



More people
More active
More often

We are **ukactive** 



Members Update – 4th January 2022

Latest Update

Wales

- Updated guidance on self-isolation if confirmed case of Covid-19

Northern Ireland

- Updated guidance on self-isolation if confirmed case of Covid-19

Please read this guidance in-line with the ukactive [operational procedures](#)

England

Current restrictions

- All facilities open – no limit on any areas
- Pre-covid levels for ventilation etc, but CO2 monitors advised to help monitor
- Self-isolation advice for people with coronavirus (COVID-19) has changed. It is now possible to end self-isolation after 7 days, following 2 negative LFD tests taken 24 hours apart. The first LFD test should not be taken before the sixth day – full [guidance on self-isolation](#) available here
 - If unvaccinated and a close contact of someone confirmed with Covid, you need to remain self-isolating for 10 days
 - If fully vaccinated and identified as a contact of someone with COVID-19 – you should take an NHS rapid lateral flow test every day for 7 days
- While it is not a legal requirement to wear face coverings in '[gym and exercise facilities](#)', all facilities should be respectful and supportive of any customers or staff that wish to wear a face coverings whilst in the facility – they must also follow all guidance on [when they do need to wear them](#) (such as in soft play areas) – [full details available here](#)
- [certain venues and events](#) are required by law to check that all visitors aged 18 years or over are fully vaccinated (currently a full course of vaccination without the need for a booster, but this will be kept under review), have proof of a negative test in the last 48 hours, or that they have an exemption. These venues include:
 - indoor events with 500 or more unseated attendees, where those attendees are likely to stand or move around for all or part of the event, such as music venues with standing audiences or large receptions;
 - outdoor events with 4,000 or more unseated attendees, where those attendees are likely to stand or move around for all or part of the event, such as outdoor festivals; and
 - any events with 10,000 or more attendees indoor or outdoor, such as large sports and music events



More people
More active
More often

We are **ukactive** 



Scotland

- Following the First Minister's announcement on [Tuesday 21st December](#), the following restrictions have come into force:
From 26 December - inclusive of that date - for a period of three weeks,
 - There will be limits on the size of live public events that can take place.
 - For indoor standing events the limit will be 100;
 - For indoor seated events it will be 200;
 - and for outdoor events 500 seated or standing.
 - Physical distancing of 1 metre will be required at events that go ahead within these limits.
 - **non-professional indoor contact sports for adults should not take place**
- **From 27 December**, again for up to three weeks
 - Indoor hospitality and leisure venues (**including gyms and leisure centres**) will re-introduce 1 metre physical distance, not within, but between groups (there should be no more than three households represented in any group) of people who are attending together.
 - Group ex can continue, but social distancing must remain
 - Table service will be reintroduced for venues serving alcohol for consumption on the premises.
- All facilities open
- Pre-covid levels for ventilation etc, but CO2 monitors advised to help monitor
- Need to collect details of people entering facilities
- If double vaccinated – no need to self-isolate if no symptoms (however PCR test advised), however
 - from 11th December, the [Scottish Government advice](#) will be that **all household contacts of any confirmed Covid** case should isolate for 10 days regardless of their vaccination status and even if they initially get a negative PCR test
- Face coverings must be worn in facilities (except when doing PA)
- The guidance on [safer businesses and workplaces](#) has been updated for all businesses and workplaces and provides advice on measures that you should take to reduce risk and create a safe environment for customers and staff. This guidance should be used for premises to consider the risk of transmission of COVID-19 and identify the measures needed to adopt to protect workers and visitors on premises and for workers, when working, elsewhere. – key elements to [consider are here](#)
- If you would like to host an LFD Collect site the first place to contact is your local public health team. If you are unable to contact them you can contact communitytesting@gov.scot who will help you connect with your local public health team.

The latest FAQ's from Sport Scotland are available here - [Sport Scotland guidance](#)

Wales



More people
More active
More often



We are **ukactive** >

Current Guidance:

