimise journeys Only local travel to L3 & L4 areas other than U18s 	<ul style="list-style-type: none"> Minimise journeys Only local travel to L3 & L4 areas other than U18s 	<ul style="list-style-type: none"> Minimise journeys Only local travel to L3 & L4 areas other than U18s 	<ul style="list-style-type: none"> Minimise journeys Only travel locally 	<ul style="list-style-type: none"> Minimise travel Stay as close to home as possible
	SOCIALISING RULES BEFORE/AFTER PLAY	<ul style="list-style-type: none"> Max 15 people from 5 households Minimise where possible 	<ul style="list-style-type: none"> Max 6 people from 2 households Minimise where possible 	<ul style="list-style-type: none"> Max 6 people from 2 households Minimise where possible 	<ul style="list-style-type: none"> Max 6 people from 2 households Minimise where possible 	<ul style="list-style-type: none"> Max 4 people from 2 households (no household limit for U18s) Minimise where possible
	PHYSICAL DISTANCING	<ul style="list-style-type: none"> Physical distancing to be maintained before, during and after play at all times across all levels 				



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INDOOR TENNIS						
TYPE OF ACTIVITY	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	
SOCIAL PLAY	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles Doubles must maintain physical distancing 	<ul style="list-style-type: none"> Not permitted Indoor courts closed 	
1:1 COACHING	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Not permitted Indoor courts closed 	
GROUP COACHING / ORGANISED GROUP ACTIVITY	<ul style="list-style-type: none"> Permitted Subject to coaching limits & court ratios 	<ul style="list-style-type: none"> Permitted Subject to coaching limits & court ratios 	<ul style="list-style-type: none"> Permitted Subject to coaching limits & court ratios 	<ul style="list-style-type: none"> Not permitted for adults Permitted for U18s 	<ul style="list-style-type: none"> Not permitted Indoor courts closed 	
COMPETITIONS	<ul style="list-style-type: none"> Permitted Subject to competition size limits 	<ul style="list-style-type: none"> Permitted Subject to competition size limits 	<ul style="list-style-type: none"> Permitted Subject to competition size limits 	<ul style="list-style-type: none"> Not permitted for adults Permitted for U18s 	<ul style="list-style-type: none"> Not permitted Indoor courts closed 	
INDOOR COURTS / FACILITIES	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> All indoor sports courts & facilities closed (except toilet & floodlight access) 	
SPECTATING & SUPERVISION	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player) 	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player) 	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player) 	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player) 	<ul style="list-style-type: none"> N/A 	
TRAVEL FOR INDOOR EXERCISE	<ul style="list-style-type: none"> Minimise journeys No travel to L4 areas & only essential local travel to L3 other than U18s 	<ul style="list-style-type: none"> Minimise journeys No travel to L4 areas & only essential local travel to L3 other than U18s 	<ul style="list-style-type: none"> Minimise journeys No travel to L4 areas & only essential local travel to L3 other than U18s 	<ul style="list-style-type: none"> Minimise journeys Only travel locally 	<ul style="list-style-type: none"> No travel into / out of area 	
SOCIALISING RULES BEFORE/AFTER PLAY	<ul style="list-style-type: none"> Max 8 people from 3 households Minimise where possible 	<ul style="list-style-type: none"> Max 6 people from 2 households Minimise where possible 	<ul style="list-style-type: none"> Max 6 people from 2 households Minimise where possible 	<ul style="list-style-type: none"> Max 6 people from 2 households Minimise where possible 	<ul style="list-style-type: none"> N/A 	
PHYSICAL DISTANCING	<ul style="list-style-type: none"> Physical distancing to be maintained before, during and after play at all times across all levels 					

Note: An exemption is in place for professional / performance sport to allow activity to continue across all levels (see additional notes)



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SUMMARY	VENUE BAR / CAFÉ / RESTAURANT					
	TYPE OF ACTIVITY	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
	INDOORS*	<ul style="list-style-type: none"> Licensing times apply 	<ul style="list-style-type: none"> 21:30 Last Entry 22:30 Closed 	<ul style="list-style-type: none"> Alcohol only with main meal 19:00 Last Entry 20:00 Closed 	<ul style="list-style-type: none"> No alcohol 17:00 Last Entry 18:00 Closed 	<ul style="list-style-type: none"> Closed
	OUTDOORS*	<ul style="list-style-type: none"> Licensing times apply 	<ul style="list-style-type: none"> 21:30 Last Entry 22:30 Closed 	<ul style="list-style-type: none"> 21:30 Last Entry 22:30 Closed 	<ul style="list-style-type: none"> No alcohol 7:00 Last Entry 18:00 Closed 	<ul style="list-style-type: none"> Closed
TAKEAWAYS	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	

* Eating & drinking while seated at tables required at all levels

SUMMARY	OTHER ACTIVITY					
	TYPE OF ACTIVITY	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
COACH EDUCATION	<ul style="list-style-type: none"> Permitted Max of 12 learners per court (excl. Tutor) Repeat hygiene protocols at beginning and end of every unit of learning No socialising during breaks 	<ul style="list-style-type: none"> Permitted Max of 12 learners per court (excl. Tutor) Repeat hygiene protocols at beginning and end of every unit of learning No socialising during breaks 	<ul style="list-style-type: none"> Permitted Max of 12 learners per court (excl. Tutor) Repeat hygiene protocols at beginning and end of every unit of learning No socialising during breaks 	<ul style="list-style-type: none"> Permitted Max of 12 learners per court (excl. Tutor) Repeat hygiene protocols at beginning and end of every unit of learning No socialising during breaks 	<ul style="list-style-type: none"> Permitted Max of 12 learners per court (excl. Tutor) Repeat hygiene protocols at beginning and end of every unit of learning No socialising during breaks 	<ul style="list-style-type: none"> Not permitted Indoor courts closed



