



# Return to Rugby Update

## Temporary Measures for Clubs and Schools in Nationwide NHS Health Board Areas (except central belt areas)

Updated (Friday 9 October 2020)

As per the Scottish Government announcement on 7 October 2020, Return to Rugby guidance has altered for clubs and schools in the following NHS Health Boards (**Orkney, Shetland, Western Isles, Highland, Grampian, Tayside, Fife, Borders and Dumfries and Galloway**).

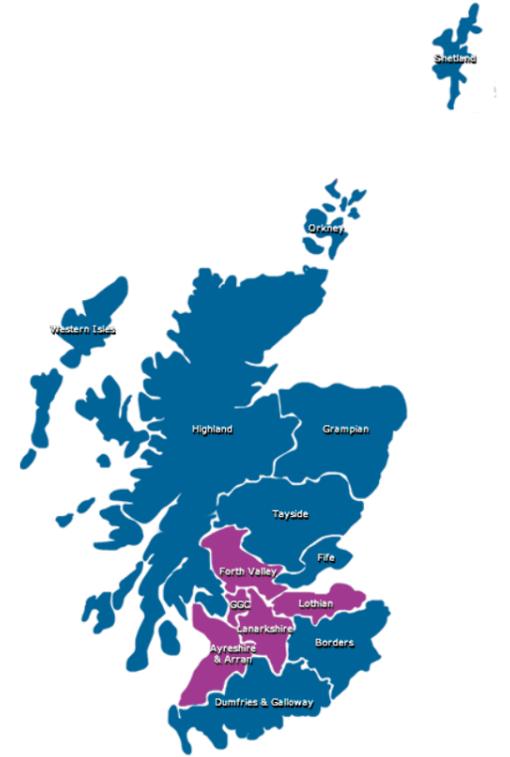
Restrictions on licensed premises will be applied from 18:00 on Friday 9 October until Sunday 25 October (inclusive).

It is anticipated that from Monday 26 October, all restrictions will be lifted, and activities can resume as per Scottish Rugby Stage 4 guidance.

These restrictions aim to halt the increase in Covid-19 transmission within the identified NHS Health Board areas. **People living in Greater Glasgow & Clyde, Lanarkshire, Ayrshire & Arran, Lothian and Forth Valley should not travel outside the health board area they live in. Likewise people in other parts of Scotland should not travel to these areas if they don't need to.**

For a full list of Scottish Government restrictions please visit [www.gov.scot/coronavirus](http://www.gov.scot/coronavirus).

For up to date Return to Rugby information please visit <https://www.scottishrugby.org/clubs-and-schools/return-to-rugby>



### TEMPORARY RESTRICTIONS & GUIDANCE

#### MINI, YOUTH & ADULT OUTDOOR RUGBY ACTIVITY



- **Current Return to Rugby restrictions apply** - Activity can continue in line with Stage 4 guidance.

#### LICENSED PREMISES



From 18:00 on Friday 9 October:

- Hospitality (food and drink):
  - All licensed premises may only open **indoors** between 6am and 6pm, with no sales of alcohol.
  - All licensed premises may open **outdoors** until 10pm, with sales of alcohol.
  - Takeaway services can continue.

#### OTHER RESTRICTIONS AND GUIDANCE



- Current meeting rules; maximum of six people from two households, continue to apply in non-rugby activity settings.
- People living in Greater Glasgow & Clyde, Lanarkshire, Ayrshire & Arran, Lothian and Forth Valley **should not** travel outside the health board area they live in.
- Likewise people in other parts of Scotland should not travel to these areas (e.g. for training) if they don't need to.

#### INDOOR GROUP EXERCISE



- **Current Return to Rugby restrictions apply** - Activity can continue in line with Stage 4 guidance.

#### REMEMBER FACTS FOR A SAFER SCOTLAND



**F** Face coverings



**A** Avoid crowded places



**C** Clean your hands regularly



**T** Two metre distance



**S** Self isolate and book a test if you have symptoms



[nhsinform.scot/coronavirus](https://nhsinform.scot/coronavirus)  
#WeAreScotland



To help stop coronavirus spreading, it is vital that we all **download** the free Protect Scotland app.

STAY SAFE

PROTECT OTHERS

SAVE LIVES



#AsOne