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Covid-19 Member Update

Friday 16th October

Intro

This week has seen a number of changes, across all four nations of the UK, relating to coronavirus restrictions. The following briefing sets out the changes in restrictions and the specific effect on the physical activity sector.

England

On the 12th October, the Government laid out its plans for new local COVID alert levels. The Government is committed to ensuring the right levels of intervention in the right places to manage outbreaks. The approach has been simplified so that there are now 3 local COVID alert levels. Below, ukactive has set out what the implications of these levels are on the leisure and physical activity sector.

Please note, you can check which alert level applies to you by searching for your area [here](#)

Local COVID alert level: Medium (Tier 1)

Full Government guidance for areas with medium alert level can be found [here](#)

Applicable to the sector is the following:

“exercise classes and organised sport can continue to take place outdoors, or indoors if the rule of 6 is followed”

FAQ's relating to Tier 1:

Can I continue to run outdoor exercise classes with more than 6?

Yes. You can continue to run outdoor exercise classes with a maximum of 30 participants. People should continue to follow the guidance here: [Guidance for the public for the phased return of outdoor sport and recreation in England.](#)

Can I continue to run indoor group exercise classes with more than 6 people?

Yes. DCMS (the Department for Culture, Media and Sport) have confirmed to ukactive that if your facility is operating in a COVID secure way and following the [Guidance for grassroots sport and gym / leisure facilities this](#) provides the assurance that customers are not 'mixing'



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but adhering to social distancing and cleanliness standards and therefore mitigates any risk of transmission. This means you are able to offer group exercise classes of more than 6 people providing social distancing can be observed and the capacity is in line with the ventilation guidance as described in the [ukactive Framework for Reopening](#).

Can I continue to run classes in a community venue?

Yes, if your facility is operating in a COVID secure way and following the [Guidance for grassroot sport and gym / leisure facilities this](#) provides the assurance that customers are not 'mixing' but adhering to social distancing and cleanliness standards and therefore mitigates any risk of transmission. This means you are able to offer group exercise classes of more than 6 people providing social distancing can be observed and the capacity is in line with the ventilation guidance as described in the [ukactive Framework for Reopening](#). Please also be sure to check if there are any additional measures as detailed in [COVID-19: Guidance for the safe use of multi-purpose community facilities](#).

What impact does this have on individual sports, can these continue?

For guidance on individual sports, please check the relevant NGB (National Governing Body) guidance for further information.

Are there any groups that the new rules do not apply to?

The new restrictions do not apply to youth (under 18 years old) activity, elite athletes or disability sport and physical activity.

Local COVID alert level: High (Tier 2)

Full Government guidance for areas with alert level high can be found [here](#)

For the sector, what is applicable (in addition to what is in place for medium alert areas) is the following:

“exercise classes and organised sport can continue to take place outdoors. These will only be permitted indoors if it is possible for people to avoid mixing with people they do not live with or share a support bubble with, or for youth or disability sport”

FAQ's relating to tier 2:

Can I continue to run outdoor exercise classes with more than 6?



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Yes. You can continue to run outdoor exercise classes with a maximum of 30 participants. People should continue to follow the guidance here: [Guidance for the public for the phased return of outdoor sport and recreation in England.](#)

Can I continue to run indoor group exercise classes with more than 6 people?

Yes. DCMS (the Department for Culture, Media and Sport) have confirmed to ukactive that if your facility is operating in a COVID secure way and following the [Guidance for grassroots sport and gym / leisure facilities this](#) provides the assurance that customers are not 'mixing' but adhering to social distancing and cleanliness standards and therefore mitigates any risk of transmission. This means you are able to offer group exercise classes of more than 6 people providing social distancing can be observed and the capacity is in line with the ventilation guidance as described in the [ukactive Framework for Reopening](#).

Can I continue to run classes in a community venue?

Yes. if your facility is operating in a COVID secure way and following the [Guidance for grassroots sport and gym / leisure facilities this](#) provides the assurance that customers are not 'mixing' but adhering to social distancing and cleanliness standards and therefore mitigates any risk of transmission. This means you are able to offer group exercise classes of more than 6 people providing social distancing can be observed and the capacity is in line with the ventilation guidance as described in the [ukactive Framework for Reopening](#). Please also be sure to check if there are any additional measures as detailed in [COVID-19: Guidance for the safe use of multi-purpose community facilities](#).

