

# Return to Rugby

## Levels 0-4 Framework - Travel Guidance

As of 2 November (updated 3 December 2020)

### GENERAL SCOTTISH GOVERNMENT GUIDANCE

- Only travelling in/out of authorities where absolutely required. Scottish Government have asked that people only make necessary journeys.
- No non-essential travel to/from Level 3 or higher areas in Scotland and equivalents in rest of UK.
- Participants can travel freely for organised sport and physical activity or informal exercise within their own Local Authority area.
- Participants should travel by foot, bike or car (no car sharing with people from another household) and avoid public transport where possible.

	Level 0	Level 1	Level 2	Level 3	Level 4
YOUTH (AGED 17 AND BELOW)	Youth participants can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in 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.	Youth participants can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in 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.  Parents may transport their children for sport into a Level 3 area however must <b>not</b> congregate or attempt to spectate.	Participants (all ages) who live in a level 4 area <b>cannot</b> travel out of their local authority area to take part in rugby activity.
ADULT (AGED 18+)	Adult participants who live in Levels 0-2 areas can travel to and from other Level 0-2 areas for rugby activity (including competition fixtures – once permitted).  However, they should <b>not</b> travel to a Level 3 or 4 area 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 for rugby activity (including competition fixtures – once permitted).  However, they should <b>not</b> travel to a Level 3 or 4 area 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 for rugby activity (including competition fixtures – once permitted).  However, they should <b>not</b> travel to a Level 3 or 4 area to take part in rugby activity.	Adults who live in a level 3 area <b>cannot</b> travel out of their local authority area to take part in rugby activity.	Participants (all ages) who live in a level 4 area <b>cannot</b> travel out of their local authority area to take part in rugby activity.
COACHES & MATCH OFFICIALS	Coaches & Match Officials can travel for paid or voluntary work in and out of level 0-4 areas.	Coaches & Match Officials can travel for paid or voluntary work in and out of level 0-4 areas.	Coaches & Match Officials can travel for paid or voluntary work in and out of level 0-4 areas.	Coaches & Match Officials can travel for paid or voluntary work in and out of level 0-4 areas.	Coaches & Match Officials can travel for paid or voluntary work in and out of level 0-4 areas.

1. For further details on travel restrictions for non-rugby related physical activity, please see <https://sportsotland.org.uk/covid-19/latest-sport-and-physical-activity-guidance/>
2. Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).
3. Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).