

The way out of lockdown in Scotland – what you can do

Two months on from the first days of lockdown, the First Minister announced that the country may now take the first steps out of all the restrictions.

From 29 May 2020 you may now meet with one other household – but outside and at a physical distance of two metres. The suggested maximum number of people gathering is eight, and the suggested distance you may travel is up to five miles.

The advice remains largely the same to stay at home as much as possible.

You may begin to play golf, tennis and bowls on an outside bowling green all subject to strict rules on physical distancing. The clubhouses will remain closed. You may also go fishing subject to [certain rules](#) too.

Bowls Scotland CEO, Alan McMillan, said: “I fully understand that a break from the game we all love, and miss will have had a significant impact on both the physical and mental health of thousands of bowlers in Scotland and I’m sure many of you cannot wait to take to the bowling green again.

“While this is good news, we would like to make it clear that this is not a return to our sport as we knew it before and the biggest priority for everyone continues to be public health. Therefore, it is crucial that all bowlers and everyone connected with our sport continue to adhere to the latest Scottish Government guidance and the information issued in our

Guidance Document.”

The First Minister’s statement can be [read here](#)

The First Minister said at [Thursday’s media briefing](#): “The only reason the Scottish Government can make these changes today is because of the sacrifices that all of you have made. So thank you, to each and every one of you.

“No change will be risk free – and there are no certainties. While I am confident of that, there is also the chance that even these limited changes will lead to much greater change in reality.

“So please act within the rules. Be respectful of each other’s space, be kind, be prepared for things to be very different and remember that each individual decision you take affects the wellbeing of all of us. How well we follow these practices now determines whether we can go further in the future. We can only take these steps towards a less restricted lifestyle, and then consider taking further steps, if people continue to obey the guidance.

“My advice is to stay home as much as possible – the virus has not gone away. If you have symptoms, get tested; wash your hands and surfaces regularly; and if you do meet family or a friend stay outdoors. Don’t put them or yourself at risk.

“People who are shielding will be well into their third month of isolation, of not being able to leave the house at all. They are uppermost in our thoughts as we think about how to safely come out of lockdown and we’ll provide more information for them in the coming weeks.

“We can only take these steps towards a less restricted lifestyle because people have, overwhelmingly, stuck to the guidance. And we will be able to take more steps more quickly

in the future – if we continue to do the right thing, and to stick to the [rules](#).”

Measures that will come into force in Phase 1 include:

- From 29 May 2020, one household [can now meet up with another outdoors](#). This can be in one household’s garden, but physical distancing is still required. It is expected households will only meet one other household within the same day and up to a recommended maximum of eight people in the overall group.
- From 29 May 2020 public outdoor spaces can now be used for recreational purposes, for example to sit in a park, sunbathe or have a picnic. People should not share food and drink between households and should avoid using shared facilities, such as bathrooms. If eating, each household should bring their own food separately and avoid sharing utensils, dishes or cups and use a hand sanitiser before eating. Physical distancing between households should be maintained at all times.
- From 29 May 2020, you can now [travel short distances](#) for outdoor leisure and exercise but should remain in your local area, suggested to be five miles from your house, although we ask people to use their judgement. People are encouraged to walk, wheel or cycle where possible.
- From Monday 1 June 2020, staff can return to schools subject to risk assessments and appropriate physical distancing and hygiene measures being in place to support this. This is to plan and prepare for the new blended model of learning to be implemented from 11 August.
- From Wednesday 3 June 2020, child minding services and fully outdoor nursery provision will be available, although capacity will be limited. Both measures will be subject to increased hygiene measures, small group

working and physical distancing of adults.

- From 29 May 2020, most [outdoor workplaces to resume](#) with physical distancing measures in place once guidance is agreed, including horticulture, landscaping and garden centres, forestry and environmental management. Associated cafes should not reopen at this stage except for take-away and physical distancing measures should be followed.
- From 29 May 2020, the construction sector is expected to be able to implement the first phase in its restart plan. A move to 'phase 2' of the construction sector's plan will follow consultation with government to ensure it is safe to do so in line with public health advice.
- From 29 May 2020, food outlets, restaurants and cafes are able to [provide delivery, take-away and drive-through food options](#) in line with guidance and complying and safe physical distancing measures.
- From 29 May 2020, unrestricted outdoor exercise and some non-contact outdoor activities within the local area – such as golf, outdoor tennis and angling – can resume provided physical distancing is followed. It does not mean that taking part will always be safe. You should use judgement and take part only if you can do so safely, maintaining physical distancing and not putting yourself or others at risk.
- From Monday 1 June 2020 Household Waste Recycling Centres to [begin to reopen](#). Sites must operate safely, ensuring physical distancing is maintained, and should only be visited when absolutely necessary to minimise journeys.

Scottish Conservative leader Jackson Carlaw said ministers should review Scotland's easing of lockdown measures on a weekly basis.

He said that would provide more flexibility for decision-makers, and increase the chances of catching up with the rest

of the UK and Europe.

Mr Carlaw said: "The state of lockdown restrictions appear to depend on the all-important 'R' number, which itself is updated each week.

"That should mean Scotland's lockdown is also reviewed every seven days, to provide the public with maximum information and enable some flexibility.

"Nicola Sturgeon admitted to being nervous about this phase of the exit and no wonder.

"It will only work if testing is up to scratch, and so far that has not been the case.

"We still don't really know what happened to the 2000 tracers who were meant to be in place by the end of the month, nor how long it will be until the system is in full swing.

"And the First Minister is still being very evasive on the Nike conference which was kept secret from the public and was a clear failure of the tracing system she's now talking up.

"We all want the move out of lockdown to succeed, but we also need a Scottish Government to be absolutely on top of the levers which will allow it to happen."

Scottish Labour leader Richard Leonard said: "It was right to take this extra time before beginning to lift some restrictions, but there must also be flexibility to go back a stage if required. And there must be full disclosure of the evidence guiding the government at each stage. This is essential for public confidence.

"People across Scotland have done the right thing and stayed at home, often at great cost emotionally and financially. So being able to socialise in a limited way and undertake some additional activities will be welcome. But it is crucial that people read the government's guidance and remember that this

crisis is far from over, and life and social contact should not yet feel normal.

“The priority must always be protecting people’s health, and so the exit strategy must take account of the fact that some groups in our population are more susceptible to infection than others.

“We want to see the test and protect system work effectively in stopping the spread of Covid19, but for there to be confidence in the system, there must be assurances from the government that all the testing capacity available is fully used – this hasn’t been the case so far.

“As we start to think about a greater return to work, we all need to be reassured that the right health and safety measures are in place and are enforceable. To do that we need a Health and Safety Executive that is fully resourced for the additional pressures it faces, and that co-operates closely with Scottish Government agencies through the structures already in place. Critically, we need strong and continued trade union involvement to ensure returning are safe.”

Scottish Liberal Democrat leader Willie Rennie said: “The Scottish Government must get the easing of lockdown right or there is the potential for the virus to spring up again. At the moment there are still big questions for the Government to answer over the prospect of local lockdowns and how the different phases of lockdown will work for different types of activity.

“The Government will need to demonstrate that they have a comprehensive tracking and tracing network and deliver support for partners in the NHS and local government who will be on the frontline of making this a reality.

“People have made huge sacrifices to beat this virus. They must not be in vain.

“We also need to see the earlier return of non-urgent healthcare and operations as so many people are suffering now. From hip to gall bladder operations and dentistry we need a plan to restart. The non-covid health harms are significant now and we need to address that.”



Edinburgh Leisure will reopen its golf courses subject to physical distancing rules