

Dear Members,

This information comes to you from Lorna Forrester at the Scottish Massage Therapists' Organisation, our partners at the GCMT - thanks so much Lorna.

COVID-19 Restrictions in Scotland

The First Minister, Nicola Sturgeon, has advised which areas of Scotland are in which tiers. Here are some of the main points that therapists should consider:

TIER 1

All massage and Complementary Therapies allowed, including Mobile Therapy, which may restart from 2nd of November in the following regions:

- Highland
- Moray
- Western Isles
- Orkney and Shetland

Mobile Therapy **MUST** remain closed in all other regions of Scotland at this time.

TIER 2

- Aberdeen
- Aberdeenshire
- Angus
- Fife
- Argyll & Bute
- Perth & Kinross
- Scottish Borders
- Dumfries & Galloway

Therapists can continue to work in their own home and in their own / rented clinic / treatment space in all tier 2 council areas of Scotland at this present time.

Mobile Therapy **MUST** remain closed.

Therapists in Level 1 and 2 are advised to not travel to those in Level 3 and 4.

TIER 3

- Dundee
- Edinburgh
- East, Mid & West Lothian
- Falkirk
- Stirling
- Clackmannanshire
- Glasgow
- Inverclyde
- East & West Dunbartonshire
- Renfrewshire
- East Renfrewshire
- North, South & East Ayrshire
- North & South Lanarkshire

Therapists can continue to work in their own home and in their own / rented clinic / treatment space in all tier 3 council areas of Scotland at this present time. Mobile Therapy **MUST** remain closed.

Travel into or out of any tier 3 regions should ONLY be for essential purposes. While essential healthcare is allowed, therapists should carefully consider if their treatments are for essential healthcare reasons and be able to robustly justify treatments in their risk assessments and for their insurance.

There is a good interactive map which very clearly shows geographically which tier each area of Scotland is in. [Please have a look.](#)

Therapist should also consider the safety of their clients particularly if they fall into the higher risk category due to co-morbidities and also consider the safety of themselves and the national effort to eliminate Coronavirus.

For this reason, the SMTO suggests deferring treatments for clients who are travelling into or from any tier 3 region.

As previously suggested 2-3 weeks ago, SMTO advises that all members review their Risk Assessment, increase your levels of PPE and download and use the Protect Scotland app.

TIER 4

No area of Scotland has been put into tier 4, but a close eye is being kept on North & South Lanarkshire. If this were to happen in the coming weeks, all close-contact / massage therapies would need to stop for a period.

Guidelines

[Strategic Review of the 5-tier Framework](#)

[Close contact services](#)

These guidelines can also be found on the [public MTI website](#) and [in the member area](#).

Stay safe Scotland!