



Getting Your Facilities Fit For Sport



Getting Your Facilities Fit For Sport - Resources



Getting Your Facilities Fit For Sport - Sports Courts & Pitches

# GETTING YOUR FACILITIES FIT FOR SPORT

## PLAN

1

Considerations to ensure you are prepared for the opening of your facility.

## PREPARE

2

Actions to prepare your facility prior to any sport or physical activity

## PROTECT

3

Actions to protect the safety of participants while your facility is open

## REVIEW

4

Review and update your plans regularly once your facility is open and operating

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# PLAN

Considerations to ensure you are prepared for the opening of your facility

## RESPONSIBILITIES OF MANAGEMENT

- Reviewing and update existing operating policies and risk assessments
- Re-connecting with your network
- Current and future requirements
- Update re-instatement plan

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# PLAN

- Reviewing physical distancing requirements
- Programming of your facilities
- Reviewing how you record participant attendance
- Inclusion

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# PREPARE

A blue-tinted background image showing two cyclists on a track. One cyclist is in the foreground, leaning forward in a racing position. Another cyclist is visible behind them. The track has a metal railing in the background.

Actions to prepare your facility prior to any sport or physical activity

- **Facility Essentials** – establishing existing condition of facility
- **Physical Distancing** – adapting your facility to meet physical distancing requirements.
- **Hygiene, Health and Safety** – Providing the essentials to ensure the facility is safe and hygienic
- **Cleaning** – ensuring the facility meets new cleaning standards and expectations
- **Inform** – communicating with members and users reinforcement of standards that is expected

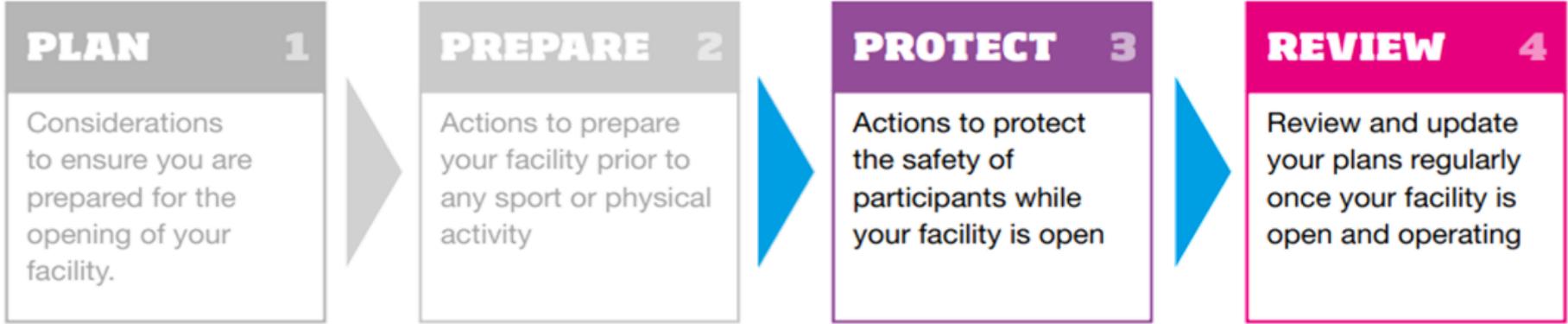
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# PREPARE

A blue-tinted photograph of two cyclists on a track, positioned behind a metal railing. The cyclist on the right is in a more aggressive, forward-leaning racing posture, while the one on the left is slightly more upright. The background is a plain, light-colored wall.

- **Review ventilation systems** – natural or mechanical
- **Clearly identify areas of the facility that are open or restricted**
- **Manage physical distancing and overcrowding** – minimise dwell times , staggering start and finish times to maximise flow of people
- **Managing activity in the building**

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# PROTECT

Actions to protect the safety of participants while the facility is open

- **Maintain record of users**
- **Cleaning plan**
- **Hygiene measures**
- **Physical distancing measures**
- **Communication with your participants**

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# REVIEW



Review and update your plans regularly once your facility is open and operating

- Operating policies
- Risk assessments
- SGB Sport plans in line with easing of lockdown
- Long term club planning beyond Covid-19

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# Frequently Asked Questions

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**FAQ**

**Can you access toilets and  
changing rooms at your  
facility?**

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# FAQ – Response

We are currently operating under lockdown restrictions (level 4) and you should only allow access to your facilities in whole or in part, if Scottish Government have given clubs and organisations permission to do so.

When this has been confirmed by Scottish government, more information regarding the opening of publicly accessible toilets\* (\*a public toilet is regarded as any toilet out with a private domestic setting) can be found on the Scottish Government website -<https://www.gov.scot/publications/coronavirus-covid-19-public-and-customer-toilets-guidance/>

Before opening up your toilets you must be confident that you can meet the requirements set out by Scottish Government. You will also have to carry out all the standard building services checks as you would, if you were opening the full facility.

All toilets have to be safe and physical distancing, cleaning and hand hygiene measures need to be in place. Risk assessments must be completed, clear communication with all users on how to access the toilets is essential to ensure compliance with the Scottish Government guidelines.

