

Protection Levels



	Level 4	Level 3	Level 2	Level 1	Level 0
Indoor socialising	<p>Maximum 4 people from up to 2 households may socialise indoors in a public place*</p> <p>No in-house socialising</p>	<p>Maximum 6 people from up to 2 households may socialise indoors in a public place*</p> <p>No in-house socialising</p>	<p>Maximum 6 people from up to 3 households may socialise indoors in a public place*</p> <p>Maximum of 4 people from up to 2 households may socialise in a private dwelling</p>	<p>Maximum 8 people from up to 3 households may socialise indoors in a public place*</p> <p>Maximum of 6 people from up to 3 households may socialise in a private dwelling</p>	<p>Maximum 10 people from up to 4 households may socialise indoors in a public place*</p> <p>Maximum of 8 people from up to 4 households may socialise in a private dwelling</p>
Outdoor socialising	<p>Maximum 4 people from up to 2 households</p> <p>12-17 year olds: Maximum 4 with no household limit</p> <p>Under 12s do not count towards restricted numbers or households outdoors</p>	<p>Maximum of 6 people from up to 6 households**</p> <p>Under 12s do not count towards restricted numbers or households outdoors</p>	<p>Maximum of 8 people from up to 8 households</p> <p>Under 12s do not count towards restricted numbers or households outdoors</p>	<p>Maximum of 12 people from up to 12 households</p> <p>Under 12s do not count towards restricted numbers or households outdoors</p>	<p>Maximum of 15 people from up to 15 households</p> <p>Under 12s do not count towards restricted numbers or households outdoors</p>

* Under 12s do not count towards the total number of people but do count towards the number of households.

** To be introduced from 16 April.

Note: Capacity in all settings will be subject to relevant physical distancing requirements.

Note: All restrictions will be kept under review in the event of new information, such as a new variant of concern, to ensure that they remain proportionate and necessary to support the ongoing public health response.

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Travel	STAY LOCAL - in your local authority area unless travelling for a permitted reason* **	Unrestricted travel to all Level 3 areas; must not enter Levels 0-2 or Level 4 area unless for a permitted reason* **	Unrestricted travel to all Levels 0-2 areas; must not enter a Level 3 or 4 area unless for a permitted reason* **	Unrestricted travel to all Levels 0-2 areas; must not enter a Level 3 or 4 area unless for a permitted reason* **	Unrestricted travel to all Levels 0-2 areas; must not enter a Level 3 or 4 area unless for a permitted reason* **
Transport	<p>Active travel (walk, run, cycle, wheel) where possible</p> <p>Avoid car sharing with people outside extended household wherever possible</p> <p>Face coverings compulsory on public transport</p> <p>No use of public transport, except for essential purposes</p>	<p>Active travel (walk, run, cycle, wheel) where possible</p> <p>Avoid car sharing with people outside extended household wherever possible</p> <p>Face coverings compulsory on public transport</p> <p>Due to limited capacity if using public transport plan ahead</p>	<p>Active travel (walk, run, cycle, wheel) where possible</p> <p>Avoid car sharing with people outside extended household wherever possible</p> <p>Face coverings compulsory on public transport</p>	<p>Active travel (walk, run, cycle, wheel) where possible</p> <p>Avoid car sharing with people outside extended household wherever possible</p> <p>Face coverings compulsory on public transport</p>	<p>Active travel (walk, run, cycle, wheel) where possible</p> <p>Avoid car sharing with people outside extended household wherever possible</p> <p>Face coverings compulsory on public transport</p>

* Check the [latest guidance](#) for permitted reasons for travel.

** Different rules apply for international travel and travel between Scotland and other parts of the Common Travel Area (England, Northern Ireland, Wales, Republic of Ireland, Jersey, Guernsey, Isle of Man). Check the [latest guidance](#) if you are considering travelling.

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Childcare	Nurseries, childminders and regulated school age childcare providers open Only essential informal childcare (family and friends) permitted	Nurseries, childminders and regulated school age childcare providers open Informal childcare (family and friends) permitted	Nurseries, childminders and regulated school age childcare providers open Informal childcare (family and friends) permitted	Nurseries, childminders and regulated school age childcare providers open Informal childcare (family and friends) permitted	Nurseries, childminders and regulated school age childcare providers open Informal childcare (family and friends) permitted
Children's activities	Permitted subject to guidance	Permitted subject to guidance	Permitted subject to guidance	Permitted subject to guidance	Permitted subject to guidance
Schools	Open	Open	Open	Open	Open
Colleges and Universities	Restricted blended	Restricted blended	Blended	Blended	Blended

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Hospitality (e.g. bars, restaurants and cafes)	Closed	Outdoors: alcohol permitted – local licensing laws apply Indoors: alcohol not permitted – closed 20:00 Indoors (6/2) or outdoors (6/6) socialising rules apply	Outdoors: local licensing laws apply Indoors: alcohol permitted, 2 hour slots – closed 22:30 Indoors (6/3) or outdoors (8/8) socialising rules apply	Outdoors: local licensing laws apply Indoors: Closed 23:00 Indoors (8/3) or outdoors (12/12) socialising rules apply	Local licensing laws apply Indoors (10/4) or outdoors (15/15) socialising rules apply
Food to go/ Takeaways	Open – doorway/ hatch collection or deliveries only	Open	Open	Open	Open
Shopping	Essential retail Shop alone where possible Expanded list of essential retailers* permitted	Open	Open	Open	Open

* This is a temporary measures to manage the transition from Level 4 to Level 3. Non-essential click and collect, baby and mobility/independent living equipment shops, key cutting and electrical repair services, garden centres/plant nurseries, homeware stores and vehicle showrooms (by appointment only) permitted to re-open on 5 April.

