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Members Update – 19th December 2020

Latest Updates:

England

Tier 4 restrictions from 20th December

Scotland

Level 4 restrictions from 26th December

Wales

National Level 4 lockdown from 20th December

England

Following the announcement on Saturday 19th December, from 00.01am on Sunday 20th December, the below will move into Tier 4:

- Greater London (all 32 boroughs and the City of London)
- Kent
- Buckinghamshire (including Milton Keynes)
- Berkshire
- Surrey (excluding Waverley)
- Gosport, Havant, Portsmouth
- Rother and Hastings
- Bedfordshire
- Hertfordshire
- Essex (excluding Colchester, Uttlesford and Tendring)
- Peterborough

These will be reviewed by 30th December

For a full list of Tiers - <https://www.gov.uk/guidance/full-list-of-local-restriction-tiers-by-area>

Overview of what is allowed in each Tier:

Tier 1

Gyms can open
Group exercise classes can continue following the previous guidance
Sauna and Steam rooms can open

Tier 2

Gyms can open
Group exercise classes can continue following the previous guidance
Sauna and Steam rooms can open

Tier 3



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Gyms can open

Sauna and Steam rooms can open

1:1 PT / Coaching can continue

Individual exercise and exercise in single households or support bubbles only.

Indoor group activities and exercise classes should not take place.

Organised activities for elite athletes, under 18's (including those who were under 18 on 31 August 2020) and disabled people can continue

Organised sport and physical activity outdoors with any number of people can continue. However, you should avoid contact in training and, for some sports, avoid contact in all activities

Tier 4

Gyms/leisure centre must close, with the following exemptions -

<https://www.gov.uk/guidance/tier-4-stay-at-home#sports-and-physical-activity>

Outdoor sports courts, outdoor gyms, golf courses, outdoor swimming pools, archery/driving/shooting ranges, riding centres and playgrounds can remain open for individual exercise, and for people to use with others within your household, support bubble, or with one person from another household. Organised outdoor sport for under 18s and disabled people will be allowed

For full details, [Covid-19 Winter Plan](#)

The latest Government guidance for our sector is here - [Providers of grassroots sport and gym/leisure facilities](#)

FAQ's

Tier 2

Are exercise classes limited to 'the rule of 6' in Tier 1 and 2?

Exercise classes can have more than 6 people in them in Tier 1 and 2, as long as they follow the Covid secure guidelines (including keeping social distancing). However, you are not allowed to have more than 6 people mixing (closer than 2m)

Tier 3 restrictions

Can group Exercise continue indoors in Tier 3

Following the Government guidance, it is advised that facilities do not offer group exercise classes. *'Facilities should open for individual exercise and exercise in single households or support bubbles only. Indoor group activities and exercise classes should not take place.'*

Outdoor classes in Tier 3 – what is the max occupancy?

Organised outdoor sport, and physical activity and exercise classes can continue, however higher-risk contact activity should not take place – **there**



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is no limit on numbers, but you must be Covid secure.

What sports can continue in Tier 3?

Organised outdoor sport can continue – following the below guidance

- <https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-the-public-and-sport-providers>
- <https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-safe-provision-including-team-sport-contact-combat-sport-and-organised-sport-events>

Is Personal Training allowed in Tier 3?

Yes, PTs and coaches will be permitted to undertake 1:1 sessions only, no groups (unless the entire group is from one household) and this can take place in a gym/leisure centre or other indoor sport facility (just shouldn't take place in a private home)

Group PT – is this ok in Tier 3?

Indoor - No
Outdoor - yes

Can children's lessons continue?

Yes - There are exceptions for indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s (including those who were under 18 on 31 August 2020)

Can parents/carers go poolside for their child's lessons?

This depends on the area's coronavirus alert level and the type of activity;
For grassroots activity;

- Medium alert area (Tier 1): Yes, however, they must follow the 'rule of six'.
- High/very high (Tier 2/3): No indoor spectators are allowed. Adults who are acting in a safeguarding/supervising capacity are exempt.

This does not apply to carers for people with disabilities, or adults where they are needed to supervise under-18s in a safeguarding role

Can ice rinks open for children's activities?

indoor skating rinks can open for elite athletes, professional dancers and choreographers, people with a disability, supervised activities for children and for formal education or training purposes



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Tier 4 restrictions

Can (eg.10) individuals turn up to go for a swim at the same time?

