



In all levels and settings, please follow relevant public health advice and requirements such as on the use of face coverings*

	Level 0	Level 1	Level 2	Level 3	Level 4
Socialising (for different rules for children, see guidance) 	Indoors 8 people from 3 households (limited exceptions) Outdoors 15 people from 5 households	No in-home socialising in some locations – this will be kept under review Max 6 people from 2 households in indoor public places and 8 people from 3 households outdoors	No in-home socialising (limited exceptions) 6 people from 2 households outdoors and in public places, e.g. hospitality settings	No in-home socialising (limited exceptions) 6 people from 2 households outdoors and in public places, e.g. hospitality settings	No in-home socialising (limited exceptions) 6 people from 2 households outdoors and in public places
Travel 	Essential travel only to/from level 3 or higher areas in Scotland and equivalents in rest of UK			Essential travel only to/from level 3 or 4 areas in Scotland, and to/from rest of UK Follow rules and advice on international travel	Essential travel only to/from level 3 or 4 areas in Scotland, and to/from rest of UK Follow rules and advice on international travel
Exemptions for essential travel for work, education, shopping, health etc; outdoor exercise; weddings and funerals; shared parenting and transit through restricted areas. (See guidance for details)					
	International quarantine regulations apply	International quarantine regulations apply	International quarantine regulations apply	International quarantine regulations apply	International quarantine regulations apply
Transport 	Active travel (walk, run, cycle, wheel) where possible			Active travel ✗ Avoid non-essential use of public transport	Active travel ✗ No use of public transport, except for essential purposes
Face coverings required on public transport Avoid car sharing with people outside extended household					
Schools 	Open with standard protective measures in place			Open with enhanced protective measures in place	Open with enhanced and targeted protective measures
Colleges/ Universities 	Blended			Restricted Blended	
Early Learning and Childcare/Formal Childcare 	Open with standard protective measures in place			Open with enhanced protective measures in place	Open subject to targeted intervention which may impact on capacity
Informal Childcare 	Permitted in line with household/numbers restrictions (see socialising)				Essential childcare only (see guidance)
Unregulated (children's) activities (e.g. youth clubs, children's groups)	✓	✓	Differentiated restrictions apply		✗ Indoor activities not permitted ✓ Outdoors
Offices and Call Centres 	Working From Home (WFH) advised	Essential only/WFH			
Other workplaces 	Open Working From Home default where possible			Open with enhanced protective measures in place	Only limited other workplaces should remain open including: Essential workplaces (e.g. Critical National Infrastructure) Outdoor workplaces Construction Manufacturing (See guidance for further exceptions**)
Shopping 	Open	Open	Open	Open	Closed ✗ Non-essential retail closed ✓ Click and collect & outdoor retail permitted
Hospitality (restaurants, cafes, bars, public houses) – indoors and outdoors 	Licensing times apply	21:30 Last Entry 22:30 Closed	Indoors: Alcohol only with main meal 19:00 Last Entry 20:00 Closed Outdoors: 21:30 Last Entry 22:30 Closed	No alcohol 17:00 Last Entry 18:00 Closed	Closed
Eating and drinking only permitted when seated at tables; Takeaways permitted for alcohol and food at all levels: Exceptions (e.g. hospitals, schools, student accommodation, airside premises, hotel room service and meals for residents) apply at all levels					
Close Contact Services 	Open ✓ Mobile close contact services	Open ✓ Mobile close contact services	Open See guidance on which mobile close contact services are permitted	Open but may be subject to additional protective measures See guidance on which mobile close contact services are permitted	Closed ✗ Mobile close contact services not permitted
Visitor Attractions 	Open	Open	Open	Open with protective measures (subject to review)	Closed
Accommodation 	Open Socialising and hospitality rules apply	Open Socialising and hospitality rules apply	Open Socialising and hospitality rules apply	Open Socialising and hospitality rules apply ✓ Stay local ✓ Work-related use to continue	Essential only e.g. work-related (No Tourism) Socialising and hospitality rules apply
Public Buildings 	Open	Open	Open with protective measures	Open with protective measures	Closed
Public Services 	Open	Open	Open but reduced face-to-face services	Essential face-to-face services only (online where possible)	Essential face-to-face services only (online where possible)
Support services 	✓	✓	✓	Online where possible	Essential only/ Online where possible
Places of Worship 	Open , max. 50 people	Open , max. 50 people	Open , max. 50 people	Open , max. 50 people	Open , max. 20 people
Driving Lessons 	✓	✓	✓	✓	✗
Stadia & Events 	✓ Outdoor events (restricted numbers) ✓ Indoor events – seated and ambulatory permitted (restricted numbers) ✓ Stadia – open with restricted numbers ✗ Indoor grouped standing events not permitted	✓ Outdoor events seated and open space (restricted numbers) ✓ Small seated indoor events permitted ✓ Stadia – open with restricted numbers ✗ Outdoor grouped standing events	✓ Drive-in events ✗ Events generally not permitted ✗ Stadia closed to spectators	✗ Events not permitted ✗ Stadia closed to spectators	
Life Events (weddings, civil partnerships & funerals) 	Weddings/civil partnerships max. 50 people Funerals max. 50 people Wakes and receptions max. 50 people		Weddings/civil partnerships max. 20 people Funerals max. 20 people Wakes and receptions max. 20 people		Weddings/civil partnerships max. 20 people Funerals max. 20 people ✗ No receptions Wakes max. 20 people
Leisure & Entertainment 	Open Except: ✗ Adult entertainment and nightclubs (unless permitted events) Level 0 Hospitality rules apply	Open Except: ✗ Adult entertainment and nightclubs (unless permitted events) Level 1 Hospitality rules apply	Open ✓ Cinemas, amusement arcades, bingo halls Level 2 Hospitality rules apply ✗ Following closed: Soft play, funfairs, indoor bowling, theatres, snooker/pool halls, music venues, casinos, nightclubs and adult entertainment	Closed	Closed
Sports & Exercise 	All permitted	All permitted except age 18+ indoor contact sports (professional permitted)		Indoor: individual exercise only (exemption for under 18s) Outdoor: all adult (18+) contact sports (professional permitted)	✗ Indoor gyms closed ✓ Outdoor: non-contact sports only. (professional permitted)
New Shielding Rule (more details available)	Level 0 Shielding	Level 1 Shielding	Level 2 Shielding	Level 3 Shielding	Level 4 Shielding

Note: All restrictions will be kept under review to ensure that they remain proportionate and necessary to address the ongoing public health emergency.

*Check here for latest face coverings information <https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/face-coverings/>

** See guidance for definition of essential workplaces.

This table is for reference purposes only and may be adjusted. Regulations in relation to each level will be published on [legislation.gov.uk](https://www.gov.scot/publications/legislation) and relevant public health advice (such as physical distancing and enhanced hygiene measures) applies. Find relevant guidance on www.gov.scot