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COVID-19 – Framework for Decision Making

Scotland's route map through and out of the crisis

Phase 3 Update – 9 July 2020

Introduction

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- ❖ Route map
- ❖ Outline of key dates

We've come a long way since we published the Route Map back in May. Since then we have carefully changed the lockdown measures following the Route Map phases. Our decisions have been informed by the evidence on our progress in suppressing the epidemic and by our increasing understanding of how the virus spreads and how we can best respond. This careful, evidence-based approach has allowed us to gradually resume a range of key activities. It has helped to alleviate some of the broader harms of the crisis while continuing to suppress the virus to the much reduced levels we see today.

As we move into Phase 3, it's important that we all recognise that the virus has not gone away. As we have seen in other parts of the world, when given the chance, it can re-establish itself quickly. No matter how carefully we open up, it is likely that the virus will find potential opportunities to spread. Our collective actions to prevent that happening, like wearing face coverings in enclosed spaces and following FACTS, remain essential.

A staged approach to Phase 3

Progression through the phases of the Route Map depends on meeting a range of criteria including conditions set by the World Health Organisation - to ensure that we do not further ease restrictions unless it is safe to do so. The substantial progress that we have collectively made in Scotland, by following the relevant rules and guidance, has enabled us to meet the conditions to progress to Phase 3.

As in Phase 2, we are introducing the changes over Phase 3 in stages. It is important to recognise that some important restrictions and public health measures will remain in place throughout Phase 3 to help to keep us safe, protect others and save lives. It will not, and should not, feel like a return to normal life yet. An updated Route Map table setting out the changes that will take place is set out below. Our continued, positive progress has allowed us to move slightly faster in making several changes - with necessary mitigations being put in place. A number of Phase 3 changes continue to be held back for the time being, with dates to be confirmed later in the phase. We understand the disappointment that this may cause and remain determined to ease restrictions as soon as it is safe to do so.

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It's everyone's responsibility

During Phase 3, the various changes that are due to come into effect will result in larger numbers of people moving around and coming together across a variety of settings and sectors, both indoors and outdoors. This will give the virus more opportunities to spread. There is a risk of outbreaks and while we should strive to avoid them, we must also prepare for them and our Test & Protect system will help us to contain them. Staying safe and keeping others safe is as important as ever which is why, for example, we have made face coverings mandatory on public transport and in shops. And it is especially important to be considerate of people whose health conditions mean that they haven't been able to enjoy the easing of restrictions that the rest of the population has benefited from.

To prevent spread of the virus we should all follow the FACTS. It is the sum of our individual actions, our collective endeavour, that is suppressing the virus.

FACTS:

Face coverings.

Avoid crowded places.

Clean hands regularly.

Two metre distance.

Self isolate and book a test if you have symptoms.

Remember **FACTS** for a safer Scotland

F	Face coverings	
A	Avoid crowded places	
C	Clean your hands regularly	
T	Two metre distance	
S	Self isolate and book a test if you have symptoms	

