



Scottish Government Guidance – COVID-19

This resource has been created in November 2020 during the coronavirus pandemic. At this time there are restrictions on the activities of singing groups in the community, which is why we have produced this resource to help people to sing at home on their own or with other members of their household. There are also restrictions on singing in care homes at present.

Scottish Government guidance on these activities is regularly updated, so please make sure that you follow the latest legislation and guidance if you are running a singing group or leading activities in a care home. If you do not live in Scotland, please follow the legislation and guidance in the country you live in.

See below for more details on the current guidance in Scotland:

- If you are running a singing group in a Scottish community, there are restrictions on the situations in which you can meet and the number of people who can be involved. Our partners Making Music have shared more detailed guidance on this. Their guidance makes clear what is allowed in each of the four nations of the UK, and it is updated regularly.

You will find the information here:

www.makingmusic.org.uk/resource/can-group-get-back-in-person.

- If you live or work in a care home in Scotland, the guidance rules out all organised singing activities, whether in a group situation or on a one-to-one basis. The only situation in which one-to-one singing is currently allowed is where it relieves distress; in this situation PPE must be worn.

You will find the document that outlines this in detail here:

www.gov.scot/publications/coronavirus-covid-19-adult-care-homes-visiting-guidance.