



COVID-19 RESTRICTIONS IN SCOTLAND

TENNIS ACTIVITY BY LEVEL OF PROTECTION

KEY POINTS

- This grid outlines a summary of the baseline restrictions for each level of restrictions across Scotland and what that means for tennis activity – for some local areas, additional restrictions may be imposed that may further have a bearing on what tennis activity can take place
- **You can check the level your area is in on the [Scottish Government website](#)**
- The Scottish Government has announced a provisional timeline for the further easing of restrictions, with dates confirmed ahead of each move, and be based on data.
- This grid summarises the relevant aspects of the restrictions for tennis activity. Full details of the general restrictions for each level are [provided on the Scottish Government website](#). You can also refer to the [Scottish Government's strategic framework for protection levels](#)
- Where activity in this grid is listed as permitted, venues, coaches, players and officials should refer to the additional notes at the end of this document for any further clarification. These guidelines apply to both tennis and padel, and are operational as of now other than where future dates are specified
- The grid in this document reflects information for what will be permitted as we move down through the levels of protection in line with the Scottish Government's timetable for easing restrictions. As and when any additional detail is provided by the Scottish Government then this grid will be further updated to reflect that
- Tennis venues, coaches, officials and players should therefore be aware that the details provided in this grid may change as things develop. **You can also refer to the full republished Tennis Scotland/LTA guidance document for tennis venues, coaches and players in Scotland** which provides additional and supporting detail
- **[UPDATED]** This version of the grid includes updated information from the Scottish Government on spectating and supervision, with additional guidance on this included in the notes

SUMMARY GRIDS

Please see the following pages for our summary grid covering tennis activity by level for

- Outdoor Tennis
- Indoor Tennis
- Venue Bar / Café / Restaurant Guidelines
- Other Activity
- Additional Guidance Notes



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OUTDOOR TENNIS							
SUMMARY	TYPE OF ACTIVITY	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	
	SOCIAL PLAY	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles Social contact limits apply Doubles must maintain physical distancing 	<ul style="list-style-type: none"> Permitted Singles & Doubles Social contact limits apply Doubles must maintain physical distancing
	1:1 COACHING	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted
	GROUP COACHING / ORGANISED GROUP ACTIVITY	<ul style="list-style-type: none"> Permitted Max group size 500 - subject to field of play bubble limits 	<ul style="list-style-type: none"> Permitted Max group size 100 - subject to field of play bubble limits 	<ul style="list-style-type: none"> Permitted Max group size 50 - subject to field of play bubble limits 	<ul style="list-style-type: none"> Permitted Max 30 participants Limit includes coaches 	<ul style="list-style-type: none"> Permitted Max 30 for U12s Max 15 for adults/over12s Limits include coaches 	<ul style="list-style-type: none"> Permitted Max 30 for U12s Max 15 for adults/over12s Limits include coaches
	COMPETITIONS	<ul style="list-style-type: none"> Permitted No daily limit 	<ul style="list-style-type: none"> Permitted Daily limit of 1000 	<ul style="list-style-type: none"> Permitted Daily limit of 500 	<ul style="list-style-type: none"> Permitted Daily limit of 200 	<ul style="list-style-type: none"> Local competitions permitted 	<ul style="list-style-type: none"> Local competitions permitted
	CHANGING FACILITIES / TOILETS	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Toilets can be opened Changing rooms closed Floodlight access allowed
	SPECTATING & SUPERVISION	<ul style="list-style-type: none"> Spectating not allowed - see notes for exceptions Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating not allowed - see notes for exceptions Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating not allowed - see notes for exceptions Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating not allowed - see notes for exceptions Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating not allowed - see notes for exceptions Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating not allowed - see notes for exceptions Parent/guardian supervision permitted
	TRAVEL FOR OUTDOOR EXERCISE	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK [UPDATED] 	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK [UPDATED] 	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK [UPDATED] 	<ul style="list-style-type: none"> U18s - permitted Adults - permitted within local area only [UPDATED] 	<ul style="list-style-type: none"> U18s - permitted Adults - permitted within local area only 	<ul style="list-style-type: none"> U18s - permitted Adults - permitted within local area only
	SOCIALISING RULES BEFORE/AFTER PLAY	<ul style="list-style-type: none"> Max 15 people from 15 households (U12s do not count towards limits) 	<ul style="list-style-type: none"> Max 12 people from 12 households (U12s do not count towards limits) 	<ul style="list-style-type: none"> Max 8 people from 8 households (U12s do not count towards limits) 	<ul style="list-style-type: none"> Max 6 people from 6 households (U12s do not count towards limits) 	<ul style="list-style-type: none"> Max 4 adults from 2 households (12-17 max 4 with no household limit) 	<ul style="list-style-type: none"> Max 4 adults from 2 households (12-17 max 4 with no household limit)
PHYSICAL DISTANCING	<ul style="list-style-type: none"> Physical distancing to be maintained before and after play at all times across all levels 						