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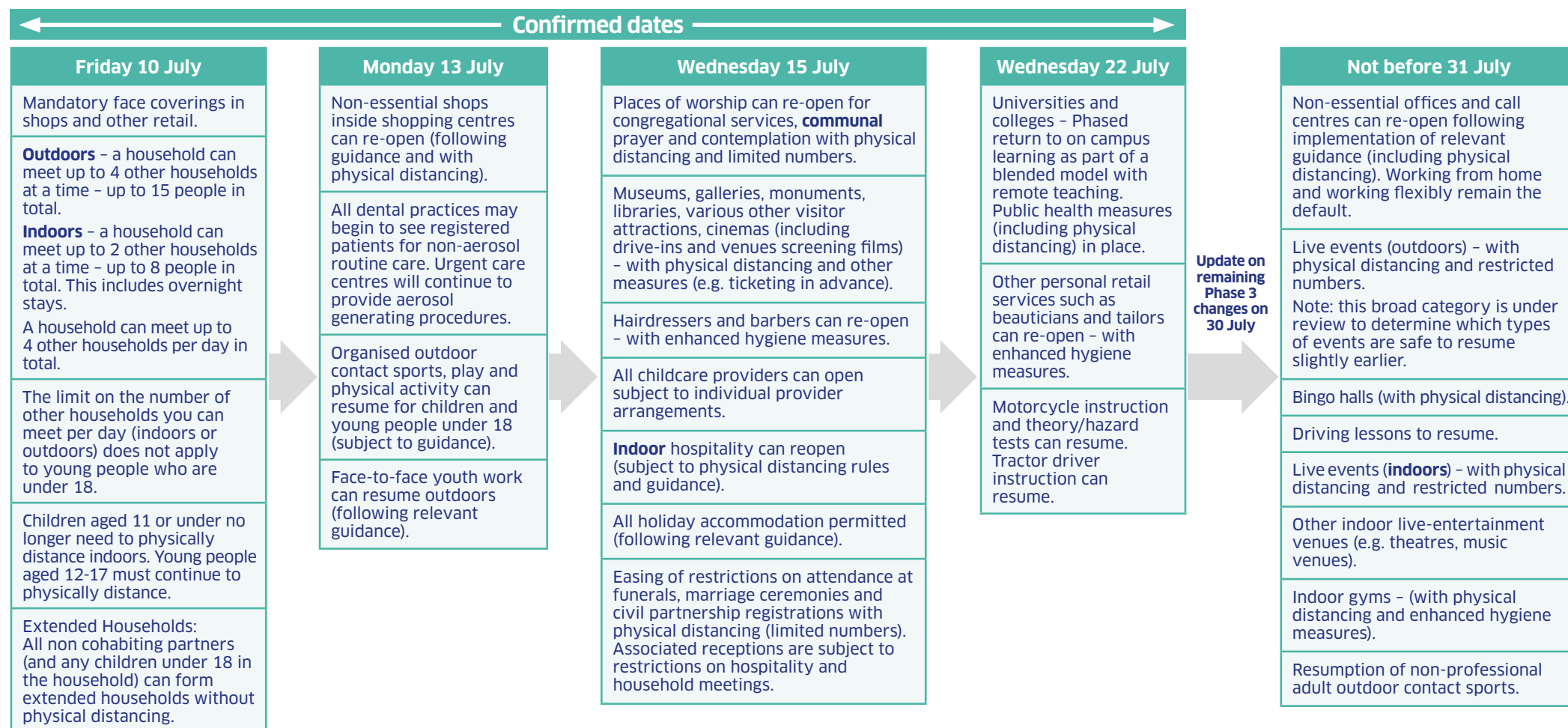
An update for shielding people and those at increased risk

We recognise that many of those shielding are eager to start following these relaxations but also that many are anxious about doing so. Infection rates in Scotland are now very low, and the chances of catching coronavirus (COVID-19) are also much lower but the changes set out in the updated Route Map don't all apply to people who have been advised to shield yet. We are easing our shielding advice throughout July, as long as infection rates in Scotland continue to fall, and we have set out [a separate Route Map](#) of the changes we expect to make. If you are shielding then you should receive a letter in the coming days with your Route Map.

The advice to people who are not shielding but are still at an increased risk of developing severe illness – because of their underlying health condition and/or if they are over 70 years of age or have a disability – is that they continue to strictly follow the guidelines on physical distancing, handwashing, surface cleaning and respiratory hygiene guidance on the [NHS Inform website](#).

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Guide to re-opening and scaling up over Phase 3. Not all details are shown. Please refer to guidance and Q&A for more details. Relevant guidance and public health advice (such as physical distancing rules and enhanced hygiene measures) will apply to all changes shown below.









Public Services continue to scale up and re-open safely including NHS Mobilisation Plan

Schools: From 11 August: Children to be able to return to school full time (conditional on on-going scientific and health advice.) The blended model of schooling remains a contingency plan.

