

Scotland Covid-19 Advice Updated 21 September 2020

Following changes to Government and NHS guidance for Covid-19, please find below the rules as they relate to U3A.

Vulnerable people

The government advice is that “Certain groups of people are at increased risk of severe disease from coronavirus (COVID-19), including all people aged 70 or over. Such individuals are advised to stay at home as much as possible and, if they do go out, to take particular care to minimise contact with others outside of their household”.

Please ensure your interest group members have fully considered whether they should attend an interest group in person or whether attending it virtually, may be more appropriate. All member should have completed for themselves a personal risk assessment before deciding to participate in any face to face U3A activity.

Track and Trace: when you are meeting with members for whatever purposes the organisers must keep a record and contact details for those people who meet. That information must be kept for 21 days.

Approach to this Guidance

The Scottish Government requirements for meeting others inside or outdoors is as follows:

Meeting others: indoors and outdoors: <https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/seeing-friends-and-family/> updated 14 September 2020

The regulations are enforceable by the police.

When meeting people outside your household for a social gathering, you may meet people socially from no more than **1 other household at a time indoors or outdoors** and there must be **no more than 6 people in total from those two households**. You should stay at least 2 metres apart from people from other households at all times.

There is one applicable exception to this rule.

Under the Scottish Government guidance ‘Phase-3 return to sport and physical activity’, U3As who comply with the guidance would be able to continue with sports and physical activity with more than 6 members update 10 September

Prior to restarting any interest group activity, a Group Leader MUST notify their U3A committee. Group Leaders/Convenors should then follow the advice below.

The advice for restarting interest groups considers the:-

- Location of interest group
- Activity involved in the interest group
- Personal Member Assessment prior to participating in the activity.

It is important that Group Leaders/Convenors undertake an assessment of the location and activity and how members will participate in the activity prior to commencement. A written record of this assessment must be retained.

NOTE: Members should be advised NOT to share cars with non-household members when travelling to interest group venues and to follow guidance for travelling on public transport

NOTE: If there is a local lockdown arrangement, the lockdown arrangements will take precedence over the guidance below. You **must** follow local lockdown guidance at all time. Please be aware that the locations and restrictions relating to local lockdowns are constantly changing so please keep up to date with what is happening in your local area by visiting your local authority website.

This guidance should be read in conjunction with current Government Guidance at all times including:

1. Guidance for returning to sports and physical organised activities in Scotland **updated 10 September**
https://sportscotland.org.uk/media/6095/phase-3-return-to-sport-and-physical-activity-guidance-100920-final.pdf?utm_source=Group+walks+re-start+email+to+Scottish+members&utm_campaign=c9349a95da-Memb-restart-scot-sep-2020&utm_medium=email&utm_term=0_2905c9a9ee-c9349a95da-54421164&mc_cid=c9349a95da&mc_eid=43b76584a4
2. Link for contact tracing for Covid-19 cases: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>
3. Link to government advice on staying safe and meeting up
<https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/seeing-friends-and-family/> **Updated 14th September**

Personal Member Assessment

Prior to participating in any interest group, members must undertake their own personal assessment to enable them to decide and be confident that they should attend.

<https://www.u3a.org.uk/component/edocman/u3a-kms-frm-016-personal-members-checklist-pre-attendance>

This assessment is personal and does NOT need to be shared with any other person. It does not need to be provided to a group leader, it is purely for personal use

Location

In all venues it is important to ensure they are Covid-Secure, adopt a Covid-Secure approach to usage and that you follow their guidance for use. Covid-Secure means that the venue has carried out a Covid-19 risk assessment that demonstrates it use can meet social distancing and hygiene recommendations.

In addition it is recommended that all members visiting a third party venue have and use their own personal hand sanitiser, use gloves in areas of multiple use and use a mask where appropriate.

Do not share any refreshments of any nature.

PRIVATE DWELLINGS

Please note the advice relating to meeting in private dwellings for the purposes of carrying out U3A activity means that it is not possible to meet at this time.

