



Return to Rugby Club & School Game Indoor Gyms Re-opening

Due to the announcement made by the Scottish Government on 3 August 2021, Scotland will move to Level 0 and beyond on 9 August. This guidance is set out to support clubs to make operational decisions relating to gym usage.

If your gym is open to the public for membership, please see the [sportscotland website](#) for guidance [here](#).

Everyone must follow Scottish Government guidelines at:

[GOV.SCOT](#)

Stay up to date on the latest Return to Rugby guidelines for the community game at:

[SCOTTISHRUGBY.ORG](#)

#AsOne

Monday 9 August 2021
(in line with Scottish Government guidelines)

RISK ASSESSMENT



Clubs must undertake a thorough risk assessment signed by the Club Covid-19 Safety Coordinator and the Club Committee.

TRAIN SAFE



Individuals should train within their own capabilities.
Individuals should be encouraged to arrive changed for activity and return home to shower and change.

EQUIPMENT SHARING IS PERMITTED



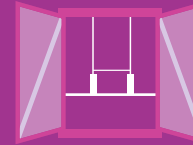
All equipment should be thoroughly cleaned/sanitised before and after the session, as well as before and after each individual use.

OUTDOOR IS BEST



Indoor spaces represent a greater risk to virus transmission than outdoor.
Consider operating outdoor activity stations before utilising indoor spaces.

VENTILATION



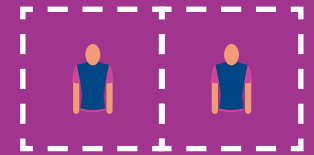
Where possible ventilation systems should provide 100% fresh air and not recirculated air from one space to another.
All windows and doors should be open where possible.

HYGIENE PROTOCOLS



Follow government hygiene protocols at all times.
Hand sanitiser stations should be made available throughout the gym.
No handshakes, spitting etc.

"GIVE PEOPLE SPACE"



Clubs should determine the capacity for the gym area based on "Giving People Space" and maximising the flow of fresh air.

GROUP TRAINING



Group training is permitted but it is recommended that individuals refrain from training face to face.

NHS TEST AND PROTECT



If you, or any of your household have been showing Covid-19 symptoms you should adhere to NHS Test and Protect.

[NHSINFORM.SCOT](#)

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



When offered the vaccine, please get it
Visit [nhsinform.scot](#) #WeAreScotland

