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Members Update – 16th March 2021

Latest Update

Scotland

- Timetable for easing coronavirus restrictions

England

Following the Prime Ministers announcement and release of the [road map document](#) on Monday 22nd 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 29th March. Further details on guidance for people with disabilities will be released shortly.**

Step One (8th March, 29th March) – 8th March

- Schools to reopen across England. Breakfast and after school clubs to resume, and after school sports to resume where necessary to support parents.



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- 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

29th 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 12th 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
- Indoor PT/1:1 coaching/teaching can commence
- 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)

- 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



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- 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 21st 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 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



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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

Changes from 12th March

Following the First Ministers announcement today ([Tuesday 9th March](#)), the following changes will take place:

- Outdoor non-contact sports and group exercise will resume for adults in groups of up to 15 people.
- Young people aged 12 to 17 will be able to meet outdoors in groups of up to four people from four different households, participate in outdoor non-contact sports, and other organised activities in groups of up to 15 and travel across local authority boundaries to participate in such activities.
- Up to four adults from two households will be able to meet locally in any outdoor space, including in private gardens, for social and recreational purposes as well as exercise. People should only go indoors if it is essential in order to reach a back garden, or to go to the toilet.

Following the First Ministers Announcement ([Tuesday 16th March](#)) and the release of the [Timetable for easing coronavirus restrictions](#) (all dates are no earlier than and are subject to change)

From Monday 5th April

- contact sports for 12 to 17-year-olds to resume

From 26th April

- all parts of Scotland currently in level 4 to move down to a modified level 3
- Indoor gyms will reopen for individual exercise on that date
- cafés, restaurants and bars will be able to serve people outdoors – in groups of up to 6 from 3 households - until 10pm
- indoor service of food and non-alcoholic drinks until 8pm, and for groups of up to 4 people from no more than 2 households

From 17th May



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- all level 3 areas - or as many as possible - will move to level 2.
- adult outdoor contact sports and indoor group exercises can resume.

Early June

- all of Scotland will move to level 1

by end of June

- all of Scotland to move to level 0

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](#)

Following the First Ministers Announcement on 12th March on the [first steps out of lockdown](#)

From Saturday 13 March:

- No more than 4 people from 2 households will be able to meet in their local area outdoors, including in gardens. Children under 11 and carers do not count towards this limit. There must be no indoors mixing and social distancing should be followed.
- Outdoor sports facilities can reopen, including tennis courts, golf courses and bowling greens. A maximum of 4 people from 2 households can take part in activities using local sports facilities

If the public health conditions continue to be favourable, from 27 March:

- Organised children's activities outdoors will restart.

Wales review date – 1st April

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.



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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.

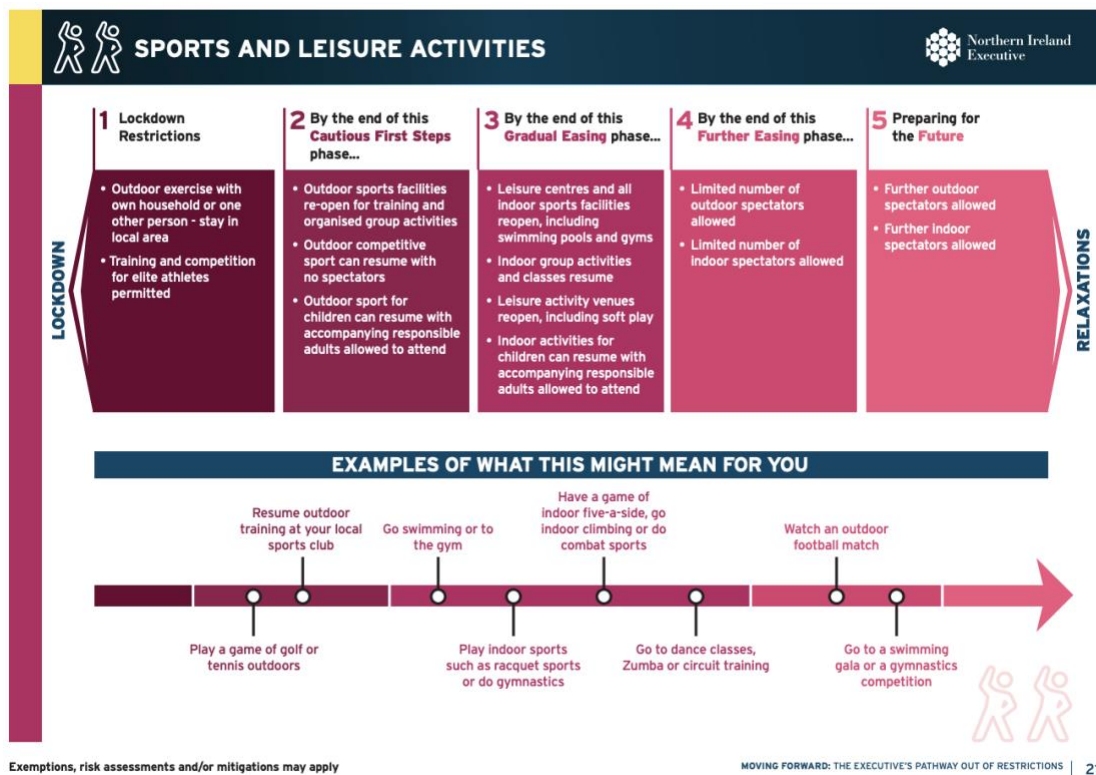
Elite training and competition can continue, both indoors and outdoors

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



Northern Ireland Review Date – 18th 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 or by calling us on 0208 158 9700



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previous update:

Tuesday 9th March:

Scotland

- Restrictions from 12th March

Friday 12th March

England

- Indoor 1:1 PT/coaching can commence from Step 2

Wales

- First Steps out of Lockdown guidance