Shielding: The changes above do not apply to people who are shielding. A separate table is available which sets out the planned changes to guidance for people who have been advised to shield.

Public transport continues to scale up to full services during this phase with a move to 1 metre physical distancing, subject to appropriate risk mitigations, releasing further capacity in vehicles and vessels.


	Lockdown	Phase 1	Phase 2	Phase 3	Phase 4
 Epidemic Status	High transmission of the virus. Risk of overwhelming NHS capacity without significant restrictions in place.	High risk the virus is not yet contained. Continued risk of overwhelming NHS capacity without some restrictions still in place.	Virus is controlled but risk of spreading remains. Focus is on containing outbreaks.	Virus has been suppressed. Continued focus on containing sporadic outbreaks.	Virus remains suppressed to very low levels and is no longer considered a significant threat to public health.
 Criteria/Conditions	R is near or above 1 and there are a high number of infectious cases.	R is below 1 for at least 3 weeks and the number of infectious cases is starting to decline. Evidence of transmission being controlled also includes a sustained fall in supplementary measures including new infections, hospital admissions, ICU admissions, deaths of at least 3 weeks.	R is consistently below 1 and the number of infectious cases is showing a sustained decline. WHO six criteria for easing restrictions must be met Any signs of resurgence are closely monitored as part of enhanced community surveillance.	R is consistently low and there is a further sustained decline in infectious cases. WHO six criteria for easing restrictions must continue to be met. Any signs of resurgence are closely monitored as part of enhanced community surveillance.	Virus is no longer considered a significant threat to public health.
    Protections advised in each phase	Physical distancing requirements in place. Frequent handwashing and hygiene measures for all. Cough etiquette is maintained. Face coverings in enclosed public spaces, including public transport.	Physical distancing requirements in place. Frequent handwashing and hygiene measures for all. Cough etiquette is maintained. Face coverings in enclosed public spaces, including public transport.	Physical distancing requirements in place. Frequent handwashing and hygiene measures for all. Cough etiquette is maintained. Face coverings in enclosed public spaces. Face coverings are mandatory on public transport.	Physical distancing requirements in place. Frequent handwashing and hygiene measures for all. Cough etiquette is maintained. Face coverings in enclosed public spaces. Face coverings are mandatory on public transport. Mandatory face coverings in shops and other retail.	Physical distancing requirements to be updated on scientific advice. Frequent handwashing and hygiene measures for all. Cough etiquette is maintained. Face coverings may be advised in enclosed public spaces, including public transport.


All decisions on phasing will be kept under review as the research evidence base on the impact of the virus and the effectiveness of different interventions builds.


Lockdown	Phase 1	Phase 2	Phase 3	Phase 4
<p>Lockdown restrictions:</p> <p>Strict physical distancing and hygiene measures.</p> <p>Contact should be within own household only.</p> <p>No public gatherings except for meetings of two people permitted.</p> <p>Self-isolation/household isolation if displaying symptoms.</p> <p>Shielding of very high risk individuals.</p>	<p>As with previous phase but with the following changes:</p> <p>More outdoor activity permitted – such as being able to sit in the park, as long as physically distanced.</p> <p>Meeting up with another household outdoors, in small numbers (max 8), including in gardens, but with physical distancing required.</p>	<p>As with previous phase but with the following changes:</p> <p>People who are <u>shielding</u> are able to leave their home for exercise (from 18th June) and to meet with 1 other household outdoors (max 8 people in total) with physical distancing. People who are shielding can take part in non-contact outdoor activities such as golf, hiking, fishing etc.</p> <p>People who are <u>not</u> shielding can now meet with more households outside. Limit increased from meeting 1 household to meeting 2 households; 8 person overall limit and need for physical distancing remains.</p> <p>People who are <u>not</u> shielding can also use toilets indoors while visiting the outdoors of another household. (Hygiene measures are essential.)</p> <p>Certain household types can now meet others indoors in an 'extended household'.</p>	<p>As with previous phase but with the following changes:</p> <p>Outdoors – a household can meet up to 4 other households at a time – up to 15 people in total.</p> <p>Indoors – a household can meet up to 2 other households at a time – up to 8 people in total. This includes overnight stays.</p> <p>A household can meet up to 4 other households per day in total (this is in total – meetings indoors and/or outdoors)</p> <p>The limit on the number of other households you can meet per day (indoors or <u>outdoors</u>) doesn't apply to young people who are younger than 18.</p> <p>Children aged 11 or under no longer need to physically distance indoors. Young people aged 12-17 must continue to physically distance.</p> <p>Extended Households: Non cohabiting partners (and any children under 18 in their households) can form an extended household without physical distancing.</p>	<p>As with previous phase but with the following changes:</p> <p>Further relaxation on restrictions on gatherings.</p> <p>Continued importance of hygiene and public health emphasised.</p>