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Close contact services	Hairdressers and barbers* (by appointment only; not mobile services)	Open – including mobile close contact services	Open	Open	Open
Sport and exercise	<p>Adult organised outdoor non-contact sport and group exercise up to 15 people</p> <p>12-17 year old outdoor organised contact sport and group exercise up to 15 people*</p> <p>U12s organised outdoor contact sport and group exercise</p> <p>Indoors sports facilities and snow sports centres closed</p> <p>Professional sport permitted at all levels</p>	<p>Indoors: gyms and indoor sports facilities including swimming pools and leisure centres open for individual exercise (group activity permitted for under 18s)</p> <p>Outdoors: All organised activity except adult contact sport</p>	All organised activity permitted except adult indoor contact sports	All organised activity permitted except adult indoor contact sports	All permitted

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In-home work (e.g. repairs and decoration)	Essential maintenance, upkeep or repairs only	Permitted	Permitted	Permitted	Permitted
House moves	Recommended to postpone, if possible	Permitted	Permitted	Permitted	Permitted
Tourist Accommodation	Essential only, e.g. work-related (no tourism)	Open (must follow in-house socialising rules)	Open (must follow in-house socialising rules)	Open (must follow in-house socialising rules)	Open (must follow in-house socialising rules)

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Leisure and entertainment	Closed	Closed	<p>Open cinemas, theatres, concert halls, music venues, comedy clubs, amusement arcades, bingo halls</p> <p>Outdoor organised adult non-professional performing arts activities permitted</p> <p>Closed: soft play, funfairs, bowling alleys, snooker/pool halls, nightclubs and adult entertainment</p>	<p>All open, with the exception of adult entertainment and nightclubs</p> <p>Indoor organised adult non-professional performing arts activities permitted</p>	All open , with the exception of adult entertainment and nightclubs
Visitor Attractions	Outdoors only	Open	Open	Open	Open

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Stadia and Events	Closed	Closed with the exception of drive in events	Maximum capacities* Indoors: 100 Outdoors seated: 500 Outdoors free-standing: 250	Maximum capacities* Indoors: 200 Outdoors seated: 1,000 Outdoors free-standing: 500	Maximum capacities* Indoors: 400 Outdoors seated: 2,000 Outdoors free-standing: 1,000
Going to work/working from home	Work from home where possible	Work from home where possible	Work from home where possible	Work from home where possible	Work from home remains default but phased and limited return to offices can begin
Visits - Hospitals	Recommended that only essential visits take place at present	Recommended family support from at least 1 visitor** per patient	Recommended family support from at least 1 visitor** per patient	Recommended family support from at least 2 visitors** per patient	Open subject to local health protection advice
Visits - Care Homes	Recommended minimum of 2 indoor visits per week, one person*** at a time. Essential visits at all times	Recommended minimum of 2 indoor visits per week, one person*** at a time. Essential visits at all times	Recommended minimum of 2 indoor visits per week, one person*** at a time. Essential visits at all times	Recommended minimum of 2 indoor visits per week, one person*** at a time. Essential visits at all times	Open subject to local health protection advice

* Higher capacities can be agreed through local authority/Scottish Government

** Additional visitors above the minimum at the discretion of hospital management.

*** Additional visits above the minimum are at the discretion of individual care homes.

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Life Events (e.g. weddings, funerals)	Weddings/Civil Partnerships** - 20 Funerals - 20 No post-funeral or wedding receptions	Weddings/Civil Partnerships - 50 Funerals - 50 Post-funeral/wedding receptions permitted - maximum 50 (alcohol permitted)	Weddings/Civil Partnerships - 50 Funerals - 50 Post-funeral/wedding receptions permitted - maximum 50 (alcohol permitted)	Weddings/Civil Partnerships - 100 Funerals - 100 Post-funeral/wedding receptions permitted - maximum 100 (alcohol permitted)	Weddings/Civil Partnerships - 200 Funerals - 200 Post-funeral/wedding receptions permitted - maximum 200 (alcohol permitted)
Places of Worship	Open*	Open	Open	Open	Open
Public Buildings	Closed with the exception of: libraries, community centres, court and tribunal buildings - for limited essential services only	Open	Open	Open	Open
Public Services	Essential face-to-face services only	Essential face-to-face services only	May resume face-to-face services	Open	Open

* Maximum capacity of 50 until 26 April.

** 5 (6 if an interpreter is required) until 26 April.

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Support Services	Services can operate in line with guidance, where they are essential for people's wellbeing – i.e. where participants' health (including their mental health) and wellbeing would be significantly impacted by non-attendance Child contact services open for essential services only	Support services can continue to operate in line with guidance	Support services can continue to operate in line with guidance	Support services can continue to operate in line with guidance	Support services can continue to operate in line with guidance
Driving lessons and tests	Household and essential only**	Permitted	Permitted	Permitted	Permitted
Shielding	Level 4 shielding*	Level 3 shielding*	Level 2 shielding*	Level 1 shielding*	Level 0 shielding*

* <https://www.gov.scot/publications/covid-shielding/pages/levels-advice/>

** Driving tests are permitted where delivered for staff by Police Scotland, Scottish Fire and Rescue Service and some bus operators with delegated authority from the DVSA.

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