

**Advice for Restarting Interest Groups**  
**Scotland November 27<sup>th</sup> 2020**

Contents

General.....	2
Personal Member Assessment .....	3
Location .....	3
Sports Facility .....	3
Private Home Inside.....	3
Private Home Outside .....	4
Activity .....	4
Sports .....	4
Walking .....	5
External (outside) non sporting activity .....	5
Sedentary Interest Group Activity .....	5

## General

Prior to restarting any interest group activity, a group leader MUST notify their U3A committee and allow sufficient time to plan for a safe return.

***Please note that the changing nature of the Corona Virus may cause alteration to the rules allowed by Scottish Government so please check current legislation and guidance first at this web address :-***

***<https://www.gov.scot/>***

Group leaders should then follow the advice below and prepare their return to activity plan.

This will cover:-

- Location of interest group and the safety arrangements in place
- Activity involved in the interest group and if social distancing can be maintained
- Personal Member Assessment (pre-attendance) before participating in the activity.

It is important that group leaders 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.

Users and hirers of a community facility have responsibility for managing risks arising from their own activities when they have control of premises and should take account of any guidance relevant to their specific activity or sector.

**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.

## Personal Member Assessment (Pre-attendance)

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. [Link to assessment on Home page]

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 but remember if you are showing any symptoms of coronavirus you must not participate and follow appropriate isolation and health guidance.

## People who are Shielding

From 10 July those shielding will no longer need to physically distance from people they live with. From that date, they can meet in groups of up to eight people from three other households outdoors every day, so long as strict hand hygiene and physical distancing advice is followed.

## Location

In all venues it is important to ensure they are safe and adopt a safe approach to usage and meet physical 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 wear a mask where appropriate.

Do not share any refreshments of any nature.

## Outdoor Sports Facility

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

- If you are using an outdoor sports facility you must ensure that
  - a) you have details of how the facility providers have ensured that the facility can be used safely
  - b) **and** that measures are in place to ensure all those using the facility must do so in a way that is safe
- The group leader should contact the outdoor facility 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 outdoor facility and its use is safe by the Group Leader.
- The Group Leader 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 safety arrangements
- The Group Leader 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]

## Private Home Inside

Very limited interest group activity can take place inside a private home. The advice is as follows  
A maximum of 8 people, from up to 3 different households can meet indoors. That comprises the household whose house the gathering is in and people from two additional households.  
Social distancing must be maintained.

## Private Home Outside

### Interest groups

- Can meet in any **outdoor space** in a group of up to 15 people from 4 different households
- Must continue to follow physical distancing and hygiene guidelines
  - stay at least 2 metres away from anyone who is not part of your household
  - maintain hand and cough hygiene
  - avoid touching with your hands hard surfaces such as gates, walls, fences and park benches- follow advice on the NHS Inform website about physical distancing and hygiene and wash your hands as soon as you get home
  - take an alcohol-based hand rub (hand sanitiser) with you and use it often, especially before eating or after touching surfaces
  - do not share food or utensils – if eating, each household should bring, prepare and eat their own food separately
- Access private gardens externally wherever possible – if a member needs go through someone else’s home to do so, avoid touching surfaces
- Avoid using toilets in other people’s home wherever possible and wipe down surfaces as frequently as possible
- Using disinfectant, wipe down any surfaces or door handles people from outside of the interest leader’s household come into contact with if walking through your home

## Activity

### Sports

Non contact outdoor sports can be undertaken subject to strict limitations on the number of households and total participants

The advice from the Scottish Government is:

“You can participate in outdoor non-contact sports with members of your own household and with members of **four other households**. Groups should contain **no more than fifteen people**, but less if possible.

When participating with people from outside your household you must maintain 2 metres physical distance from them at all times.

You should not meet people from more than four other households each day, for any reason.

### Sports

Where a national governing or sporting body has provided guidance enabling community sports to commence that guidance could be used by a group leader to plan to restart their U3A group but the relevant guidance must be **followed at all times**.

The guidance on outdoor activity includes examples of permitted activities. A [full list is available on sportscotland’s web site](#).

A group leader wishing to commence a sport activity must:

- Inform their Committee of their intentions and planning for resuming the sport group.
- Ensure that there is national governance body guidance available for this sport for groups
- 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-19 guidance when participating in the sport
- Complete a risk assessment for all other non Covid-19 elements of undertaking the activity

Prior to each sporting interest group session, the group leader must:

- Remind members to have completed their pre-attendance personal assessment and the 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 for 21 days
- 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 taking into account the latest Government and Local guidance.

## Walking

The Ramblers Association has provided guidance for walking safely during Covid

Prior to commencing U3A walking groups the group leader must

- Advise their Committee of their intentions to resume and record an assessment of how the sport interest group will comply with the Rambler Covid guidelines
- Advise all members participating in the walking how they can comply with the Covid guidance for the activity
- Complete a risk assessment for all other non Covid elements of undertaking the walk
- Remind members to have completed their pre-attendance self-assessment and the 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 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

## Sedentary Interest Group Activity

Where local community centres and multi-use premises have become Covid-secure by complying with a thorough covid-19 risk assessment and implemented measures for safe social distancing, it may be possible for Group Leaders to plan to resume seated, talking interest groups

Interest groups such as social sciences, languages or other topic that do not require sharing or handling items should follow these guidelines.

Group leaders must;

- Review venue covid-19 guidance for re-entering the building, the capacity it can accommodate with social distancing etc
- Give clear information about limiting the group size and any booking arrangements

- Complete a written assessment of how many participants can attend the outdoor space, garden or indoor venue whilst ensuring social distancing is maintained. • Advise members to have completed their pre-attendance self-assessment and are able to participate in the activity
- Advise members that all materials required in the session must be brought by themselves to the session and used individually e.g books or similar materials must not be shared.
- Any devices used to show a recording must be operated by one person and they should be wiped with appropriate anti-virus wipes before and after use.

Prior to the interest group meeting the group leader 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 for 21 days
- Remind members not to participate if they are experiencing Covid-19 symptoms
- Ensure the risk assessment of the activity is up to date