Seeing family and friends


	Lockdown	Phase 1	Phase 2	Phase 3	Phase 4
	Lockdown restrictions:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:
 Getting around	<p>Stay at home with essential travel only, staying in local area.</p> <p>Active travel including walking and cycling in local area for daily exercise.</p> <p>Public transport operating with limited service and capacity with physical distancing.</p> <p>Passengers recommended to wear face coverings, only to travel for essential purposes and to avoid busy routes/periods.</p>	<p>Consistent with the reopening of workplaces set out in this phase, where home working is not possible businesses and organisations are encouraged to manage travel demand through staggered start times and flexible working patterns.</p> <p>Permitted to 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.</p> <p>International border health measures are introduced.</p>	<p>Consistent with the re-opening of workplaces set out in this phase, where home working is not possible businesses and organisations are encouraged to manage travel demand through staggered start times and flexible working patterns.</p> <p>People should continue to stay in their local area as much as possible and should not travel more than broadly five miles for leisure or recreation.</p> <p>Public transport services will increase over the phase, including increased ferry services and capacity. (All phase changes apply to islands.)</p> <p>Public transport capacity will remain constrained due to physical distancing requirements - and active travel remains the preferred mode of travel.</p> <p>International border health measures in place.</p>	<p>No restriction on travel in Scotland if acting in line with all other guidance which supports the Routemap.</p> <p>Public transport continues to scale up to full services during this phase, as it moves to a 1 metre physical distancing model once appropriate mitigations are in place, but will continue to have reduced capacity.</p> <p>May be geographical differences depending on circumstances.</p> <p>Motorcycle instruction and theory/hazard tests can resume. Tractor driver instruction can resume - 22 July</p> <p>Driving Lessons can resume - date to be confirmed.</p>	<p>Public transport operating full service.</p> <p>Physical distancing may remain in place.</p>



	Lockdown	Phase 1	Phase 2	Phase 3	Phase 4
	Lockdown restrictions:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:
 <p>Schools, childcare and other educational settings</p>	<p>Schools and childcare services closed.</p> <p>Measures in place to support home learning and to provide outreach services to vulnerable children.</p> <p>Critical childcare provision for key workers and vulnerable children provided through hubs, nurseries and childminding services.</p> <p>Universities and colleges closed – remote learning and research.</p>	<p>School staff return to schools.</p> <p>Increased number of children accessing critical childcare provision.</p> <p>Re-opening of childminding services and fully outdoor nursery provision.</p> <p>Transition support available to pupils starting P1 and S1 where possible.</p>	<p>On campus university lab research restarted subject to physical distancing.</p> <p>College and university staff can return to make essential preparations for restart in Phase 3.</p>	<p>Schools: From 11 August: Children to be able to return to school full time (conditional upon ongoing scientific and health advice). The blended model of schooling remains a contingency plan.</p> <p>All childcare providers can open subject to individual provider arrangements – 15 July.</p> <p>Universities and colleges – phased return to on campus learning as part of a blended model with remote teaching. Public health measures (including physical distancing) in place – 22 July.</p>	<p>Schools and childcare provision, operating with any necessary precautions.</p> <p>College and university campuses open – including key student services with any necessary precautions.</p>


