

# PROTECTION LEVELS OVERVIEW

	Level 0 - 2	Level 3	Level 4
Travel to and from activity	<p>Minimise all travel for triathlon activity and stay local where possible</p> <p>Avoid all non-essential travel to a Level 3 or 4 Local Authority area</p> <p>Under 18s may travel to a Level 0 - 3 (but not Level 4) area to take part in triathlon activity</p> <p>Coaches can continue to travel across areas to coach (both paid and voluntary)</p>	<p>Minimise all travel for triathlon activity and stay local where possible</p> <p>Avoid all non-essential travel to another Local Authority area</p> <p>Under 18s may travel to a Level 0 - 3 (but not Level 4) area to take part in triathlon activity</p> <p>Adults 18 and over may travel within approximately 5 miles of Local Authority area boundary for triathlon activity (not to Level 4 areas)</p> <p>Coaches can continue to travel across areas to coach (both paid and voluntary)</p>	<p>Minimise all travel for triathlon activity and stay local where possible</p> <p>Travel is only permitted within your Local Authority area. No travel to other areas allowed</p> <p>Coaches can continue to travel across areas to coach (both paid and voluntary)</p>
Travel during activity	<p>You may enter and leave other areas (any level) during the course of activity (i.e. circular cycle route)</p> <p>You should not stop in any Level 3 or 4 Local Authority area</p>	<p>You may enter and leave other areas (any level) during the course of activity (i.e. circular cycle route)</p> <p>You should not stop in any other Local Authority area</p>	<p>You may enter and leave other areas (any level) during the course of activity (i.e. circular cycle route)</p> <p>You should not stop in any other Local Authority area</p>
Individual Activity	<p><b>Level 0:</b> Max 15 people from 5 households outdoors. Max 8 people from 3 households indoors</p> <p><b>Level 1 &amp; 2:</b> Max 6 people from 2 households indoors and outdoors</p>	<p>Max 6 people from 2 households indoors and outdoors</p>	<p>Max 6 people from 2 households outdoors only</p>

<p>Organised Group Activity (outdoors)</p>	<p>Permitted for adults and Under 18s in line with Triathlon Scotland guidance</p> <p>Field of play bubbles are permitted, suspending physical distancing for the duration of activity</p> <p>Normal physical distancing and household rules apply before and after activity</p>	<p>Permitted for adults and Under 18s in line with Triathlon Scotland guidance</p> <p><b><u>Under 18s:</u></b> Field of play bubbles are permitted, suspending physical distancing for the duration of activity</p> <p><b><u>Adults:</u></b> Physical distancing required during activity</p> <p>Normal physical distancing and household rules apply before and after activity</p>	<p>Permitted for adults and Under 18s in line with Triathlon Scotland guidance</p> <p>Physical distancing required before, during and after activity for all ages</p> <p>Normal physical distancing and household rules apply before and after activity</p>
<p>Organised Group Activity (indoors)</p>	<p>Permitted for adults and Under 18s in line with Triathlon Scotland and facility operator guidance</p> <p><b><u>Under 18s:</u></b> Field of play bubbles are permitted, suspending physical distancing for the duration of activity</p> <p><b><u>Adults:</u></b> Physical distancing required during activity</p> <p>Normal physical distancing and household rules apply before and after activity</p>	<p>Permitted for <b><u>Under 18s only</u></b> in line with Triathlon Scotland and facility operator guidance</p> <p><b><u>Under 18s:</u></b> Field of play bubbles are permitted, suspending physical distancing for the duration of activity</p> <p><b><u>Adults:</u></b> No organised group activity indoors. Individual activity only</p> <p>Normal physical distancing and household rules apply before and after activity</p>	<p>Not permitted (indoor sports facilities closed)</p>
<p>Events &amp; Competitions</p>	<p>Maximum of 200 people per day (including participants, organisers, officials, volunteers / marshals and suppliers), with participants managed in separate groups of up to 30</p> <p>Events and competitions to be delivered in line with existing guidance</p>		