

A maximum of 2 people from 2 separate households can meet outdoors for sport or exercise. Children under the age of 12 from these households do not count towards this number.

The members of an individual household or extended household can meet outdoors for sport or exercise. Please ensure you know the rules concerning extended households.

You can travel for local outdoor sport or exercise such as meeting another person, walking, cycling, golf or running that starts and finishes at the same place (which can be up to 5 miles from the boundary of your local authority area), as long as you abide by the rules on meeting other households.

Outdoor non-contact sports such as golf and tennis are permitted for all age groups provided this is within a single household group, or the group contains no more than 2 people from 2 different households. Children under the age of 12 from these households do not count towards this number.

Organised sport and exercise can only take place within a single household group, or a group containing no more than 2 people from 2 different households. Children under the age of 12 from these households do not count towards this number.

Organised sport and exercise for under-12s can continue in line with workplace and socialising guidance, and sport-specific guidance agreed between the Scottish Governing Body of Sport and sportscotland. Sports providers must ensure they operate in line with the relevant guidance: