

Phase 1 Changes

Seeing family and friends

More outdoor activity permitted – such as being able to sit in the park, as long as physically distanced.

Meeting up with another household outdoors, in small numbers (guidance, maximum of 8 people), including in gardens, but with physical distancing required

Getting around

Where home working is not possible businesses and organisations are encouraged to manage travel demand through staggered start times and flexible working patterns.

We can travel short distances for outdoor leisure and exercise but advice to stay within a short distance of your local community (broadly within 5 miles) and travel by walk, wheel and cycle where possible.

Schools, childcare and other educational settings

School staff return to schools.

Increased number of children accessing critical childcare provision.

Re-opening of child minding services and fully outdoor nursery provision.

Transition support available to pupils starting P1 and S1 where possible

Working or running a business

Remote working remains the default position for those who can.

For those workplaces that are reopening, employers should encourage staggered start times and flexible working.

Non-essential **outdoor** workplaces with physical distancing resume once relevant guidance agreed.

Construction – Phases 0-2 of industry restart plan can be implemented. Industry to consult government before progressing to phase 2.

Preparing for the safe reopening of the housing market.

Workplaces resuming in later phases can undertake preparatory work on physical distancing and hygiene measures.

Shopping, eating and drinking out

Gradual re-opening of drive through food outlets.

Garden centres and plant nurseries can reopen with physical distancing. Associated cafes should not reopen at this stage except for takeaway.

Sport, culture and leisure activities

Unrestricted outdoors exercise adhering to distancing measures.

Non-contact, outdoor activities in your local areas e.g. golf, hiking, canoeing, outdoor swimming, angling.

Community and public services

Gradual resumption of key support services at the community level with physical distancing and hygiene measures.

Restarting face-to-face Children's Hearings with physical distancing.

Greater direct contact for social work and support services with at-risk groups and families with physical distancing and hygiene measures.

Access to respite/day care to support unpaid carers and for families with a disabled family member.

Household Waste Recycling Centres open.

Re-opening of court and tribunal buildings, with limited business and public access.

Gatherings and occasions

No public gatherings permitted except for meetings of two households, outdoors and with physical distancing.

Health and social care

Beginning to safely restart NHS services, covering primary, and community services including mental health.

Phased resumption of some GP services supported by an increase in digital consultations.

Roll out the NHS Pharmacy First Scotland service in community pharmacies.

Increase care offered at emergency dental hubs as practices prepare to open.

Restart, where possible, urgent electives previously paused.

Resumption of IVF treatment, as soon as it is safe to do so, and subject to the approval of HFEA.

Increase provision of emergency eyecare in the community.

We will consider the introduction of designated visitors to care homes.