For information on what you need to consider before opening changing rooms and shower areas, please consult Getting your facilities fit for sport guidance and Getting your facility fit fo sport operational guidance for changing rooms

You should also consider checking with your insurers that they are happy for you to open part of your facility for this reason

Examples of cleaning plans and schedules and other useful resources can be found on **sportscotland's** 'Getting your facility fit for sport' resource page.

# Operational Guides

GETTING YOUR FACILITIES  
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**OPERATIONAL  
GUIDE  
GYMS**

GETTING YOUR FACILITIES  
FIT FOR SPORT  
**OPERATIONAL  
GUIDE  
ICE RINKS**

GETTING YOUR FACILITIES  
FIT FOR SPORT  
**OPERATIONAL  
GUIDE  
SPORT  
HALLS**

GETTING YOUR FACILITIES  
FIT FOR SPORT  
**OPERATIONAL  
GUIDE  
SPORT  
COURTS AND  
PITCHES**

GETTING YOUR FACILITIES  
FIT FOR SPORT  
**OPERATIONAL  
GUIDE  
SWIMMING  
POOLS**

GETTING YOUR FACILITIES  
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**OPERATIONAL  
GUIDE  
CHANGING  
ROOMS**

# FAQ

**Will there be access to other indoor facilities?**

**When can catering services resume?**

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# FAQ – Response

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When this has been confirmed by Scottish Government, more information regarding how you open up your sports facilities can be found on **sportscotland**'s 'Getting your facility fit for sport' guidance page.

For Local Authority operated facilities, clubs and participants should be aware that the easing of restrictions does not mean that all facilities will open immediately.

Owners and operators will require time to consider all the implications of opening facilities, putting plans in place to re-engage staff and setting up operations that ensure the safety of participants, staff and volunteers.

This is a difficult time for everyone so please emphasise the importance of patience.

Examples of risk assessments, cleaning plans, schedules and other useful resources can be found on **sportscotland**'s 'Getting your facility fit for sport' resource page. Further information on how you bring your changing room/locker rooms or other activity areas into operation can be found in **sportscotland**'s operational guides.

# FAQ – Response

“Getting your facility fit for sport” is focused on the sporting aspects of your facility. If you have hospitality or catering services within your facility you should refer to the specific guidance provided by Scottish Government in relation to the hospitality sector.

Specific information on hospitality and bar facilities can be found on Scottish government website

<https://www.gov.scot/publications/coronavirus-covid-19-tourism-and-hospitality-sector-guidance/>

If your facility is used for a variety of activities, you should consult the guidance which covers that sector/activity.

**FAQ**

**Is there advice on how to  
test water supply?**

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# FAQ – Response

For more information on legionnaire testing please, go to <https://www.hse.gov.uk/legionnaires/>

**FAQ**

A blue-tinted photograph of two cyclists in aerodynamic gear riding on a track. They are positioned on either side of the central text, with a metal barrier in the background.

**Should you use fogging machines as a way to disinfect surfaces?**

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# FAQ – Response

Fog cleaning should not replace the requirement to perform a deep clean of a facility. Fog cleaning techniques are most effective in addition to and after a thorough deep clean has been carried out.

Deep clean your facility before it opens, getting it back to its normal operating standard.

Given the difficulties in identifying symptomatic individuals (and the possibility of asymptomatic carriers), we advise that all sports facilities are deep cleaned in line with the guidance for suspected cases. Particular attention should be given to critical areas such as changing rooms, showers, toilets, lifts, activity areas, essential equipment, and touch points.

This should be in line with the following advice from Health Protection Scotland:

“Once a possible case has left the premises, the immediate area occupied by the individual, e.g. desk space, should be cleaned with detergent and disinfectant. This should include any potentially contaminated high contact areas such as door handles, telephones and grab-rails. Once this process has been completed, the area can be put back into use. Any public areas where a symptomatic individual has only passed through (spent minimal time in), e.g. corridors, and which are not visibly contaminated with any body fluids, do not need to be further decontaminated beyond routine cleaning processes.

Environmental cleaning and disinfection should be undertaken using disposable cloths and mop heads using standard household detergent and disinfectant that are active against viruses and bacteria. All cloths and mop heads used must be disposed of and should be put into waste bags.”

# Resources and Guidance

## Scottish Government

[gov.scot/publications/coronavirus-covid-19-guidance-on-sport-and-leisure-facilities](https://www.gov.scot/publications/coronavirus-covid-19-guidance-on-sport-and-leisure-facilities)

## sportscotland

[sportscotland.org.uk/covid-19](https://sportscotland.org.uk/covid-19)

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# Resources

## Getting your facilities fit for sport - resources

We want to provide support to owners and operators of sports facilities to help them plan and prepare for when sport can resume. We have therefore developed a guidance document [Getting your Facilities Fit for Sport](#), and the following downloadable resources:

### Plan

- [Risk assessment template](#) 
- [Completed sample risk assessment](#) 
- [Risk assessment template](#) 

### Prepare

- [Example building checklist](#) 
- [Example hygiene and cleaning plan](#) 

### Protect

- [Example cleaning schedule](#) 
- [Example attendance record](#) 
- [Example stock list of hygiene and PPE](#) 

A blue-tinted photograph of two cyclists in aerodynamic gear riding on a track. They are positioned on either side of the central text. The background shows a metal safety barrier and a blurred track surface.

# Questions?

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