Outside yes, these can continue for individual exercise as long as they remain covid secure and do not mix

Can outdoor exercise classes remain?

No exercise classes should not continue outdoors. There are limits on gatherings (household/bubble/one other person outside household) which would not be covered by exercise classes.

Can 1:1 PT/coaching continue in Tier 4?

Personal training is permitted for 1:1 sessions only in outdoor public spaces (unless all participants are from the same household or support bubble).

Is an athletics track classed as a sports court?

Yes

Financial Support Available

Extension to furlough

The government's Coronavirus Job Retention Scheme (CJRS) - also known as the Furlough scheme – has been extended until the [end of April 2021](#), with employees receiving 80% of their current salary for hours not worked, up to a maximum of £2,500.

Businesses will only be asked to cover National Insurance and employer pension contributions which, for the average claim, accounts for just 5% of total employment costs.

Full details are available here - <https://www.gov.uk/guidance/claim-for-wages-through-the-coronavirus-job-retention-scheme#history>

Businesses will also be given until the end of March to access the Bounce Back Loan Scheme, Coronavirus Business Interruption Loan Scheme, and the Coronavirus Large Business Interruption Loan Scheme. These had been due to close at the end of January.

Business Grants

Businesses required to close in England due to local or national restrictions will be eligible for the following:

- For properties with a rateable value of £15k or under, grants to be £1,334 per month, or £667 per two weeks;
- For properties with a rateable value of between £15k-£51k grants to be £2,000 per month, or £1,000 per two weeks;
- For properties with a rateable value of £51k or over grants to be £3,000 per month, or £1,500 per two weeks.

On top of this the next self-employed income support grant will also increase from 55% to 80% of average profits - up to £7,500



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Further details are available here - <https://www.gov.uk/guidance/check-if-youre-eligible-for-the-coronavirus-local-restrictions-support-grant#history>

Scotland

Following the First Ministers Announcement this afternoon (15th December), the below are the 3 changes within the tiers – this will commence at 6pm on Friday 18th December:

- Aberdeen City will move from Level 2 - 3
- Aberdeenshire will move from Level 2 - 3
- East Lothian will move from Level 2 - 3

– for a full list of the areas and relevant Levels -

<https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/> - The next review date is due to be the 5th January 2020.

From 00.01 on Boxing Day, following the First Ministers announcement, mainland Scotland will be moving into Level 4 for 3 weeks, and Orkney, Shetland and the Western Isles will be moving to Level 3

Restrictions in Level 3

Exercise is permitted indoors, abiding by the rules on meeting other households. **No group exercise classes or sports** (contact or non-contact) are permitted indoors.

Adults

Organised outdoor non-contact sports, personal training and coaching are permitted, provided appropriate safety measures are followed. Outdoor contact sports are not permitted, except for professional sport

Under 18s

All organised sports and activities are permitted, provided appropriate safety measures are followed.

Restrictions in Level 4

Indoor sports facilities are closed.

Outdoor gyms can remain open

Outdoor non-contact sports are permitted for all age groups

In addition, Education Scotland guidance advises that in L4 areas, PE will move entirely outdoors, while all after school clubs will be suspended.

Outdoor activities in Level 4:

- Operators in Level 4 areas may continue to open all outdoor sports areas, courts, pitches and facilities if documented risk assessments are undertaken and all appropriate mitigating actions including the guidance herein is put in place to ensure the safety of participants, staff and volunteers.
- Organised non-contact sport and physical activity may take place outdoors in a Level 4 area including 'field of play bubbles' for up to a maximum of 30 people as long as



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2m physical distancing is maintained at all times, before, during and after the activity. Participants should leave facilities immediately following exercise.

- Informal sport and physical activity not overseen by a Covid Officer and subject to specific SGB and operator guidance and relevant risk assessments, should adhere to Scottish Government household rules for Level 4. Currently this is 2 households with a maximum of 6 participants taking part from those households.
- Outdoor group coaching for organised sport and leisure activities including personal training and fitness classes can continue to take place with up to 30 people at any one time, including the coach as long as the relevant risk assessments and mitigating actions are put in place by the Covid Officer. Physical distancing must be maintained at all times.