	Lockdown	Phase 1	Phase 2	Phase 3	Phase 4
	Lockdown restrictions:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:
 <p>Working or running a business</p>	<p>Closure of non-essential workplaces.</p> <p>Social distancing requirements for essential businesses.</p> <p>Remote working is the default position.</p>	<p>Remote working remains the default position for those who can.</p> <p>For those workplaces that are reopening, employers should encourage staggered start times and flexible working.</p> <p>Non-essential <u>outdoor</u> workplaces with physical distancing resume once relevant guidance agreed.</p> <p>Construction – Phases 0-2 of industry restart plan can be implemented. (Industry to consult government before progressing to phase 2).</p> <p>Preparing for the safe reopening of the housing market.</p> <p>Workplaces resuming in later phases can undertake preparatory work on physical distancing and hygiene measures.</p> <p>Gradual re-opening of drive through food outlets.</p> <p>Garden centres and plant nurseries can reopen with physical distancing.</p> <p>Associated cafes should not reopen at this stage except for takeaway.</p>	<p>Remote working remains the default position for those who can.</p> <p>Indoor (non-office) workplaces resume once relevant guidance is implemented.</p> <ul style="list-style-type: none"> • <u>Includes:</u> factories, warehouses, labs and research facilities. • <u>Excludes:</u> indoor workplaces due to open in Phase 3 (e.g. non-essential offices and call-centres). <p>Construction sector can implement remaining phases of sectoral plan.</p> <p>Consistent with Phase 2, accommodation can be provided for those required to stay away from home for work purposes.</p> <p>Relaxation on restrictions on housing moves.</p>	<p>Non-essential offices and call centres can re-open following implementation of relevant guidance (including physical distancing). Working from home and working flexibly remain the default. – date to be confirmed – not before 31 July.</p>	<p>Remote and flexible working remains encouraged.</p> <p>All workplaces open with improved hygiene and in line with public health advice.</p>

	Lockdown	Phase 1	Phase 2	Phase 3	Phase 4
	Lockdown restrictions:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:
 <p>Shopping, eating and drinking out</p>	<p>Shopping for necessities, with distancing measures.</p> <p>Closure of non-essential retail, libraries and some indoor public spaces.</p> <p>Closure and restriction of businesses selling food or drink.</p> <p>Closure of outdoor markets.</p>	<p>Gradual re-opening of drive through food outlets.</p> <p>Garden centres and plant nurseries can reopen with physical distancing. Associated cafes should not reopen at this stage except for takeaway.</p>	<p>Street-access retail can re-open once guidance is implemented. Interiors of shopping centres / malls remain closed for non-essential shops until Phase 3.</p> <p>Outdoor markets can re-open once guidance is implemented.</p> <p>We will review the scientific evidence on how pubs and restaurants can open outdoor spaces safely with a review point on 2 July.</p>	<p>Non-essential shops inside shopping centres can re-open (following guidance and with physical distancing) – 13 July.</p> <p>Indoor hospitality (subject to physical distancing rules and guidance) – 15 July.</p> <p>Hairdressers and barbers – with enhanced hygiene measures – 15 July.</p> <p>Other personal retail services such as beauticians and tailors – with enhanced hygiene measures – 22 July.</p>	<p>All open with improved public health advice.</p> <p>Shop local still encouraged.</p>
 <p>Sport, culture and leisure activities</p>	<p>Daily (unlimited) exercise.</p> <p>Closure of entertainment premises and leisure facilities.</p> <p>Closure of playgrounds.</p> <p>Closure of holiday accommodation.</p>	<p>Consistent with the rules and guidance that are applicable to any activity in this phase:</p> <p>Unrestricted outdoors exercise adhering to distancing measures.</p> <p>Non-contact, outdoor activities in your local areas e.g. golf, hiking, canoeing, outdoor swimming, angling.</p>	<p>Outdoor sports courts can re-open.</p> <p>Playgrounds can re-open.</p> <p>Professional sport can resume – with public health restrictions remaining in place.</p> <p>Zoos and garden attractions can open for local access only (broadly within five miles) in this phase.</p>	<p>Organised outdoor contact sports, play and physical activity can resume for children and young people under 18 (subject to guidance) – 13 July.</p> <p>Museums, galleries, monuments, libraries, various other visitor attractions, cinemas (including drive-ins and venues screening films) – with physical distancing and other measures (e.g. ticketing in advance) – 15 July.</p>	<p>Further relaxation of restrictions on live events in line with public health advice.</p>

