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## **Members Update – 5<sup>th</sup> March 2021**

### **Latest Update**

#### **England**

- Roadmap latest

#### **Scotland**

- Strategic Framework Update

#### **Northern Ireland**

- Pathway out of Restrictions

### **England**

Following the Prime Ministers announcement and release of the [road map document](#) on Monday 22<sup>nd</sup> February, we wanted to share what is currently known

#### **Current Guidance**

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](#)

#### **Roadmap Announcement**

All dates subject to change following Government announcements – [for latest Government guidance](#) – **specific guidance for our sector will be released prior to the 29<sup>th</sup> March. Further details on guidance for people with disabilities will be released shortly.**



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## Step One (8<sup>th</sup> March, 29<sup>th</sup> March) –

### 8<sup>th</sup> March

- Schools to reopen across England. Breakfast and after school clubs to resume, and after school sports to resume where necessary to support parents.
- Under-18 sport can take place at school as part of educational provision, or as part of wraparound care, but should not otherwise take place at this time
- [Protective measures for holiday and after-school clubs, and other out-of-school settings during the coronavirus \(COVID-19\) outbreak - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/protective-measures-for-holiday-and-after-school-clubs-and-other-out-of-school-settings-during-the-coronavirus-covid-19-outbreak)
- Facilities can open if contracted to deliver school lessons
- 1:1 personal training can continue in a public place

### 29<sup>th</sup> March

- Outdoor sports facilities to reopen – including tennis, golf, high ropes, swimming, group exercise classes
- All Social distancing and covid procedures must be followed
- Formally organised outdoor sports – for adults and under 18s - can also restart and **will not be subject to the gathering limits**, but should be compliant with guidance issued by national governing bodies
- These gatherings must only include participants - not spectators
- Toilets can open and it is advised that people turn up ‘exercise ready’
- Café/restaurants can open for takeaway (following relevant guidance)
- All children will be able to access any outdoor childcare and supervised activities. Parent and child groups can also take place outdoors with a limit of 15 attendees (children under five years of age do not count towards the attendee limit.)
- Children will still only be able to attend indoor childcare or supervised activities where doing so will allow parents or carers to work, seek work, attend education, seek medical attention or attend a support group.

## Step 2 (not before 12<sup>th</sup> April)

- Indoor Gym, leisure centres and swimming pools re-open for individual use
- Group Exercise not allowed
- spas to reopen (excluding saunas and steam rooms)
- Indoor sports courts can re-open
- Climbing walls can re-open
- All Covid-secure guidelines must be followed
- Indoor Sport allowed for under 18's.
- Parent and child groups of up to 15 people (not counting children aged under five years old) can restart indoors
- Café/restaurant areas can offer outdoor seating, following relevant guidance)
- Outdoor skating rinks, trampoline parks and water parks can re-open

## Step 3 (not before 17th May)



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- Adult Indoor group sports and exercise classes can resume.
- Saunas and steam rooms within spas and indoor leisure facilities will also be able to reopen.
- All Covid secure guidelines must be followed
- Childrens play areas can re-open
- Restrictions on meetings outdoors will be lifted
- Indoor cafes and restaurants can re-open
- The following can also re-open indoors
  - Adventure playgrounds and activities
  - bowling alleys
  - skating rinks
  - games, recreation and entertainment venues such as escape rooms and laser quest
  - snooker and pool halls
  - trampolining parks
  - water and aqua parks

#### **Step 4 (not before 21<sup>st</sup> June)**

- All other areas can re-open
- No legal limit on social contact

#### **Scotland**

##### **Current Guidance**

##### **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.
- 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



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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 ([certain Areas](#))

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](#)

#### **Review Update**

Following the First Ministers Announcement on 23<sup>rd</sup> February regarding the [Strategic framework Update](#) below are the proposed dates and guidance

#### Not before 15th March

- Non-contact outdoor group sports for 12-17 year olds subject to sport-specific guidance.
- outdoor meetings of 4 people from 2 households.