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INDOOR TENNIS						
TYPE OF ACTIVITY	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	
SUMMARY	SOCIAL PLAY	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles Doubles must maintain physical distancing 	<ul style="list-style-type: none"> Not permitted Indoor courts closed
	1:1 COACHING	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Not permitted Indoor courts closed
	GROUP COACHING / ORGANISED GROUP ACTIVITY	<ul style="list-style-type: none"> Permitted Subject to coaching limits & court ratios 	<ul style="list-style-type: none"> Permitted Subject to coaching limits & court ratios 	<ul style="list-style-type: none"> Permitted Subject to coaching limits & court ratios 	<ul style="list-style-type: none"> Not permitted for adults Permitted for U18s 	<ul style="list-style-type: none"> Not permitted Indoor courts closed
	COMPETITIONS	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Not permitted Indoor courts closed
	CHANGING FACILITIES / TOILETS	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Toilet & floodlight access permitted Changing rooms/showers closed
	SPECTATING & SUPERVISION	<ul style="list-style-type: none"> Spectating not allowed - see notes for exceptions Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating not allowed - see notes for exceptions Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating not allowed - see notes for exceptions Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating not allowed - see notes for exceptions Parent/guardian supervision permitted 	<ul style="list-style-type: none"> N/A
	TRAVEL FOR INDOOR EXERCISE	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK 	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK 	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK 	<ul style="list-style-type: none"> U18s - permitted Adults - permitted within local area only 	<ul style="list-style-type: none"> N/A
	SOCIALISING RULES BEFORE/AFTER PLAY	<ul style="list-style-type: none"> Max 10 people from 4 households (public place) 	<ul style="list-style-type: none"> Max 8 people from 3 households (public place) 	<ul style="list-style-type: none"> Max 6 people from 3 households (public place) 	<ul style="list-style-type: none"> Max 6 people from 2 households (public place) 	<ul style="list-style-type: none"> N/A
	PHYSICAL DISTANCING	<ul style="list-style-type: none"> Physical distancing to be maintained before and after play at all times across all levels 				

Note: An exemption is in place for professional / performance sport to allow activity to continue across all levels (see additional notes)



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SUMMARY	VENUE BAR / CAFÉ / RESTAURANT						
	TYPE OF ACTIVITY	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	
	INDOORS	<ul style="list-style-type: none"> Licensing times apply 	<ul style="list-style-type: none"> Can open until 23:00 Alcohol permitted 	<ul style="list-style-type: none"> Can open until 22:30 Alcohol permitted 	<ul style="list-style-type: none"> Can open until 20:00 No alcohol 	<ul style="list-style-type: none"> Closed 	
	OUTDOORS	<ul style="list-style-type: none"> Licensing times apply 	<ul style="list-style-type: none"> Licensing times apply Alcohol permitted 	<ul style="list-style-type: none"> Licensing times apply Alcohol permitted 	<ul style="list-style-type: none"> Licensing times apply Alcohol permitted 	<ul style="list-style-type: none"> Closed 	
	GROUP SIZE LIMITS	<ul style="list-style-type: none"> Relevant indoor and outdoor social contact limits apply across all levels 					
	TAKEAWAYS	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted

SUMMARY	OTHER ACTIVITY					
	TYPE OF ACTIVITY	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
COACH EDUCATION	<ul style="list-style-type: none"> Permitted Max of 12 learners per court (excl. Tutor) Repeat hygiene protocols at beginning and end of every unit of learning Avoid socialising during breaks 	<ul style="list-style-type: none"> Permitted Max of 12 learners per court (excl. Tutor) Repeat hygiene protocols at beginning and end of every unit of learning Avoid socialising during breaks 	<ul style="list-style-type: none"> Permitted Max of 12 learners per court (excl. Tutor) Repeat hygiene protocols at beginning and end of every unit of learning Avoid socialising during breaks 	<ul style="list-style-type: none"> Permitted Max of 12 learners per court (excl. Tutor) Repeat hygiene protocols at beginning and end of every unit of learning Avoid socialising during breaks 	<ul style="list-style-type: none"> Permitted Max of 12 learners per court (excl. Tutor) Repeat hygiene protocols at beginning and end of every unit of learning Avoid socialising during breaks 	<ul style="list-style-type: none"> Not permitted Indoor courts closed



