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Members Update – 4th January 2021

Latest Updates:

Scotland

Stay At Home restrictions from 5th January

England

Stay At Home restrictions from 5th January

England

Following the announcement on Monday 4th January from 00.01am on Tuesday 5th January, England will move into a 'Stay At Home' National Lockdown.

You should minimise time spent outside your home. It is against the law to meet socially with family or friends unless they are part of your household or support bubble. You can only leave your home to exercise, and not for the purpose of recreation or leisure (e.g. a picnic or a social meeting). This should be limited to once per day, and you should not travel outside your local area.

You can exercise in a public outdoor place:

- by yourself
- with the people you live with
- with your support bubble (if you are legally permitted to form one)
- in a childcare bubble where providing childcare
- or, when on your own, with 1 person from another household

Public outdoor places include:

- parks, beaches, countryside accessible to the public, forests
- public gardens (whether or not you pay to enter them)
- the grounds of a heritage site
- Playgrounds

Outdoor sports venues, including tennis courts, golf courses and swimming pools, must close.

Full details are [available here](#)

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.



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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

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 (4th January), from 00.01 on Tuesday 5th January mainland Scotland will be entering a national 'stay at home' lockdown for the rest of January where it will be a legal requirement to stay at home, except for essential reasons. The Island areas will remain in level 3.

Stay at Home Guidance

- Indoor Gym/leisure centres must remain closed
- Outdoor gyms can remain open.
- Up to 2 people from 2 separate households can meet outdoors for sport, exercise or social interaction.
- Children under the age of 12 from these households do not count towards the total number of people permitted to gather outdoors.
- Children under 12 do not need to maintain physical distance from others indoors or outdoors.
- The members of an individual or extended household can meet outdoors for sport, exercise or social interaction.
- Outdoor non-contact sports such as golf and tennis are permitted for all age groups provided this is within a single household group, or the group contains no more than 2 people from 2 different households.
- Organised sport and exercise can only take place within a single household group, or a group containing no more than 2 people from 2 different households.



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- Organised sport and exercise for under-12s can continue in line with workplace and socialising guidance, and sport-specific guidance.
- You can travel for local outdoor sport or exercise such as meeting another person, walking, cycling, golf or running that starts and finishes at the same place (which can be up to 5 miles from the boundary of your local authority area), as long as you abide by the rules on meeting other households.

Full details of [Stay at Home Guidance](#) available here

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.

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

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

Following the Welsh Government announcement on the 19th November, Wales moved into Level 4 of the [Coronavirus Control Plan](#) from 00.01 on Sunday 20th December - as such **all non-essential retail, including close contact services and all leisure and fitness centres will close**. However, Outdoor individual exercise, professional, elite and designated sports and training permitted.

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



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[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

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



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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

Northern Ireland

- Guidance from the 11th December



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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

19th December

England

Tier 4 restrictions from 20th December

Scotland

Level 4 restrictions from 26th December

Wales

National Level 4 lockdown from 20th December