What impact does this have on individual sports, can these continue?

For guidance on individual sports, please check the relevant NGB (National Governing Body) guidance for further information.

Are there any groups that the new rules do not apply to?

The new restrictions do not apply to youth (under 18 years old) activity, elite athletes or disability sport and physical activity.

Local COVID alert level: Very High (Tier 3)

Full Government guidance for areas with an alert level of very high can be found [here](#)

For the sector, what is applicable (in addition to what is in place for high alert areas) is the following:



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“exercise classes and organised sport can continue to take place outdoors. These will only be permitted indoors if it is possible for people to avoid mixing with people they do not live with or share a support bubble with, or for youth or disability sport”

In addition to the above, in very high-level areas, the Government will also seek to agree additional interventions in consultation with local authorities, in order to drive down transmission of the virus. This could include the following option:

“closing venues such as leisure centres and gyms (while ensuring provision remains available for elite athletes, youth and disabled sport and physical activity)”

FAQ's for tier 3:

Can I continue to run outdoor exercise classes with more than 6?

Yes. You can continue to run outdoor exercise classes with a maximum of 30 participants. People should continue to follow the guidance here: [Guidance for the public for the phased return of outdoor sport and recreation in England.](#)

Can I continue to run indoor group exercise classes with more than 6 people?

Yes. DCMS (the Department for Culture, Media and Sport) have confirmed to ukactive that if your facility is operating in a COVID secure way and following the [Guidance for grassroots sport and gym / leisure facilities this](#) provides the assurance that customers are not 'mixing' but adhering to social distancing and cleanliness standards and therefore mitigates any risk of transmission. This means you are able to offer group exercise classes of more than 6 people providing social distancing can be observed and the capacity is in line with the ventilation guidance as described in the [ukactive Framework for Reopening](#).

Can I continue to run classes in a community venue?

Yes. if your facility is operating in a COVID secure way and following the [Guidance for grassroots sport and gym / leisure facilities this](#) provides the assurance that customers are not 'mixing' but adhering to social distancing and cleanliness standards and therefore mitigates any risk of transmission. This means you are able to offer group exercise classes of more than 6 people providing social distancing can be observed and the capacity is in line with the ventilation guidance as described in the [ukactive Framework for Reopening](#). Please also be sure to check if there are any additional measures as detailed in [COVID-19: Guidance for the safe use of multi-purpose community facilities](#).



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What impact does this have on individual sports, can these continue?

For guidance on individual sports, please check the relevant NGB (National Governing Body) guidance for further information.

Are there any groups that the new rules do not apply to?

The new restrictions do not apply to youth (under 18 years old) activity, elite athletes or disability sport and physical activity.

Each tier 3 region will have their own guidance relating to any additional restrictions.

The links to these can be found below:

[Liverpool City Region](#)

[Lancashire](#)

For more information on restrictions and requirements in *England only*, please refer to the Sport England FAQ's [here](#)

Scotland

ukactive partner, [CIMSPA](#), have produced detailed guidance relating to the latest changes in Scotland dated 9th October 2020, which can be found [here](#).

The full Scottish Government guidance can be found here: [Coronavirus \(COVID 19\): guidance on sport and leisure facilities](#)

The above is national guidance that applies across Scotland. Please consider if [local restrictions](#) are in place when reading this guidance.

Wales

There have been no further restrictions announced in Wales this week.

The full Welsh Government guidance can be found here: [Sport, recreation and leisure: Guidance for a phased return](#)



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The above is national guidance that applies across Wales. Please consider if [local restrictions](#) are in place when reading this guidance.

Northern Ireland

Following an increase in coronavirus (COVID-19) cases, additional restrictions are being introduced for people living in Northern Ireland as of Friday 16th October at 6pm and will be in place for a period of 4 weeks.

An infographic summary of the restrictions can be found [here](#)

For our sector, what is applicable is the following:

- Gyms to remain open, for individual training only
- No indoor sport of any kind or organised contact sport involving household mixing other than at elite level

Full Northern Irish Government guidance can be found here: [COVID-19: Guidance on the safe return of sport](#)

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