	Lockdown	Phase 1	Phase 2	Phase 3	Phase 4
	Lockdown restrictions:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:
 <p>Sport, culture and leisure activities continued</p>				<p>All holiday accommodation permitted (following relevant guidance) - 15 July.</p> <p>Live events (outdoors) - with physical distancing and restricted numbers. Date TBC - not before 31 July - Note: this broad category is under review to determine which types of events are safe to resume slightly earlier.</p> <p>Live events (indoors) - with physical distancing and restricted numbers. Date TBC - not before 31 July.</p> <p>Other indoor live-entertainment venues (e.g. theatres, music venues.)</p> <p>Bingo Halls (with physical distancing) - date TBC - not before 31 July.</p> <p>Indoor gyms - (with physical distancing and enhanced hygiene measures) TBC - not before 31 July.</p> <p>Resumption of non-professional adult outdoor contact sports - date to be confirmed.</p>	

	Lockdown	Phase 1	Phase 2	Phase 3	Phase 4
	Lockdown restrictions:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:
 Community and public services	<p>Limited number of courts open and business limited.</p> <p>Other services restricted where necessary in line with public health advice.</p> <p>All jury business halted.</p>	<p>Gradual resumption of key support services at the community level with physical distancing and hygiene measures.</p> <p>Restarting face to face Children’s Hearings with physical distancing.</p> <p>Greater direct contact for social work and support services with at risk groups and families with physical distancing and hygiene measures.</p> <p>Access to respite/day care to support unpaid carers and for families with a disabled family member.</p> <p>Household Waste Recycling Centres open.</p> <p>Re-opening of court and tribunal buildings, with limited business and public access.</p>	<p>Public services will continue to resume and scale-up during Phase 2, continuing those set out in Phase 1.</p> <p>In addition to the services set out elsewhere in this phase, resuming activity includes services such as visiting support to Housing First Tenants and the resumption of area-based energy efficiency schemes.</p>	<p>Further resumption and scaling up of public services and justice system processes and services.</p> <p>Face to face youth work can resume outdoors (following relevant guidance) – 13 July.</p>	<p>Public services operating fully, in line with public health advice, with modifications and changes to service design, including increasing use of digital services where appropriate.</p>

