



July 2021

Coronavirus Moving to Level Zero in Scotland

At home

The maximum number of people who can meet socially indoors in a private dwelling (in a home) is 8 which can be from 4 households, including for overnight stays.

Children under the age of 12 do not count towards the total number of people permitted to meet.

You can also go into another person's house for certain essential reasons, such as for essential work, to join your [extended household](#) or to provide care and support for a vulnerable person.

This can include providing emotional support for someone whose wellbeing is at risk, including for those who are isolated because of disability or a caring responsibility or where they are a parent or carer of a child under one.

When you meet people from another household indoors you:

- do not need to physically distance from family and friends in a private home
- should minimise the number of meetings you have with people from other households each day
- should maintain hand and cough hygiene
- should avoid touching hard surfaces with your hands
- should wash your hands when you arrive, when you leave, when you get home and especially before eating or after touching surfaces
- should not share food or utensils

- should keep rooms well ventilated, if possible – consider opening windows or a door

Meeting Outdoors

The maximum number of people who can meet friends and family socially outdoors in a private garden or in a public place such as a park or an outdoor area of a café is 15 which can be from up to 15 separate households. This applies to anyone aged 12 or over.

One metre physical distancing should be maintained between anyone who is not part of your family and friends gathering.

Children under the age of 12 do not count towards the total number of people or households in a gathering. Children under 12 do not need to maintain physical distance from others.

You should:

- minimise the number of meetings you have with people from other households each day
- stay at least 1 metre away from anyone who is not part of your friends and family grouping
- maintain hand and cough hygiene
- avoid touching hard surfaces with your hands
- wash your hands when you arrive, when you leave, when you get home and especially before eating or after touching surfaces
- not share food or utensils

Those at a higher risk of severe illness from coronavirus (including those who had been shielding, people 70 and over, people who are pregnant and people with an underlying medical condition) should strictly follow the physical distancing guidance.

Meeting Indoors in a Café/Pub

The maximum number of people you can meet indoors in a restaurant, café, pub or bar is 10 which can be from up to 4 separate households.

The maximum number of people you can meet outdoors in a restaurant, café, pub or bar is 15 which can be from up to 15 separate households.

Children under the age of 12 do not count towards the total number of people who can meet.

Table service and the wearing of face-coverings (unless exempt) when not seated by all customers is mandatory in all hospitality venues.

When meeting people from more than one other household, you should think beforehand about what size of table you will need to keep physically distanced between members of your group.

The venue you are visiting should be able to advise you of booking options.

You will be asked by the venue to provide your contact details (for each person) for Test and Protect purposes.

This information is retained for 21 days with a view to sharing with Test and Protect Teams, if required.

You should stay at least 1 metre apart from people not in your household, indoors in a public place at all times.

Physical distancing and good hand hygiene remain the most effective measures in reducing the transmission of COVID-19. Physical distancing needs to be maintained, where reasonably practicable, at all times, including when waiting to enter premises and when seated.

Organised Activities

Organised adult activities are allowed indoors, provided appropriate safety measures are followed, including:

- having a COVID-19 safety officer in place
- adhering to Physical Distance Based Capacity rules around attendance numbers in certain settings

This includes regular activities run by recognised charitable, not-for-profit and political organisations, properly constituted clubs, or businesses on behalf of or for the public.

Ad hoc or informal social activities should still follow the rules on gatherings appropriate to that setting (indoors or outdoors). One off social events such as birthday parties, or other activities, are still not permitted at this level.

As a result of the changes to physical distancing from 19 July 2021, the requirement for non-domestic premises is 1 metre distancing between households. We are asking all non-domestic premises:

1. To consider what their maximum physical distance based capacity (PDBC) limits are for their premises
2. To take reasonable steps to manage the capacity to avoid breaching appropriate physical distancing rules.
3. To display this maximum capacity at their entrance to help manage public confidence and to help manage compliance with guidance; and

*Non-domestic premises, for the purposes of this guidance, are defined as public buildings (non-private dwellings) with the exceptions of those used to deliver essential public services (e.g. education settings, hospitals, courts, prisons, local authority offices; child contact centres etc. where separate guidance applies)

Raymond Pratt
Chief Executive