



# Return to Rugby

## Guidance on Using Indoor Space for Physical Activity and Sport

(Updated 19 July)

The following guidance has been devised by Scottish Rugby in conjunction with **sportscotland** to support clubs in utilising indoor areas for sport and physical activity. From 19 July 2021, all individuals can participate in non-contact and contact sport and physical activity indoors. This advice and guidance should be used in conjunction with resources already available on the Scottish Rugby website such as Risk Assessments.

### Before Allowing Indoor Sessions to Resume

For rugby club activity complete a Risk Assessment which must be signed by the Club Committee and Covid-19 Safety Coordinator for each indoor physical activity taking place (circuits). This must be seen and signed by the person leading the session.	
External deliverers must sign the club Risk Assessment and adhere to all Scottish Government guidelines along with their own governing body guidelines for each indoor physical activity taking place (yoga/circuits). This must be seen and signed by the person leading the session.	
Maximum number of users determined - Maximum capacity will be based on 7Msq per person. This is based on 15 litres fresh air per second, per person. If you can't guarantee this, then the space between individuals must be increased and therefore numbers reduced.	
Open all available windows and doors allowing air to circulate freely 15 mins prior to session.	
Stagger activities to ensure they do not coincide with outdoor training or hospitality.	
A minimum of 30 mins between each indoor session must be implemented to allow for cleaning and the flow of fresh air.	
Check in/check out system is mandatory for users to support contact tracing for any local outbreak of the virus.	
Booking system in place for users to manage numbers and to assist in contact tracing.	
Clear signage and communication of new operating procedures to all staff, volunteers and participants.	

### Guidance for Usage

Hand sanitiser must be provided on entry & exit.	Equipment may be shared but must be cleaned before and after use.
Participants should not congregate or queue outside activity areas.	Equipment (including mats etc) must be cleaned in between use.
Where possible, customers should arrive changed for the activity.	All bins should be emptied as required.
Participants should avoid working face to face where possible.	Replenish hand sanitising stations, soap and paper towels.
Sanitising spray and paper towels should be made available.	

Please ensure that the above guidance is implemented in conjunction with Scottish Government guidelines [here](#) and **sportscotland** indoor facilities guidance [here](#).

Please note: This guidance note is provided for general information only. Care has been taken over the accuracy of the content of this note but Scottish Rugby cannot guarantee that the information is up to date or reflects all relevant legal requirements. Each club should make individual decisions about when their facilities are ready to open and can be operated safely. Until a club believes it is safe to re-open, it should remain closed.

**It's time to roll up our sleeves**  
Vaccinations for COVID-19 are underway



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