



### **SSF Covid-19 Statement – Surf Schools / Clubs (Phase 2)**

Following the First Minister's statement on the 18th of June 2020, if you intend on resuming any kind of organised surfing activity, coaching or instructing in Scotland from the 19<sup>th</sup> of June 2020 the most important updates from the Scottish Government regarding these types of activities are as follows:

1. You can still only travel 5 miles for exercise, so you should not be taking bookings from anyone further afield
2. Coaches should not deliver training to more than 2 households at any one time or provide coaching to more than 2 households per day
3. A coach can only coach a max of 7 people per day
4. Wetsuits will have to be washed and quarantined for 72hrs after each use
5. Facilities to remain closed

**Full guidance is available on [www.thessf.com](http://www.thessf.com) and should be followed by all surf schools and clubs**

Further information on the Scottish Government's approach to managing covid-19 is available at [www.gov.scot/coronavirus-covid-19](http://www.gov.scot/coronavirus-covid-19)

**IMPORTANT:** Do not leave your home to undertake exercise or outdoor activity if Scottish Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19. People who are shielding are permitted to undertake activities providing strict physical distancing is adhered to, however the SSF strongly advise that people who are shielding should not go surfing. People who are symptomatic should self-isolate for 7 days; household members for 14 days as per info on NHS guidance. No one who is self-isolating should be surfing.