Sports Facility

This guidance has been put together taking into account the government guidance

- If you are using a sports facility you must ensure that
 - a) you have details of how the facility providers have ensured that the facility is Covid-secure
 - b) **and** that measures are in place to ensure all those using the facility must do so in a way that is Covid-Secure
- The Group Leader/Convenor should contact the venue prior to commencing the interest group and should visit it to satisfy themselves of a) and b) above
- A record should be kept of how the building and its use is Covid-Secure by the Group Leader.
- The Group Leader/Convenor should keep a record of the date and time of using the facility and note on each occasion that the facility was complying with its Covid-Secure arrangements
- The Group Leader/Convenor should advise all members that they **MUST** use the facility in line with the guidance provided to users at all times including the maximum numbers allowed to use the facility [and should keep a record of having done so]

Activity

Sports

U3As must strictly follow the Phase 3 return to Sport and physical activity guidance at all times [see link]

https://sportscotland.org.uk/media/6095/phase-3-return-to-sport-and-physical-activity-guidance-100920-final.pdf?utm_source=Group+walks+re-start+email+to+Scottish+members&utm_campaign=c9349a95da-Memb-restart-scot-sep-2020&utm_medium=email&utm_term=0_2905c9a9ee-c9349a95da-54421164&mc_cid=c9349a95da&mc_eid=43b76584a4

- All U3A interest group sport activity must develop a written COVID-19 plan and risk assessment prior to activity.
- Preparation must include those in charge of the session taking part in specific training as required by their sporting body as necessary

- Participants being asked to consider if their underlying health, may caution against participation.
- A checklist to support sports clubs to put the appropriate measures in place will be made available by the relevant sporting national governing body
- All the above documents must be promulgated to all those involved in coaching the participants in the activity

Where a national sporting body has provided guidance enabling community sports to commence that guidance must be **followed at all times**.

A Group Leader/Convenor wishing to commence a sport activity must:

- Check whether there is national sporting body guidance available for community groups and follow this
- Record an assessment of how the sport interest group will comply with the national body Covid guidelines
- Advise all members participating in the sport how they must comply with the Covid guidance when participating in the sport
- Complete a risk assessment for all other non-Covid elements of undertaking the activity

Prior to each sporting interest group session the Group Leader/Convenor must

- Remind members of hygiene requirements, for example to bring hand sanitiser, face masks and not to share refreshments.
- Remind participants not to travel together in the same car
- Not share equipment e.g. racquets, tabbards etc. and regularly disinfect any balls or equivalent.
- Ask each member to complete details of registration for the session for track and trace which must be kept by the Group Leader/Convenor for 21 days
- Remind members not to participate if they are experiencing Covid-19 symptoms
- Ensure their compliance record relating to Covid-Secure sports participation is up to date
- Ensure the risk assessment of the activity is up to date
- Remind participants to avoid shouting or raising their voices

During the sporting session

- Social distancing must be maintained on arrival and during all breaks
- Social distancing should be maintained during the sporting activity wherever possible.
- Spectators should follow the guidance on grouping of six people laid out in the return to sport guidance (see link above)

Walking

The Ramblers Association has provided guidance on walking safely during Covid.

Prior to commencing walking groups a walking Group Leader/Convenor must

- Record an assessment of how the sport interest group will comply with the Rambler Covid guidelines

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- Advise all members participating in the walking how they must comply with the Covid guidance when participating in the walk
- Complete a risk assessment for all other non-Covid elements of undertaking the walk

Prior to each walking group session the Group Leader/Convenor must

- Remind members of hygiene requirements, for example to bring hand sanitizer, face masks and not to share refreshments.
- Ask each member to complete details of registration for the session for track and trace which must be kept by the Group Leader/Convenor for 21 days
- Remind members not to participate if they are experiencing Covid-19 symptoms
- Ensure their compliance record relating to Covid-Secure walk is up to date
- Ensure the risk assessment of the walk is up to date