#### Not before 5 April

- Stay At Home restriction will be lifted. Full school return.
- Communal worship with restricted numbers.
- Reopening of retail, extension of essential retail.

#### Not before 26<sup>th</sup> April

- All of Scotland to move back to levels with all of Scotland in level 3 (possible modifications to what is allowed in each level).

#### **Wales**

##### Current Guidance

Wales is in Level 4 of the [Coronavirus Control Plan](#) - 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.

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

#### 20<sup>th</sup> March



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- 4 people from 2 households can exercise together outdoors (not in private gardens), under 11 year olds and carers are not counted in the maximum of 4

Wales review date – 12th March

### **Northern Ireland**

Current guidance

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

Outdoor exercise with own household or with one person from another household

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

### **Review Update**

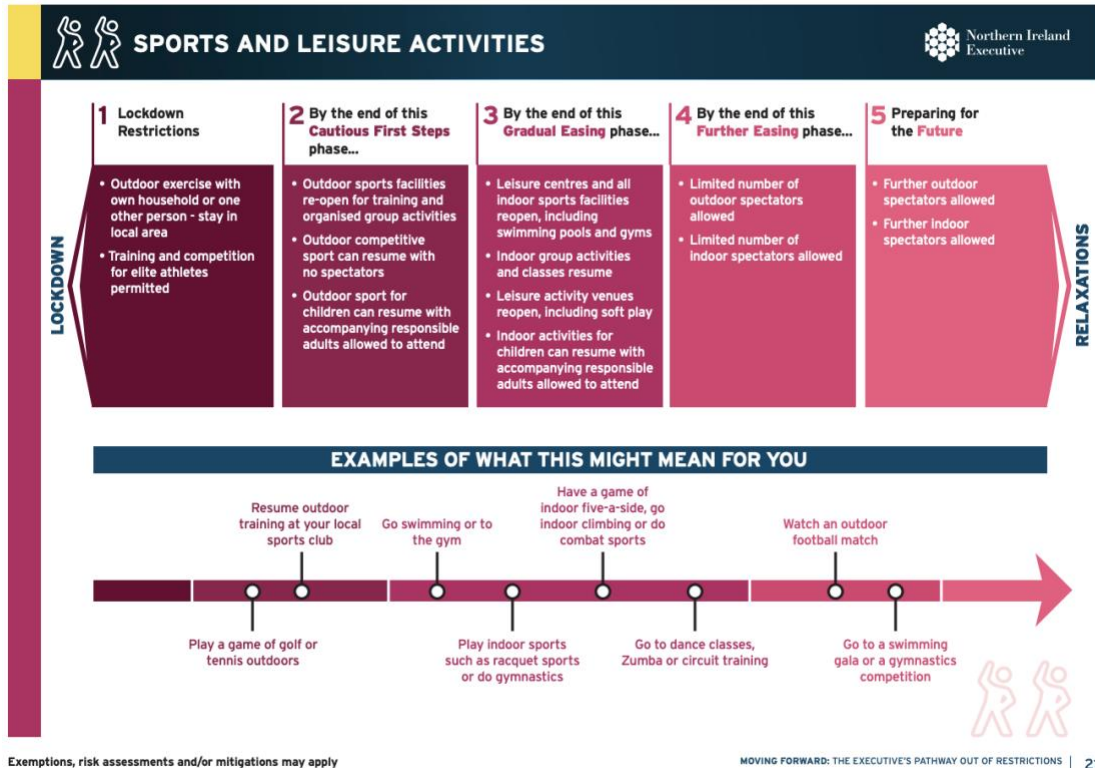
On the 2nd March, the Executive announced its '[Pathway out of Restrictions](#)', which includes a 5 step approach for numerous sectors (including Sport and Leisure Activities), there are no dates associated with the different steps, but as an overview



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Northern Ireland Review Date – 18<sup>th</sup> March 2021

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](mailto:membership@ukactive.org.uk) or by calling us on 0208 158 9700