ADDITIONAL GUIDANCE NOTES

SOCIAL PLAY / GROUP ACTIVITY / COMPETITIONS

- Outdoor
 - Singles and doubles social play for adults and children is permitted at all levels in line with indoor and outdoor social contact group limits. Players at level 3-4 should maintain physical distancing where they are not from the same household or extended household.
 - Coaches can run organised outdoor group activity and training sessions for adults and children in line with the 'field of play bubble' limits above.
 - Competition for both adults and children (including inter club competition) is permitted, and subject to daily competition size limits as per the levels above.
- Indoor
 - Singles and doubles social play for adults and children is permitted at levels 0-3. Players should maintain physical distancing at level 3 where they are not from the same household or extended household.
 - Coaches can run organised indoor group activity and training sessions for adults at level 0-2 and children at level 0-3, with the total number of participants allowed to take part following [Scottish Government guidance on the opening of sport and leisure facilities](#), and court limits.
 - Competition for both adults and children (including inter club competition) is permitted, and subject to safe occupancy levels based on [Scottish Government guidance on the opening of sport and leisure facilities](#).
- Where there are multiple bubbles operating at the same venue these must be risk assessed to ensure there can be no mixing of participants before, during or after the activity. Specific mitigations could include staggered start times, limiting car parking or controlling access / egress points.
- The number of coaches supporting an activity for children and young people under 18 years of age should be risk assessed and kept to a minimum, whilst maintaining appropriate coach/child ratios

PERFORMANCE SPORT

- Tennis has [Resumption of Performance Sport](#) guidance in place and approved by Scottish Government / **sportscotland**, and so is permitted at all Levels irrespective of the restrictions in place for recreational activity

SPECTATING & SUPERVISION [UPDATED]

- Spectators are not permitted unless:
 - where supervising a child and/or vulnerable person or
 - where a competition or event is organised and takes place at premises whose entrances and exits are controlled for the purpose of crowd and capacity management in line with Scottish Government ([COVID-19: events sector guidance](#) and [COVID-19: calculating physical distancing capacity in public settings](#)).
- It is recognised that it may not always be possible to prevent people from spectating [at a competition or event] in a public space such as a park. In such circumstances, the organisers are required to consider mitigating measures as part of their risk assessment/management plan with an emphasis on discouraging, where possible, informal spectating. Any such measures should be clearly communicated by the organiser prior to the competition or event which may include, amongst other things, the displaying of notices around the venue to remind club members and the general public to follow Scottish Government guidance.

- For clarity, where informal spectating does take place organisers are not expected to enforce government guidance on members of the public in places not under their control

TOILETS, CHANGING & SHOWER ROOMS

- For Level 0-3, use of changing rooms and showering facilities can be used but should still be avoided where possible, although these should be made available for participants who require support such as those with a disability. At Level 4, changing rooms should be closed. Facilities should use specific guidance relating to use of 'Changing and Showers' available at [Getting Your Facilities Fit for Sport](#). This is applicable at all levels where facilities remain open
- Venues may open public toilets across all levels if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#)
- Access to toilets and to floodlights is permitted, but must be risk assessed and appropriate mitigating actions put in place to minimise risk

HOSPITALITY & RETAIL

- The grid above had been updated to reflect restrictions on opening hours for hospitality and catering
- Where provision of catering and bar services is permitted, clubhouses and sports facilities should adhere to Scottish Government guidance appropriate to the protection level in which they are operating. Further information is available at [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#)
- Where retail units operated by sports facility operators can reopen, Scottish Government guidance for retailers appropriate to the protection level in which they are operating should be adhered to. Further information from the Scottish Government is available at [Retail Sector Guidance](#)

WORKFORCE

- Sports facility operators must ensure that Scottish Government guidance on [workforce planning in sport & leisure facilities](#) is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment
- Consider whether meetings and training must be completed in person or whether alternative approaches can be used. If it is essential that meetings and training takes place in person, [Scottish Government guidance for general workplaces](#) must be followed and a risk assessment should be completed

TRAVEL [UPDATED]

- **Adults in Level 3 or Level 4 areas:**
 - Should only travel locally (within their local government area) to take part in tennis activity
 - They must not enter Levels 0-2 or any other Level 3 or Level 4 area unless for a permitted reason.
- **Adults in Level 0-2 areas:**
 - Can travel to and from a Level 0, 1 and 2 area to take part in tennis activity, including training and competition
 - They should not travel to a Level 3 or 4 area
 - Can travel to other areas of the UK
- **Participants aged 17 years or under from any level**
 - Can travel to and from any level (including Level 3 and Level 4 areas) to take part in tennis activity, including, training, and competition
 - Can travel to other areas of the UK

- Where travel to and from other areas of the UK is permitted, you should check the local rules of the destination before you travel
- 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](#).

TRAVEL SUMMARY

- Organised sport and physical activity:

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	✓
18+ (Adults)	✓	✓	✓	Local Travel Only	Local Travel Only