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Members Update – 15th April 2021

Latest Update

Northern Ireland

- Indoor facilities open from 30th April for individual use
- Return of indoor group exercise and training, with mitigating factors from 24th May (indicative date, TBC)

England

Following the Prime Ministers announcement and release of the [road map document](#) on Monday 22nd February, please see latest updates:

Roadmap Announcement

All dates subject to change following Government announcements – [for latest Government guidance](#).

If details for Step 1 needed, please get in contact and we can share – England is currently in Step 2 (from the 12th April)

Step 2

- 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 1:1/bubble PT/coaching/teaching can commence for adults
- Climbing walls can re-open
- All Covid-secure guidelines must be followed, including details around [Test and Trace](#)
- 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
- Government guidance for [Providers of grassroot sport and sports facilities](#)

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
- Childrens play areas can re-open
- Restrictions on meetings outdoors will be lifted
- Indoor cafes and restaurants can re-open



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- 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

Mainland Scotland and some islands are in lockdown with [guidance to stay at home](#), except for essential purposes. Some islands are at [Level 3](#).

Read the [timetable for easing restrictions](#) and view the [Coronavirus section](#) for all updates.

For further details of sports guidance please follow the [Sport Scotland guidance](#)

- 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.
- 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 Facilities (gyms and swimming pools) will reopen for individual exercise
- cafés, restaurants and bars will be able to serve people outdoors – in groups of up to 6 from 3 households - until 10pm
- Outdoor group coaching for organised sport and physical activity including aerobics and fitness classes can take place with up to 30 people at any one time in Level 3, including the coach, if physical distancing is always maintained.



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- 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

- 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

The latest FAQ's from Sport Scotland are available here - [Sport Scotland guidance](#)

Wales

Current Guidance

Wales is in Level 4 of the [Coronavirus Control Plan](#) . However, some restrictions have been eased.

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

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

Current Guidance:

- 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
- Organised children's activities outdoors can restart – [Frequently asked questions](#)

Following the [announcement from the First Minister](#) on 8th April, the below timescales were given:

On Monday 26 April:

- Organised outdoor activities for up to 30 people can again take place (previously Monday 3 May)
- Outdoor hospitality can resume, including at cafes, pubs and restaurants. Indoor hospitality will remain closed except for takeaways

On Monday 3 May (previously Monday 10 May):



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- Gyms, leisure centres and fitness facilities can reopen. This will include individual or one-to-one training but not exercise classes
- Extended household will again allow two households to meet and have contact indoors

Monday 17th May

- Children's indoor activities can start
- Organised indoor activities for adults, limited to a maximum of 15 people. This includes exercise classes.

Northern Ireland

Current guidance

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.

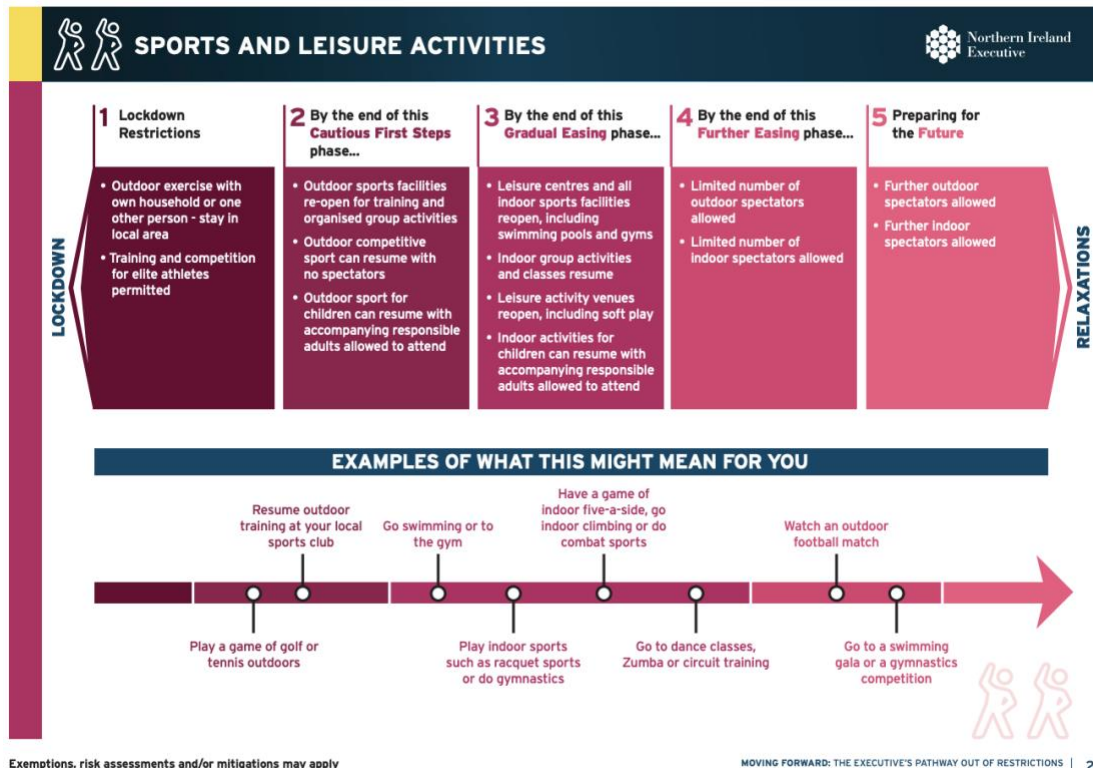
Elite training and competition can continue, both indoors and outdoors

10 people from two households to undertake outdoor sporting activities as defined in the regulations. This allows sports such as golf and tennis to resume from this date in small groups of individuals from two households, however club houses and sport facilities including changing rooms, showers, kitchens, meeting rooms must remain closed apart from essential toilet facilities.

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



From the 12th April the [Executive has confirmed](#)

- To allow outdoor sports training to resume by sports clubs affiliated with recognised sports Governing Bodies, in small groups of up to 15 people but with all indoor spaces closed except essential toilet facilities.
- To extend the provision for up to 15 people (including coaches), as previously agreed, to also include structured outdoor sports training organised by clubs/individuals affiliated to recognised sports governing bodies or **representative organisations for sport and physical activity** - [ukactive guidance](#)

Following the executives announcement on 15th April:

From 23rd April

- Return of outdoor competitive sport and squad training (no spectators)

From 30th April

- Gyms, swimming pools and indoor exercise facilities open for individual use
- 1:1 PT/coaching can commence, but social distancing must remain

From 24th May (indicative date, TBC)

- Return of indoor group exercise and training (with mitigations)

Further details are [available here](#)

Northern Ireland Review Date – 13th May 2021



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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:

Friday 9th April

Wales

- Indoor facilities open from 3rd May
- Organised outdoor activities for up to 30 people can again take place from 26th April

England

- Gov guidance released for Step 2

Tuesday 6th April

Northern Ireland

- Outdoor activities from 12th April

England

- Step 2 commencing on 12th April
- Link to QR details

Thursday 1st April

Wales

- Indoor facilities planned to open from 10th May

Tuesday 23rd March

Wales

- FAQ's

Tuesday 16th March

Scotland

- Timetable for easing coronavirus restrictions

Northern Ireland

- Early relaxations from 1st April

Friday 12th March

England

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

Wales

- First Steps out of Lockdown guidance

Tuesday 9th March:



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Scotland

- Restrictions from 12th March