



LEVEL 3

This information is correct as at 1st April 2021 and may be subject to further changes to the Scottish Government route-map out of lockdown.

	Matches	Training	Recreational	Travel	Transport
Level 3	<p>U18s: Indoor & Outdoor permitted</p> <p>Within Level 0-3 areas it is recommended that matches take place as locally as possible.</p> <p>18+: Not permitted Indoor or Outdoor</p> <p>*Professional permitted</p>	<p>U18s: Indoor & Outdoor permitted</p> <p>18+: Indoor not permitted</p> <p>Outdoor NON CONTACT ONLY permitted</p> <p>*Professional permitted</p>	<p>U18s: Indoor & Outdoor permitted</p> <p>18+: Indoor not permitted</p> <p>Outdoor NON CONTACT ONLY permitted</p>	<p>If you live in a Level 3 Local Authority area you should:</p> <p>U18s: Can travel out with your local authority area IF you belong to a club out with that area.</p> <p>18+: Can travel to another Level 3 local authority area but CANNOT travel to a Level 2 local authority area or below.</p> <p>Avoid any unnecessary</p>	<p>Avoid car sharing with people outside extended household whenever possible.</p>

				<p>travel out of the area.</p> <p>*Professional permitted</p>	
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Matches

- U18s Indoor & Outdoor permitted. Within Level 0-3 areas it is recommended that matches take place as locally as possible.
- Please refer to the 'Matchday Protocol':
 - U18s: <https://www.scottishfa.co.uk/media/7102/children-young-person-updated-matchday-protocol.pdf>
 - 18+ not permitted Indoor or Outdoor.

Training

- U18s Indoor & Outdoor contact training permitted.
- All numbers refer to maximum 'field of play bubbles'. This includes players, coaches and officials subject to appropriate ratios.
- U12s - for example organised training areas:
 - 22 within a 1/4 size pitch area
 - 30 within a 1/3 size pitch area
 - 30 within a 1/2 size pitch area
- 12-17s - for organised training;
 - 15 within a 1/4 size pitch area
 - 30 within a 1/3 size pitch area
 - 30 within a 1/2 size pitch area
- 18+ Indoor not permitted.
- 18+ - During organised Outdoor NON contact ONLY training,
- All numbers refer to maximum 'field of play bubbles'. This includes players, coaches and officials.
- 18+ for organised training;
 - 15 within a 1/4 size pitch area
 - 15 within a 1/3 size pitch area
 - 15 within a 1/2 size pitch area
- All permitted training must follow 'Return to Training Guidelines'. Please refer to these here.
- For individualised training, please refer to Return to Football Hub here: <https://www.scottishfa.co.uk/media/6785/phase-three-coaching-sessions-for-adults.pdf>

Recreational Activity

- U18s Indoor & Outdoor Recreational Activity permitted.
- All numbers refer to maximum 'field of play bubbles'. This includes players, coaches and officials subject to appropriate ratios.
- U12s
 - 22 within a 1/4 size pitch area
 - 30 within a 1/3 size pitch area
 - 30 within a 1/2 size pitch area
- 12-17s
 - 15 within a 1/4 size pitch area
 - 30 within a 1/3 size pitch area
 - 30 within a 1/2 size pitch area
- 18+ - Outdoor NON contact ONLY. Indoor not permitted.
- All numbers refer to maximum 'field of play bubbles'. This includes players, coaches and officials.
- 18+
 - 15 within a 1/4 size pitch area
 - 15 within a 1/3 size pitch area
 - 15 within a 1/2 size pitch area
- Please refer to 'Operational Protocol' & Holiday Programme Protocol here:
Holiday Programme Protocol:
<https://www.scottishfa.co.uk/media/7041/children-young-people-holiday-programme-guidelines-update.pdf>

Travel

- If you live in a Level 3 Local Authority area you should:
- U18s - can travel out with your local authority area IF you belong to a club out with that area.
- 18+ - can travel to another Level 3 local authority area but CANNOT travel to a Level 2 local authority area or below.
- Avoid any unnecessary travel out of the area.
- Professional permitted
- If you live in a Level 3 local authority area you should:
Avoid any unnecessary travel out of the area.
Keep journeys within the area to an absolute minimum.
- **Exemption:** U18s can travel freely to take part in organised sport, physical activity, training and competition at levels 0-3.
- U18 teams should compete locally at all levels.

- 18+ living in a Level 3 area should only travel locally to take part in organised, physically distanced, outdoor, non-contact training.
- Coaches are permitted to travel in and out of Level 3 or Level 4 areas for work, voluntary and charitable services, but only where that cannot be done from your home
- Professional permitted

Transport

- Avoid car sharing with people outside extended household whenever possible. Please follow the Scottish Government's guidelines on Safe Travel: <https://www.gov.scot/publications/coronavirus-covid-19-guidance-on-travel-and-transport/>
- Please also see **Transport Scotland's** guidance for travelling with others in a car: <https://www.transport.gov.scot/coronavirus-covid-19/transport-transition-plan/advice-on-how-to-travel-safely/#section-63888>

Health & Hygiene

- Please ensure you follow the Health & Hygiene protocols in 'Matchday Protocol':
 - U18 : <https://www.scottishfa.co.uk/media/7102/children-young-person-updated-matchday-protocol.pdf>
 - 18+ : <https://www.scottishfa.co.uk/media/7101/adult-updated-matchday-protocol.pdf>

Test & Protect

- If someone who has attended your club activity develops symptoms of COVID, they should be directed to follow the Scottish Government's 'Test and Protect Guidelines': <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>