	Lockdown	Phase 1	Phase 2	Phase 3	Phase 4
	<p>Lockdown restrictions:</p>	<p>As with previous phase but with the following changes:</p>	<p>As with previous phase but with the following changes:</p>	<p>As with previous phase but with the following changes:</p>	<p>As with previous phase but with the following changes:</p>
 <p>Gatherings and occasions</p>	<p>No public gatherings of more than two people.</p> <p>No mass gatherings.</p> <p>Funerals take place with limited number of attendees.</p>	<p>No public gatherings permitted except for meetings of two households, outdoors and with physical distancing.</p>	<p>Registration offices open for high priority tasks.</p> <p>Places of worship can re-open for individual prayer or contemplation.</p> <p>Marriages & civil partnerships allowed with minimal attendees - outdoors only.</p>	<p>Places of worship can re-open for congregational services, communal prayer and contemplation with physical distancing and limited numbers - 15 July.</p> <p>Easing of restrictions on attendance at funerals, marriage ceremonies, civil partnership registrations, with physical distancing (limited numbers) - 15 July.</p>	<p>Mass gatherings resume in line with public health advice.</p> <p>All ceremonies can take place, with improved hygiene and other precautions.</p>
 <p>Health and social care</p>	<p>All non-urgent care health care services stopped and capacity focused on COVID-19 response:</p> <p>COVID hubs and assessment centres.</p> <p>Urgent care including dental and the creation of ICU capacity.</p> <p>Joint working to reduce delayed discharges by over 60% and prioritising “home first” and prioritisation of safety and wellbeing of care home residents and staff.</p> <p>Urgent and cancer care still available.</p>	<p>Beginning to safely restart NHS services, covering primary, and community services including mental health.</p> <p>Phased resumption of some GP services supported by an increase in digital consultations.</p> <p>Roll out the NHS Pharmacy First Scotland service in community pharmacies.</p> <p>Increase care offered at emergency dental hubs as practices prepare to open.</p> <p>Restart, where possible, urgent electives previously paused.</p>	<p>Increasing health care provision for pent-up demand, urgent referrals and triage of routine services.</p> <p>Reintroducing some chronic disease management.</p> <p>Continue phased resumption of any suspended or postponed GP services supported by digital consultation.</p> <p>Continued GP support for shielded patients, including home visits where clinically necessary.</p>	<p>Health and social care services continue to scale up safely in line with the NHS Mobilisation plan. (See accompanying text for details.)</p>	<p>Health and social care services will continue to scale up with greater use of technology to provide improved services to citizens.</p>

	Lockdown	Phase 1	Phase 2	Phase 3	Phase 4
	Lockdown restrictions:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:
 <p>Health and social care continued</p>		<p>Resumption of NHS IVF treatment has now been approved and we are working with the four centres to resume services quickly and safely.</p> <p>Increase provision of emergency eyecare in the community.</p> <p>We will consider the introduction of designated visitors to care homes.</p>	<p>Dental practices can re-open to see patients with urgent care needs.</p> <p>Priority referrals to secondary care begin.</p> <p>Continue to plan with COSLA and Scottish Care and other partners to support and, where needed, review of social care and care home services.</p> <p>Phased resumption of some screening services.</p> <p>Community optometry practices re-open for face-to-face emergency and essential eye care.</p> <p>Consideration to be given to a phased resumption of visiting care homes starting with outdoor visiting where it is clinically safe to do so.</p>		

Notes: Please refer to the Phase 3 table for specific dates at which Phase 3 changes occur. Some changes do not yet have a confirmed date. Please refer to guidance for more specific details on each change.

Outline of key dates

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With effect from Friday 10 July

- Mandatory face coverings in shops and other retail
- **Outdoors** – a household can meet up to 4 other households at a time – up to 15 people in total
- **Indoors** – a household can meet up to 2 other households at a time – up to 8 people in total. This includes overnight stays
- A household can meet up to 4 other households per day in total (this is in total – meetings indoors and/or outdoors)
- The limit on the number of other households you can meet per day (indoors or outdoors) doesn't apply to young people who are younger than 18.
- Children aged 11 or under no longer need to physically distance indoors. Young people aged 12-17 must continue to physically distance
- Extended Households: Non cohabiting partners (and any children under 18 in their households) can form an extended household without physical distancing

With effect from Monday 13 July

- Organised outdoor contact sports, play and physical activity, can resume for children and young people under 18 (subject to guidance)
- All dental practices begin to see registered patients for non-aerosol routine care. Work will begin to return aerosol generating procedures to practice safely
- Non-essential shops inside shopping centres can re-open (following guidance and with physical distancing)
- Face-to-face youth work can resume outdoors (following relevant guidance)

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With effect from Wednesday 15 July

- Places of worship can re-open for congregational services, communal prayer and contemplation with physical distancing and limited numbers
- All holiday accommodation permitted (following relevant guidance)
- Indoor hospitality (subject to physical distancing rules and public health advice).
- Hairdressers and barbers – with enhanced hygiene measures
- Museums, galleries, monuments, libraries, various other visitor attractions, cinemas (including drive-ins and venues screening films) – with physical distancing and other measures (e.g. ticketing in advance)
- All childcare providers can open subject to individual provider arrangements
- Easing of restrictions on attendance at funerals, marriage ceremonies and civil partnerships registrations, with physical distancing (limited numbers). Associated receptions are subject to restrictions on hospitality and household meetings

