

### Information for Club Members skiing independently of the club

Please be aware of your local area protection level and associated restrictions which may be in place, and should consider this when planning outdoor activity.

**The Club urges everyone heading out to enjoy the outdoors to be mindful of how their individual actions reflect on the whole outdoor community and to be aware of the concerns that rural and remote communities may have about the risk of transmission from areas where the virus is more prevalent. We ask individuals to take a sensible approach to their activities, use your judgement to manage the risks, and to consider the social responsibility we all have to each other, to protecting our emergency services and to minimise the transmission of COVID-19.**

### Travel and transport

- Travel guidance provided by the Scottish Government should always be followed.
- Please note that “organised” club outdoor activities in level 3 and 4 areas can only take place within your local authority area.
- You should not travel into tier 3 or 4 areas if you are coming from a tier 0,1 or 2 area. Travel through tier 3 and 4 is allowed as long as your journey starts and ends outside them in a tier 0,1 or 2 area.

### Travel Summary

#### For Organised sport & physical activity

Age group	Tiers 0, 1 & 2	Tier 3	Tier 4
Under 18s	✓	✓	Local Travel Only ie. Aberdeenshire only
18+	✓ See note 1	Local Travel Only ie. Aberdeenshire only	Local Travel Only ie. Aberdeenshire only

#### For Informal Activity

Age group	Tiers 0, 1 & 2	Tier 3	Tier 4
Under 18s	✓	✓	Local Travel Only see <b>note 1</b> ie. Aberdeenshire only
18+	✓ See note 1	Local Travel Only – see <b>note 2</b> ie. Aberdeenshire only	Local Travel Only – see <b>note 1</b> ie. Aberdeenshire only

1. **Please note Adults from tiers 0, 1, 2 can travel between & in tiers 0,1 &2; people in those areas should not travel to Tier 3 or Tier 4 areas (even for organised sport).**
2. *should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, cycling or running that starts and finishes at the same place – in effect this rule says stay in your local area but does allow you to go across a boundary during your personal exercise.*

## Informal Activity

- For club members wishing to meet each other in an informal way outdoors (i.e. not as a club meet), general household rules should be followed according to the local measures level in place in their area – check this on the [Scottish Government website](#).
- As the table above shows, if you live in tier 3 or 4 areas, you can travel out-with your local area (up to 5 miles) to take part in informal exercise.
- **All individuals are reminded Test and Protect** is important for all activities to assist NHS Scotland with contact tracing in the event of a virus outbreak, so be aware of who you meet and so on.
- Please use trails or paths responsibly & give space to other users. Respect other users and the environment you are in.