

Covid-19: Scottish Government easing lockdown restrictions



People First
(Scotland)



March

16

On 16th March the Scottish Government said they would start easing some lockdown restrictions.

Ease means to reduce some of the rules and restrictions.

The Government may change some dates.

April

26

From 26th April 2021



Households

Up to **6 people** from 2 households can meet **indoors** in a **public place** to socialise.



This could be in a café or restaurant.

Travel



People can travel again between Scotland, England, Wales, Northern Ireland, the Channel Islands and the Isle of Man.

You can stay overnight but **not** with family and friends.



This means that you would need to stay in a place like a hotel, B&B, self-catering.

Cafés, pubs and restaurants



Cafés, pubs and restaurants reopen.

Serving **indoors** until **8pm**. NO alcohol.



Serving **outdoors** with alcohol.

It is up to each local authority to decide by which time alcohol must stop being served by in the evening.



Takeaway food can be collected indoors.

Shopping



All shops and stores reopen.

Events and activities



Up to 50 people could go to a wedding or a funeral. Alcohol can be served.



The number of people who can go to places of worship is limited by the size of the building.



For example, if a church can only have 100 people physically distant, 100 is the maximum number of people who can attend.



Driving lessons and tests can start again.



Sports and exercise

Gyms and swimming pools reopen for individual exercise.



Public buildings

Art galleries, museums and libraries reopen.



Tradespeople

Plumbers, electricians and joiners can work in your house.

May

17

From 17th May 2021

ONLY If the spread of the virus is still under control:



Households

Up to **4 people** from 2 households could socialise **indoors** in a **private home**.



Up to **6 people** from up to 3 households could meet **indoors** in a **public place** to socialise.



This could be in a café or restaurant.



Up to **8 people** from up to 8 households could meet **outdoors** to socialise.



Cafés, pubs and restaurants



Cafés, pubs and restaurants could open later.

Serving **indoors** until **10.30pm** with alcohol.



Serving **outdoors** with alcohol.

It is up to each local authority to decide by which time alcohol must stop being served by in the evening.



Leisure

Cinemas, amusement arcades, and bingo halls could open with a limited number of people allowed.



Sports and exercise

All sports and exercises are allowed but **NO** adult indoor contact sports.



For example, judo is an indoor contact sport and is not allowed.

Events and activities



Indoor and outdoor events could happen again.

Indoor, up to 100 people.



Outdoor, up to 500 people seated or 250 people standing.

June						
Tue	Wed	Thu	Fri	Sat	Sun	Mon
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

From 7th June 2021

If the spread of the virus is even more under control:



Households

Up to **6 people** from up to 3 households could socialise **indoors at home**.



Up to **8 people** from 3 households could socialise **indoors** in a **public place**.

It could be a place like a café or a restaurant.



Up to **12 people** from 12 households could meet **outdoors** to socialise.



Cafés, pubs and restaurants

Cafés, pubs and restaurants could stay open indoors until 11.00pm. Alcohol served.



Serving **outdoors** with alcohol.

It is up to each local authority to decide by which time alcohol must stop being served by in the evening.

Events and activities



More people could go to **indoors** and **outdoors events**.



Leisure



Funfairs and soft play could reopen.

June						
Tue	Wed	Thu	Fri	Sat	Sun	Mon
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

From end of June 2021

If the spread of the virus is even more under control:



Households

Up to **8 people** from up to 4 households could meet **indoors at home**.



Up to **10 people** from up to 4 households could meet **indoors** in a **public space** like a café or restaurant.



Up to **15 people** from up to 15 households could meet **outdoors** to socialise.



Work



People would still work from home as much as possible.



Some office working could become possible but only in limited numbers.

Events and activities



Even more people could go to indoors and outdoors events.



Sports and exercise

All sport activities could start again.





You can find out more on the Scottish Government website:

www.gov.scot/coronavirus



You can also phone the Scottish Government's Coronavirus helpline on **0800 111 4000** (open Monday to Friday, 9am to 5pm).



If you are worried you can ask someone you trust like a family member or your support worker.

The office number for People First (Scotland) is **0131 478 7707** (open Monday to Friday, 9am to 5pm).



**People First
(Scotland)**