- Wales moved into a revised version of [Alert level 2](#) from the 26th December
 - 2m social distance returns
 - Up to 30 people can take part in organised indoor activities (inc group ex and swimming lessons) and up to 50 people in organised outdoor activities, social distancing must remain - multiple groups of 30 can be allowed if there is sufficient space and clear separation maintained.
 - No limit for under 18's in organised indoor group activities
 - Update FAQ's are available on the [Wales Government website](#)
- All facilities open
- Pre-covid levels for ventilation etc, but CO2 monitors advised to help monitor
- Need to collect details of people entering facilities
- Face coverings must be worn (except when doing PA)
- All venues should undertake full Covid risk assessments to identify the mitigations they will put in place for activities being within their premises and the actions required of all users.
- Covid passes (or negative lateral flow test - [within 24 hours](#)) needed in:
 - cinemas, theatres and concert halls
 - nightclubs and comparable venues
 - unseated indoor live events for more than 500 people
 - unseated outdoor live events for more than 4,000 people
 - any event for more than 10,000 people
- [From 31 December](#), if a person is currently self-isolating as a **positive case** or a person tests positive for COVID-19 they must self-isolate for seven days. On day six of isolation, they should take a lateral flow test and another test 24 hours later.
 - [From 23rd December](#), fully vaccinated adults, children aged 5-18 and vaccine clinical trial participants identified as a **close contact** of a positive case of COVID-19 will not need to isolate. Instead, they should take lateral flow tests for 7 days as a precautionary measure
 - **unvaccinated contacts** to self-isolate for 10 days following their exposure to a positive case

Further details are available on the Welsh Government website 'Sport, recreation and leisure: [Guidance for a safe return](#)'

Northern Ireland

- All facilities open
- Pre-covid levels for ventilation etc, but CO2 monitors advised to help monitor
- Need to collect details of people entering facilities
- Self-isolation advice for people with coronavirus (COVID-19) has changed. It is now possible to end self-isolation after 7 days, following 2 negative LFD tests taken 24



More people
More active
More often



We are **ukactive** 

hours apart. The first LFD test should not be taken before the sixth day – full [guidance on self-isolation](#) available here

- If unvaccinated and a close contact of someone confirmed with Covid, you need to remain self-isolating for 10 days
- If fully vaccinated and identified as a contact of someone with COVID-19 – You are advised to isolate and take a lateral flow device (LFD) test as soon as possible. If this is negative you can stop isolating but should continue to take daily lateral flow tests until the tenth day after the last date of contact with the positive case.
- Face coverings must be worn in facilities (except when doing PA)
- Covid passes needed in:
 - nightclubs
 - hospitality venues which serve food and drink
 - cinemas, theatres, concert halls and conference centres
 - indoor events with 500 or more attendees with some or all of the audience not normally seated
 - outdoor events with 4,000 or more attendees with some or all of the audience not normally seated
 - events where more than 10,000 people will be present regardless of whether they are seated

Further details are [available here](#)

ukactive will update all relevant guidance and links as these become available. If you have not been able to find the link you need, or if you have any further questions relating to the content of this update, please contact the team using membership@ukactive.org.uk or by calling us on 0208 158 9700

Previous updates

27th December

Wales

- Updated FAQ's

23rd December

Wales

- New guidance from 26th December
- Changes to self-isolation for close contacts

22nd December

England

- Updated guidance on self-isolation if confirmed case of Covid-19

21st December



More people
More active
More often

We are **ukactive** 



Wales

- Sporting events to be played behind closed doors from the 26th December

Scotland

- Changes from 26th and 27th December, including Physical Distancing returning
- Details if you want your facility to become an LFD Collect site

17th December

Wales

- New advice to keep Wales safe this Christmas

16th December

Scotland

- Updated guidance on safer businesses and workplaces

14th Decemebr

England

- Self isolation guidance changes for people double vaccinated

Scotland

- First Minister Update

12th December

England

- From 14th December - Self isolation guidance changes

10th December

Wales

- Negative lateral flow test
 - From 15th December needed within 24hours not 48hours

Scotland

- Guidance on self-isolation
 - from 11th December, the Scottish Government advice will be that all household contacts of any confirmed Covid case should isolate for 10 days regardless of their vaccination status and even if they initially get a negative PCR test

England



More people
More active
More often



We are **ukactive** 

- Updated links
 - Face coverings

9th December
England

- Moving to 'Plan B'
 - From Friday 10th December, face coverings will be legally required in most public indoor venues.
 - From Monday 13th December, office workers who can work from home should do so. Anyone who cannot work from home should continue to go to the workplace.
 - From Wednesday 15th December, certain businesses and some events are required by law to check the COVID status of workers and customers, using the NHS COVID Pass

6th December
Scotland

- Omicron variant
 - Updated to include 'Negative test added to certification'

1st December
England

- Omicron variant
 - Updated guidance for 'NHS Test and Trace in the workplace'

30th November 2021
Scotland

- Omicron variant - Changes to self-isolation

England

- Omicron variant
 - Changes to self-isolation
 - Changes to face coverings
 - Update to school, holiday clubs and out of school settings

Wales

- Omicron variant – update to school guidance