
From: [redacted]@sportscotland.org.uk
Sent: 24 September 2020 09:32
To: [redacted]@gov.scot
Cc: [redacted]@sportscotland.org.uk; [redacted]@sportscotland.org.uk; [redacted]@gov.scot
Subject: RE: Draft Guidance for Changing Rooms and Showers

Thanks for this [redacted].

We will have a look at the guidance on the Scottish Government website and our own Getting Your Facilities Fit for Sport guidance and will let you know any changes that need to be made to these documents to reflect this feedback.

Our view is that wherever possible, the default should be for people to continue to come ready to participate without any need to access changing or showering. These facilities should however continue to be available for people with disabilities or additional needs.

We will draft some further advice and guidance for the sector around changing and showering, the circumstances when either or both may be required and the specific considerations and measures/mitigations required to access and use them safely.

We think we should have this done by the middle to end of next week. Please let me know if you are ok with our thinking and the timescale.

Thanks

[redacted]

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From: [redacted][@gov.scot](mailto:[redacted]@gov.scot)

Sent: 24 September 2020 08:50

To: [redacted]

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Subject: RE: Draft Guidance for Changing Rooms and Showers

Morning [redacted],

Thanks for sharing this. I shared this with our clinicians. They commented that that “it looks very comprehensive and easy to read” and agree that it will also provide useful support to schools for PE classes.

Their understanding re showering is that it is contamination of surfaces and waste water that is the main issue. With regards communal showers, it is the lack of physical distancing combined with touch-points being shared that are the added issues.

They note that the general advice so far is that individuals should shower at home and if showers in facilities are used, they should be cleaned after each use. They would suggest this should continue. They think that realistically communal showers should be avoided for the reasons above. They are not sure screens would mitigate any of the possible transmission points as (from personal observation) the floor is shared and waste water flows generally to a single drain point in many communal shower areas.

They are content that now they have commented this should now be cleared through Health Ministers and seen as an enhancement of the existing sport and leisure guidance so we don't need to go through the full routemap process. Can we discuss whether it should sit on sportscotland website or whether we add to the SG site as an extra document to sit alongside the sport and leisure guidance. I will work on the Ministerial submission today and we should look to aim to get that with the guidance to them this week I think – does that feel doable ? happy to be flexible around that if you need bit longer to tidy up at all.

Happy to chat

[redacted]

[redacted]

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From: [redacted]
To: [redacted]
Cc: [redacted]; [redacted]; [redacted]; [redacted]; [redacted]RE: Sports Facility Showers
Subject: 18 January 2021 16:03:16
Date: [image001.png](#)
Attachments:

[redacted]

Thanks for this.

We're in the process of reviewing the changing rooms document in view of the updated advice you have received from PHS and clinicians.

Our guidance advises against more than one person using communal showering at any one time and encourages the use of screens etc etc.

A bit of thought is therefore required at our end but we'll sort it out and update accordingly.

I'll come back to you if we have any queries.

Thanks

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From: [redacted]@gov.scot
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Subject: Sports Facility Showers

Hi [redacted],

Hope you had a good and restful break.

I had a query through Public Health Scotland about communal showers from a facility in Shetland (currently level 3) but this will apply to others when they are able to reopen.

Public Health Scotland's view is that "there is absolutely no evidence that SARS-CoV-2 can be transmitted in wastewater. With the detergents and heat from the shower, it is even less likely."

I spoke to clinicians about this today and given we are now in the depths of winter and on the basis of Public Health Scotland advice we have agreed with them that our response to

this query and any others when facilities are allowed to reopen should say the following:

‘showering facilities could be used if they meet the requirements set out in the latest SportScotland operational guidance and a risk assessment has been carried out. Physical distancing and enhanced cleaning would require to be maintained in accordance with the guidance.’

Grateful if you could update the relevant guidance notes at your end and I will change my side.

Let me know if any questions or issues.

Thanks

[redacted]

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From: [redacted]@sportscotland.org.uk

Sent: 08 October 2020 16:19

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Cc: [redacted]@sportscotland.org.uk; [redacted]@sportscotland.org.uk>

Subject: Changing Rooms and Showering Guidance

Hi all

Further to our earlier discussion in relation to the use of changing and showers at sports facilities, we agreed that our focus should be on not making any substantive changes to the current Scottish Government guidance.

We will instead direct people to our Getting Your Facilities Fit for Sport guidance for more detail on the use of these areas.

The agreed approach is that in view of changing rooms and showers being areas where there is an increased risk of transmission, the use of these facilities should be avoided where possible, although they must be made available for participants who require additional support such as disabled people or those with special needs. It is important that physical distancing is maintained in changing rooms and that these facilities are only used if essential. Where changing rooms and showering facilities are to be used, they must follow the specific 'Changing and Showers' guidance in our Getting Your Facilities Fit for Sport document.

This specific guidance will continue to advise operators to encourage participants, wherever possible, to arrive at the facility in sports kit and to travel home to change/shower. It is important that the guidance on physical distancing, hygiene and cleaning for these areas is strictly followed. Showers are high risk areas and only individual cubicles with their own upstand and drain should be used, and cleaned thoroughly between uses.

Communal showers should only be used by one person at a time, not groups, and again cleaned thoroughly between uses.

Prior to the opening of a facility, it is the responsibility of the operator to undertake a documented risk assessment, based on their local circumstances. They must consider safety first, particularly focusing on minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are always protected.

We agreed the following actions:

1. Ensure all Scottish Government and **sport**scotland guidance documents are consistent in this area.
We will update our SGB guidance and our Getting Your Facilities Fit for Sport guidance to ensure they align with Scottish Government guidance.
2. We will highlight and suggest any amendments Scottish Government may need to make to its guidance to ensure consistency.
3. All guidance documents, including the guidance for stadia, will need to embed links to our Changing and Shower guidance.
4. Our specific 'Changing and Showers' guidance will be uploaded onto our website tomorrow (a copy of our most recent draft is attached for information – few final tweaks required).

Please let me know if you have any queries.

Many thanks

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Subject: Draft Guidance for Changing Rooms and Showers

Hi [redacted]

Please see attached a draft of our guidance for changing rooms and showers. This has been extracted out of our overarching Getting Your Facilities Fit for Sport guidance, contextualised for changing and showers.

Its more straightforward to deal with the changing rooms. The key issues are ventilation, enhanced hygiene, cleaning of touch points, and the limiting of numbers/managing the movement of people to ensure physical distancing is maintained. Where there is no mechanical ventilation or any windows and a relatively confined or limited space, our view is that the changing rooms should remain closed.

I would however welcome input from the clinicians on showering. We are aware that showers present an increased risk of transmission based on body fluids and aerosols but we're not entirely sure how you mitigate against these in the shower areas without significant measures being adopted ie. minimising the numbers showering at any one time, the installation of screens in communal shower areas and the requirement to clean the immediate shower area after each participant has showered. It would be helpful if we could understand what measures might be required to minimise this risk and we can reflect it in the guidance.

Please let me know if you need anything further from me at the moment.

Many thanks

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