

		Level 0	Level 1	Level 2	Level 3	Level 4
TRAVEL	Indoor & Outdoor Paddlesport Activity	<p>Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted in the five protection levels for each local authority area is available at Coronavirus (COVID-19): local protection levels and summarised below. Specific information on car sharing is available from Transport Scotland: advice on how to travel safely.</p> <p>People should not car share with those from outside their household. Where shared travel is required as a part of commercial, tourism or educational activity, follow the advice at Coronavirus (COVID-19) Phase 3: Staying safe and protecting others.</p> <p>Related exemptions for travelling into or out of a Level 3 or Level 4 local authority area include:</p> <ul style="list-style-type: none"> • “Travel for work, or provide voluntary or charitable services, but only where that cannot be done from your home.” This includes travel for British Canoeing training and assessment courses related to work where you cannot do it from home • “Travel to school, college, or university where teaching is not provided remotely” • “Travel locally (within around 5 miles of your local authority area) to reach a place to take exercise outdoors” • “Local outdoor informal exercise (in groups of up to 6 people from no more than 2 households) that starts and finishes at the same place” • “(To and from Level 3 areas but not Level 4) travel for under 18s sport” 				
		<p>“Minimise unnecessary journeys between areas in different levels and avoid any unnecessary travel to places in Level 3 or Level 4 areas.”</p> <p>If you have to travel for exempted purposes, follow the guidance on travelling safely.</p>	<p>Avoid any unnecessary travel out of the area.”</p> <p>If you have to travel for an exempted purpose, follow the guidance on travelling safely.</p>	<p>“Avoid any unnecessary travel out of the area. Also keep journeys within the area to an absolute minimum.”</p> <p>If you have to travel for exempted purpose, follow the guidance on travelling safely.</p>		