For full details – please follow the [Sport Scotland guidance](#)

Travel in Tier 3 and 4

It is now law that *'if you live in a level 3 or 4 area – you must not now travel outside your own local authority area unless it is for an essential reason.'*

- *People living elsewhere in Scotland must not travel to level 3 or level 4 areas - again, unless it's for an essential purpose, such as childcare, or if you have to look after an older or vulnerable person, or if you are part of an extended household'*

Funding

On top of the furlough scheme, funding is available for those companies that this has affected - either required by law to close to the public or significantly modify their operations.

- [Coronavirus \(COVID-19\): Strategic Framework Business Fund](#)
- [Coronavirus \(COVID-19\): Business Contingency Fund](#)

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

Wales

On the 19th December, the Welsh Government confirmed that the proposed move to Level 4 of the [Coronavirus Control Plan](#) has been moved forward to 00.01 on Sunday 20th December - as such **'all non-essential retail, including close contact services and all leisure and fitness centres will close at the end of trading on Christmas Eve'**. However, Outdoor individual exercise, professional, elite and designated sports and training permitted.



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Financial Support available (on top of the furlough scheme):

[Sport Freelancer Fund](#) - This Fund is designed to help freelancers in the field of sport and physical activity recuperate losses which they have experienced as a result of the pandemic

[Be Active Fund](#) - The Be Active Wales Fund aims to protect, prepare and progress community sport clubs and organisations in Wales through the Covid-19 pandemic and into the future

[Lockdown Business Fund](#) -Support available during the firebreak

The Welsh Government (on 18th December) have released an extra £110m for businesses affected by the latest restrictions (level 4) - <https://gov.wales/extra-110-million-support-welsh-businesses-affected-new-restrictions> , which includes leisure if your turnover has fallen by 40% or more during the restriction period.

[Welsh Coronavirus regulations: frequently asked questions](#)

Northern Ireland

The following restrictions will apply from 00.01am on **December 11th**:

- Gyms, swimming and diving pools can open for individual training, training with a personal trainer and non-aerobic classes of up to 15. Contact details must be taken.
- Outdoor exercise in groups of up to a maximum of 15.

An infographic on these regulations is [available here](#).

Following the recent announcements, **From 00:01 26 December to 1 January inclusive (ends at 00:01 on 2 Jan)**

Indoor sports and exercise facilities, including soft play areas, leisure centres, climbing facilities, rinks, gyms, swimming pools, equestrian centres and venues relating to sports activity must close.

From 00:01 2 January 2021 (note these restrictions are likely to last for at least a further 5 weeks)

Outdoor gatherings for the purposes of exercise or sport are only permitted for elite athletes, for the purposes of P.E in or for schools, or if participants are members of the same household.

Outdoor sports and exercise facilities including activity centres, equestrian centres, Golf courses, marinas and venues relating to motor sport and water sport must close.

Indoor sport is only permitted for elite athletes or for P.E in, or for, schools.

Indoor sports and exercise facilities, including soft play areas, leisure centres, climbing facilities, rinks, gyms, swimming pools, equestrian centres and venues relating to sports activity must close.

Elite training and competition can continue, both indoors and outdoors



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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

Previous updates:

13th November

Northern Ireland

- Restrictions extended
- Information on what can open on 20th November

Wales

- Restrictions for under 18's updated

17th November

Scotland

- Level 4 added

20th November

Northern Ireland

- Restrictions from 27th November

Scotland

- Links for funding in Scotland
- Travel in Tier 3 + 4
- Outdoor exercise in Level 4

23rd November

England

- Tiered approach from 2nd December

24th November

England

- Explanations of Group Ex in each tier

1st December

England

- 1:1 PT/coaching in Tier 3

7th December



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Northern Ireland

- Guidance from the 11th December

8th December

Scotland

Tiered approach update – from 11th December

15th December

England

Additional areas added to Tier 3 in England – from 16th December

Wales

Details of the Coronavirus Control Plan

Scotland

Update on levels from 6pm Friday 18th

17th December

England

Additional areas added to Tier 3 in England – from 19th December

Furlough scheme extended till end of April 2021 and Bounce Back Loan

Scheme, Coronavirus Business Interruption Loan Scheme, and the

Coronavirus Large Business Interruption Loan Scheme extended until end of

March 2021 (all Devolved Administrations)

Wales

Moving into Level 4 from close of business on Christmas Eve – facilities must close

18th December

Wales

Update on financial support for Level 4 lockdown

Northern Ireland

Update on restrictions from 26th December