

This is intended as a guide to show what is allowed at the various steps and is subject to change dependant on Scottish Government advice/legislation.

| | ENHANCED LEVEL 4 RESTRICTIONS/LOCKDOWN <i>current</i> | STEP 1 (described as a move to a modified Level 3) from 26th April 2021* | STEP 2 (described as a move to Level 2) from 17th May 2021* | STEP 3 (described as a move to Level 1) from 7th June 2021* | STEP 4 (described as a move to Level 0) from 28th June 2021* | |
|--|---|--|--|--|--|--|
| CLUBS & PLAYERS Full Guidance: Section 3 & 4 | No squash permitted. Leisure centres, gyms and other indoor sports facilities closed. | For Children (U18): All squash activity permitted. | For Children (U18): All squash activity permitted. | For Children (U18): All squash activity permitted. | For Children & Adults: All squash activity permitted. | |
| COACHING Full Guidance: Section 5 | | For Adults (18+): No adult indoor contact sport. Solo/household squash permitted. | For Adults (18+): No adult indoor contact sport. Solo/household squash permitted. | For Adults (18+): No adult indoor contact sport. Solo/household squash permitted. | For Adults (18+): No adult indoor contact sport. Solo/household squash permitted. | Some restrictions around physical distancing/face coverings in public areas etc. may apply |
| COMPETITIONS Full Guidance: Section 6 | | For Children (U18): All squash coaching activity permitted. | For Children (U18): All squash coaching activity permitted. | For Children (U18): All squash coaching activity permitted. | For Children (U18): All squash coaching activity permitted. | For Children & Adults: All squash coaching activity permitted. |
| | | For Adults (18+): No adult indoor contact sport. Solo/household squash coaching permitted. | For Adults (18+): No adult indoor contact sport. Solo/household squash coaching permitted. | For Adults (18+): No adult indoor contact sport. Solo/household squash coaching permitted. | Some restrictions around physical distancing/face coverings in public areas etc. may apply | |
| | | For Children (U18): All squash coaching activity permitted. | For Children (U18): All squash coaching activity permitted. | For Children (U18): All squash coaching activity permitted. | For Children & Adults: All squash coaching activity permitted. | |
| | | For Adults (18+): No adult indoor contact sport. Solo/household squash coaching permitted. | For Adults (18+): No adult indoor contact sport. Solo/household squash coaching permitted. | For Adults (18+): No adult indoor contact sport. Solo/household squash coaching permitted. | Some restrictions around physical distancing/face coverings in public areas etc. may apply | |
| | | For Children (U18): Squash competitions permitted. (restrictions on numbers). | For Children (U18): Squash competitions permitted. (restrictions on numbers). | For Children (U18): Squash competitions permitted. (restrictions on numbers). | For Children & Adults: Squash competitions permitted (possible restrictions on numbers). | |
| | | For Adults (18+): Squash competitions not permitted. | For Adults (18+): Squash competitions not permitted. | For Adults (18+): Squash competitions not permitted. | Some restrictions around physical distancing/face coverings in public areas etc. may apply | |

A full copy of the 'Covid-19 Guidance for Squash Clubs, Players, Coaches & Competitions in Scotland' is available on our [website](https://www.scottishsquash.org/covid-guidance) and via the link below: www.scottishsquash.org/covid-guidance

*Indicative dates are conditional on supportive data, and are subject to change by The Scottish Government.