

Coronavirus (COVID-19) – Scotland Q&A

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General overview

In addition to the [five tier system](#) introduced by the Scottish First Minister, sportscotland has released further guidance around travel restrictions. The overall message is that you should avoid non-essential travel to other areas where possible, regardless of their level.

However, for exercise and sport, including competitions and training activity there are exemptions, as follows:

- You can travel freely for exercise within your own Local Authority area.
- Level 0, 1, or 2 areas – you should minimise unnecessary journeys between areas in different levels and avoid any unnecessary travel to places in Level 3 or Level 4 areas.
- Level 3 – you are permitted to travel around five miles outside of your own Local Authority area for **informal** exercise only (household rules apply) as long as you start and finish in the same place, but you should not go into a Level 4 area. You can take part in organised sport, activity or exercise in your local authority area only.
- Level 4 – you are permitted to travel around five miles outside of your own Local Authority area for **informal** exercise only (household rules apply) as long as you start and finish in the same place, but you should not go into a Level 4 area. You can take part in organised sport, activity or exercise in your local authority area only.

Anyone organising events for Under 18s can continue to do so across Levels 0-3. Under 18s can travel freely for exercise at Levels 0-3, but should not travel in or out of a Level 4 area. Parents/carers may drive and accompany U18's to their activity, but should not participate.

These restrictions mean that members in Level 3 areas will now not be allowed to travel outside of their local authority area for training and competitions. Likewise, those residing in Level 0 – 2 areas should not travel into Level 3 or Level 4 areas for training and competitions.

Competition and events

What competition restrictions are in place currently?

Under the five tier system and subject to the travel restrictions above, organised sport and training activity can continue to operate under our COVID protocols and procedures for Scotland detailed in our stakeholder toolkits, which must be strictly adhered to at all times. The situation continues to evolve regularly, with a weekly review of protection levels, so please keep updated with the latest restrictions that apply to your local authority.

Your support and vigilance is vital to safeguard the continued running of BD competition and training activity in Scotland. Members are advised to consult the BD website for the most up to date information, including BD guidance and protocols for each protection level, via the [news feed](#) and [COVID-19 Info Hub](#).

Can I compete in online competitions?

Remote or virtual training and competition activity using BD tests is permitted for authorised online providers only. There are currently four authorised online providers: [Dressage Anywhere](#), [E-Riders](#), [The Mane Show](#) and [Dressage Online](#). Prior approval must be obtained by all online providers in order to be granted permission to use BD tests. Criteria sheet and application forms are available on request from our Sport Operations Manager, Lou Jones.

What will happen with qualifications or partial qualification gained for Summer Regionals and Area Festivals?

Any combinations who have existing summer qualifications (full and part) will have those carried over into the winter season, which started on 1 July 2020. These will remain valid up until the end of the winter qualification period on 31 December 2020 and count towards qualification for the 2021 Winter Regionals or Winter Area Festivals.

We will continue to monitor the qualification data for the winter qualification period due to the lost competition opportunities during lockdowns – and, if required, any changes to our qualifying criteria will be communicated to those members affected.

What happens if I live, work, compete or train in a Level 3 or 4 area?

In the event of any increased protection level restrictions being implemented by the Scottish government or local authority, our general advice for all members is as follows:

- Members, organisers and officials who live in any of the areas with local travel restrictions should strictly adhere to all government regulations that are put in place.
- Where BD organised competition and training activity is permitted to continue, all COVID guidance and protocols must be implemented fully and followed correctly.
- Venues are required to conduct thorough risk assessments to mitigate risks and take all necessary precautions to ensure that activity is run in a COVID secure environment.

In addition, the following specific guidance applies to members in Scotland:

- Members over 18 residing in a Level 3 area should not book training or enter competitions outside their local authority area.
- All members residing in a Level 4 area should not book training or enter competitions outside their local authority area.
- Organisers in Level 0 – 2 areas should not accept bookings for training or competition entries from members who live within Level 3 or 4 areas.
- Organisers in Level 3 areas should not accept bookings for training or competition entries from members over 18 who reside in a different local authority to the venue.
- Organisers in Level 4 areas should only accept bookings for training or competitions entries from members who live in the same local authority area.
- Judges, stewards or officials who reside within a Level 3 or Level 4 area should only visit venues or clients for work purposes.
- Staff, contractors and suppliers should only travel to / from venues within Level 3 or Level 4 areas if deemed essential for work purposes and they are unable to work from home.

With many areas of the UK subject to different and rapidly changing restrictions, it is the responsibility of individual members to ensure that they check the latest situation in the area they are living in, or travelling to, to ensure that they are complying with all requirements.

Should I download the NHS Scotland test and protect app?

It's a matter of personal preference but a number of venues are displaying QR codes to check in on top of their own contact sheet recording. Read more on the [NHS Scotland test and protect](#) app.

Regional training and activity

What regional training can we access?

A full programme of training, including clinics and test riding, is available to those members residing in Level 0 – 2 areas, while flexi training remains in place across the region for all members to continue accessing BD coaches. Due to the ongoing travel restrictions, we are also running regional training sessions online, which are available for all members across Scotland to access.

Coaches

Can I continue to coach individual and group lessons?

Coaches can continue to work under the five tier system at present. [Sportscotland](#) have guidance in place but essentially coaches can work outdoors (to include covered arenas) with up to 30 people per session and sessions must not mix. There is no limit on numbers of sessions but must run with risk assessments, use of Test & Protect, hygiene measures and social distancing in place for the protection of all participants.

Organisers

Can I run online dressage competitions?

Remote or virtual training and competition activity using BD tests can continue in England, Scotland and Wales for authorised online providers. Please note that the affiliation agreement does not extend to online activity and all providers need to obtain permission separately to use BD tests in this format. A criteria sheet and application form is available on request from our Sport Operations Manager, [Lou Jones](#).

Helpful links

[GOV.scot – strategic framework](#)

[Gov.scot – local protection levels \(tiers\) by area](#)
[horsescotland advice](#)