With effect from Wednesday 22 July

- Motorcycle instruction and theory/hazard tests can resume. Tractor tests can also resume
- Universities and colleges – phased return to on campus learning as part of a blended model with remote teaching. Public health measures (including physical distancing) in place
- Other personal retail services such as beauticians and tailors can re-open– with enhanced hygiene measures

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Not before 31 July

- Non-essential offices and call centres can re-open following implementation of relevant guidance (including on physical distancing). Working from home and working flexibly remain the default
- Live events (outdoors) with physical distancing and restricted numbers. Note: this broad category is under review to determine which types of events are safe to resume slightly earlier
- Live events (indoors) – with physical distancing and restricted numbers
- Bingo halls (with physical distancing)
- Other indoor live-entertainment venues (e.g. theatres, music venues)
- Indoor gyms (with physical distancing and enhanced hygiene measures)
- Outdoor contact sports (organised for adults and informal for all ages)
- Driving lessons can resume

Scaling up of public services

During Phase 3, a range of public services will continue to safely re-open and expand. These include the resumption of face-to-face youth work from 13 July (with physical distancing and following relevant guidance).

Public transport continues to scale up to full services, as it moves to a 1 metre physical distancing model once appropriate mitigations are in place, during this phase but will have reduced capacity.

From 11 August: Children to be able to return to school full time (conditional upon ongoing scientific and health advice). The blended model of schooling remains a contingency plan.

Scaling-up health and social care across Phase 3

In line with the NHS remobilisation plan there will be a further expansion of screening services.

Care homes that have been COVID-free throughout the outbreak, or where there have been 28 days since a resident displayed any COVID symptoms, can move to stage 3 of the visiting and communal activity pathway. This allows multiple outdoor visitors, one designated indoor visitor and limited communal living experience to be restarted from 24 July.

GP practices will continue to expand offered services according to local mobilisation plans.

All dental practices may begin to see registered patients for non-aerosol routine care. Urgent care centres will continue to provide aerosol generating procedures. We have commissioned an expert review into the safe introduction of aerosol generating procedures.

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Increasing capacity within community optometry practices for emergency and essential eye care.

From 13 July patients will be able to choose an accompanying person to attend appointments with them.

From 13 July, women may identify one designated visitor to accompany them to scans/antenatal/postnatal appointments. In addition to the birth partner, women who choose to can have one additional person attending the birth. Women can have their birth partner and one designated visitor visit in antenatal and postnatal wards.

The full range of birth options will be available across Health Boards, including home birth, from 31 July.

The full national routine schedule of antenatal care and postnatal care with face to face appointments in home or clinical setting is to resume from 31 July, subject to appropriate physical distancing and hygiene measures in waiting areas.

The upscaling of use of digital technology and home monitoring to supplement routine care in maternity and neonatal services will continue.

Antenatal and postnatal Group Sessions to be resumed, virtually or face to face, subject to appropriate physical distancing and hygiene

measures from 31 July.

Physiotherapy and Podiatry services have continued to provide essential care throughout, utilising telephone, Near Me and in-person where required. Non-urgent care may now also be provided and both services will continue to remobilise according to local plans, including in person care if necessary, following public health guidance and with additional protective measures in place.

District Nursing services have continued to provide essential care throughout, and services will continue to expand according to local mobilisation plans Health Boards will continue to remobilise pain support services taking into account clinical guidance and local circumstances, in line with the national approach set out in the Scottish Government's Remobilise, Recover and Re-design Framework.

Measuring the impact of changes

The *Equality and Fairer Scotland Impact Assessment (EQFSIA)* covering the Route Map is published and will be updated as we progress through the remaining Phases. We will publish other relevant impact assessments in due course.



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