ADDITIONAL GUIDANCE NOTES

DEFINITIONS

For the purposes of this guidance

- **‘Organised sporting or physical activity’** refers to activities which are undertaken in a structured and managed way following specific rules and guidance of relevant SGBs, local authorities or businesses who in turn have fully applied related Scottish Government and sportscotland guidance. All organised activity should be overseen by a Covid Officer with documented risk assessments undertaken and mitigating actions put in place to ensure the health, safety and welfare of participants, coaches and officials
- **‘Competition’** refers to where participants or teams compete against different opponents as part of an organised league or competition
- **[UPDATED] Adult ‘group’ sport or activity** refers to adults, from more than 2 households / 6 members of those households who take part in organised sport or physical activity. (Except level 4, max 2 people from 2 households, or from 12 March max 4 people from 2 households and from an indicative date of 5 April, max 6 people from 2 households permitted).

SOCIAL PLAY

- At level 3, doubles play for adults outdoors and indoors is possible where partners are not from the same household or extended household, but these players must ensure they maintain physical distancing at all times where they are not from the same household or extended household.
- **[UPDATED]** At level 4, up until 12 March
 - doubles play outdoors is only possible where participants are from the same household or extended household for adults or children aged 12 and above, as only 2 people from 2 households are permitted to meet outside and play tennis together.
 - Children aged 11 do not count towards the total number of people permitted to gather outdoors.
- **[UPDATED]** At level 4 from 12 March,
 - doubles play outdoors for adults and U18s will be permitted (in line with relaxation to allow non-contact sport for groups of up to 15), but these players must ensure they maintain physical distancing at all times where they are not from the same household or extended household.

GROUP ACTIVITY LIMITS

- Across all levels: Where group activity is permitted, the number of participants allowed to take part in organised tennis activity should be as outlined in the [Tennis Scotland/LTA sport specific guidance](#) covering coaching limits and court ratios, and follow Scottish Government [guidance on the opening of sport and leisure facilities](#)

COACHING

- The local protection level in place for sport and physical activity dictates what activity can be coached, indoors and outdoors, as outlined above
- Coaches can take multiple indoor sessions per day
- Alongside the [Tennis Scotland/LTA sport specific guidance](#), the Scottish Government’s [Getting Coaches Ready for Sport](#) provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions.

PERFORMANCE SPORT

- Tennis has [Resumption of Performance Sport](#) guidance in place and approved by Scottish Government / **sportscotland**, and so is permitted at all Levels irrespective of the restrictions in place for recreational activity

TOILETS, CHANGING & SHOWER ROOMS

- For Levels 0-3, use of changing rooms and showering facilities should be avoided where possible although may be made available for participants who require support such as those with a disability. At Level 4, changing rooms should be closed. Facilities should be used specific guidance relating to use of 'Changing and Showers' is available at [Getting Your Facilities Fit for Sport. This is applicable at all levels where facilities remain open.](#)
- Venues may open public toilets across all levels if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).
- Where indoor facilities need to close in Level 4, access to toilets and to floodlights is permitted, but in both cases must be risk assessed and appropriate mitigating actions put in place to minimise risk.

HOSPITALITY & RETAIL

- Clubhouses and sports facilities which provide catering and bar services, can operate providing they adhere to Scottish Government guidance appropriate to the protection level in which they are operating. Further information is available at [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#)
- Retail units operated by sports facility operators may reopen provided all specific Scottish Government guidance for retailers appropriate to the protection level in which they are operating is in place and adhered to. Further information from the Scottish Government is available at [Retail Sector Guidance](#)

WORKFORCE

- Sports facility operators must ensure that Scottish Government guidance on [workforce planning in sport & leisure facilities](#) is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment
- Consider whether meetings and training must be completed in person or whether alternative approaches can be used. If it is essential that meetings and training takes place in person, [Scottish Government guidance for general workplaces](#) must be followed and a risk assessment should be completed

TRAVEL

- Players can travel freely for organised sport and physical activity or informal exercise within their own Local Authority area
- **[UPDATED]** Level 4 guidance
 - People should stay as close to home as possible, in line with current travel restrictions, and keep travel to a minimum
 - Tennis activity can take place in your local authority area (or up to 5 miles from the boundary of your local authority area), but you should travel no further than you need to reach a place to play
 - Some flexibility will be given to under 18s to travel across local authority boundaries to take part in sport. Further clarity on this will be provided when it is available
- Level 0-3 guidance
 - Players 18 years of age or over (adults) should only travel locally into or out of a Level 3 area to take part in sport or physical activity outdoors and for essential

individual indoor exercise. 'Locally' means travel within around 5 miles of your local authority area and 'essential' in this case may for instance be where someone is a member at a tennis venue in a neighbouring Local Authority area and is unable to access another local facility in the same area

- Players aged 18 years or over (adults) who live in a Level 0, 1 or 2 area should, where possible, minimise unnecessary travel between areas in different levels and not travel to a Level 3 or 4 area to take part in sport or physical activity other than to reach a place to take exercise outdoors
 - Players under 18 years of age can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport and physical activity. However it is still strongly recommended that training and competition take place locally where possible.
- Operators should risk assess all activity and it is strongly recommended that where at all possible training and competition should take place locally
 - Scottish Government travel guidance provides specific exemptions for travel into and out of Level 3 and Level 4 local authority areas. This includes 'travel for work, or to provide voluntary or charitable services, but only where that cannot be done from your home'.
 - Where paid/voluntary tennis coaches or officials use the above exemption, mitigating actions should be put in place to reduce risk to the coach, official and participants. This should be documented in the operator or deliverer risk assessment