

RSCDS Return to Dancing Guidance

Good news! In line with the Scottish Government announcement in May 2021, we have been advised that outdoor Scottish country dancing in Scotland can restart, providing all activity is consistent with current Scottish Government guidance.

To assist Branches, teachers, and dancers we hope that the following information will be helpful in the lead up to a safe return to the dance floor.

Branches, Teachers and Dancers outside Scotland:

The Society has Branches all over the world, and even [England](#) has different restrictions to Scotland. This makes it very difficult for the Society to give a "one plan fits all" statement. We hope some of the more general and common-sense guidance listed below will prove useful, however, the key message remains to check your own national, regional or local government guidance on COVID-19.

[sportscotland](#)

As the national governing body for Scottish country dancing, the RSCDS receives regular updates on [Return to sport and physical activity guidance](#) from our personal contact at [sportscotland](#).

Scottish Government's [strategic framework document \(version: April 2021\)](#) for managing COVID-19 provides a 0-4 Level approach to restrictions within each local authority depending upon its COVID-19 status.

Scottish Branches and dancers should keep up to date with their local area protection level, and associated restrictions, especially as these may change within a short timescale.

Broad guidance for sporting activity allowed within each Level is set out in the tables below. Scottish country dancing is permitted as an 'organised contact sport', with no requirement for the 2-metre rule outdoors at Levels 0, 1 and 2. Indoor dancing will only be allowed at Level 0.

(Further information on protection levels that apply in each local authority area are available at [Coronavirus \(COVID-19\): allocation of protection levels](#). A local post code checker is also available at [COVID restrictions by protection level in areas of Scotland](#).)

| OUTDOOR SPORT | Level 0 | Level 1 | Level 2 | Level 3 | Level 4 |
|---|---|---|---|---|---|
| Organised outdoor sport, competition, events and Physical Activity (PA) | <i>Maximum bubble size: 500</i> <i>Total Daily Limit: None</i> | <i>Maximum bubble size: 100</i> <i>Total Daily Limit: 1000</i> | <i>Maximum bubble size: 50</i> <i>Total Daily Limit: 500</i> | <i>Maximum bubble size: 30</i> <i>Total Daily Limit: 200</i> | <i>Local training/competition only.</i> <i>U12s: max 30 including coaches.</i> |

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| | | | | | <i>Over 12s/adults max 15 including coaches.</i> |
| Children and Young People (under 18 yrs) | Contact & non-contact sport & PA permitted | U12s: Contact sport & PA permitted 12-17 years: Non-contact sport & PA permitted. |
| Adults (18+ yrs) | Contact & non-contact sport & PA permitted | Contact & non-contact sport & PA permitted | Contact & non-contact sport & PA permitted | Non-contact sport & PA permitted Contact sport & PA prohibited | Non-contact sport & PA permitted Contact sport & PA prohibited |

| INDOOR SPORT | Level 0 | Level 1 | Level 2 | Level 3 | Level 4 |
|--|---|---|---|---|---|
| Organised indoor sport, competition, events and Physical Activity (PA) | <p><i>The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of sport and leisure facilities.</i></p> <p>‘Group’ activity refers to adults, who take part in organised sport or physical activity, where the number of participants is larger than allowed under normal household rules.</p> | | | | |
| Children and Young People (under 18 yrs) | Contact & non-contact sport & PA permitted | Contact & non-contact sport & PA permitted | Contact & non-contact sport & PA permitted | Contact & non-contact sport & PA permitted | U12s: Contact sport & PA permitted 12-17 years: Non-contact sport & PA permitted. |
| Adults (18+ yrs) | Contact & non-contact sport & PA permitted | Non-contact sport & PA permitted Contact sport & PA prohibited | Non-contact sport & PA permitted Contact sport & PA prohibited | Indoor individual exercise only No contact or non-contact group activity | Indoor sport & PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed. |

sportscotland **Guidance for Scottish Branches**

- Prior to any dancing it is the responsibility of each Branch Committee to appoint responsible person/s, referred to as the [COVID Officer](#), to act as the point of contact on all things related to the COVID-19 regulations. The Branch COVID Officer should complete the [e-learning module for COVID Officers](#) which has been created by Sport

Scotland to support those undertaking the role. The Branch COVID Officer must also ensure that full [risk assessments](#) are in place before any dancing activity takes place.

- Branches must check with their insurance company that valid insurance cover is in place.
- Branches must check with their venues for specific regulations on procedures and the numbers they can accommodate. This information, which may include ventilation and hygiene requirements, should be shared with teachers and musicians.
- It is important for Branches to ensure that they have up to date contact details for all members. The COVID regulations can change at short notice which might mean the cancellation of a class or dance. The COVID Officer should put in place clear procedures for making quick contact with teachers and dancers in an evolving situation.
- Additionally, at every class and event, dancers must sign an attendance register for [contact tracing](#) purposes.

Some further thoughts for Branch Committees, teachers and dancers

Many teachers and dancers will be looking forward to returning to the dance floor and it is up to each individual to decide when it is right for them to return safely, in line with their local/ national regulations.

Dancers might also give thought to taking personal responsibility for their return to normal fitness prior to attending classes or a dance. There are lots of RSCDS [online classes](#) available to view for warm up inspiration!

Teachers might consider a gradual build up to dancing in the first few classes, including additional warm up activities, and perhaps fewer dances interspersed with some social time.

Those organising Branch classes and dances might suggest to dancers that they bring their own hand sanitiser, water and refreshments. Where hot drinks are to be provided bringing their own mug might be advisable.

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